

**OPEN COURSE IN PHYSICAL EDUCATION
PHYSICAL ACTIVITY HEALTH AND WELLNESS
FIFTH SEMESTER**

PAPER CODE : VPE5D03

NO.OF CREDITS : 3

TOTAL HOURS : 48

Hrs / WEEK : 3

TOTAL MARKS : 75 (Internal -15 & External-60)

Sl. No.	TEACHING COMPONENT	WORK LOAD	CREDIT
1	Theory	36 hrs	2
2	Practical	12 hrs	1
3	Total	48 hrs	3

COURSE NAME: PHYSICAL ACTIVITY HEALTH AND WELLNESS

PAPER CODE: VPE5D03

COURSE OUTCOMES

1. To understand the Fundamental concepts of Physical Education, Health and Wellness.
2. To provide a general understanding on Nutrition, First aid and Stress Management.
3. To familiarize the students regarding Yoga and other activities for developing fitness.
4. To create awareness regarding hypo-kinetic diseases and various measures of fitness and health assessment.

	Program Specific outcomes
PSO1	Understand Physical Education and basic concept of physical fitness components.
PSO2	Understand the basics of exercise principles.
PSO3	Analyse different postural deformities and measures to correct the deformities
PSO4	Understand lifestyle diseases and its management.

COURSE OUTLINE

PHYSICAL ACTIVITY HEALTH AND WELLNESS –CODE:

VPE5D03

Module – I: Concept of Physical Education and Fitness

1. Definition, Aims and Objectives of Physical Education, Importance and Scope of Physical Education, Physical fitness and Wellness

Definition and Importance of Health.

Meaning and concept of wellness.

2. Physical fitness components - Speed, Strength, Endurance, Flexibility and Coordinative Abilities

3. Types of Physical Fitness

Health related Physical Fitness

Performance Related Physical Fitness

Cosmetic fitness

Physical Fitness, Test and Assessment, Body mass Index/Skin fold Measurement, BMR, Pulse Rate, Blood Pressure

4. Fitness Balance

Module –II: Exercise Principles, First Aid & Nutrition

1. Principles of Exercise Programme

2. Activities for developing Physical Fitness Components

3. Exercise and Heart rate Zones

4. Definition, Aim and Principles of First Aid

5. RICE, ABC of First Aid, First Aid for Fracture, Bleeding, Drawing and Snake Bite

6. Basics of Food, Nutrients, Balanced diet, Food Pyramid & Deficiency diseases

Module – III; Yoga, Stress Management and Postural Deformities

1. Definition and Meaning of Yoga, Asana Pranayama

2. Eight Limbs of Yoga (Yama, Niyama, Asana, Pranayama, Prathyahar, Dhyan, Dharana, Samadhi)

3. Surya Namaskara

No.	TYPES	ASANAS & ITS EFFECTS
1	Supine position	Sarvangasan
2		Matsyasana Counter pose)
3	Prone Position	Bhujangasan
4	Prone Position	Salabhasan (Counter Pose)
5	Sitting	Yoga Mudra
6	Sitting	Ardha masyandrasan
7	Sitting	Ustrasana
8	Sitting Meditative	Vajrasana
9	Sitting Meditative	Padmasana
10	Relaxation	Savasana
11	Relaxation	Makarasana

4. Pranayama

Nadi sudhi pranayama, Kabhalbhati, Suryabhedana (Heating) & Chandra Bhedana (Cooling).

5. Postural Deformities – Corrective measures (Khyposis Lordosis, Scoliosis, Bow legs, Knock Knee & Flat foot.
6. Stress - Definition of stress, Causes of stress and Management and Relaxation Techniques.

Module – IV: Vital Signs, Lifestyle Diseases /Hypo-kinetic Diseases and its Management

Pulse Rate, Respiratory Rate, Blood Pressure, Body Temperature

Diabetes Hypertension Obesity Osteoporosis CHD Back pain

References:

1. Brown, F.Y., (2000). How to use yoga. Delhi: Sports Publication.
2. Giam, C.K (1994). Sports medicine exercise and fitness. Singapore: P.G. Medical Book.
3. Uppa, A.K., (1999). Sports Training. New Delhi: Friends Publication.
4. Singh, H., (1984). Sports Training, general theory and methods. Patiala: NSNIS.
5. Butryn, M.L., Phelan, S., & Hill, J.O., (2007). Consistent self – monitoring of weight. Silver Spring.

Question Paper Pattern
Physical Activity Health and Wellness
PAPER CODE: VPE5D03

Total Weightage :60

2 hrs

QUESTION PAPER PATTERN

Section A

Short Answer type questions which carries 2 marks each.

12 questions ceiling -20 marks.

Section B

Short essay type questions which carries 5 marks each.

7 questions ceiling -30 marks.

Section C

Essay Type questions which carries 10 marks each.

2 questions –One out of Two 10 marks.

BLUE PRINT

Module	Hours	Marks 2	Marks 5	Marks 10	Total
	48	12/10	7/6	2/1	21/17
Module 1	17	3	1	1	5
Module 2	10	3	2	0	5
Module 3	11	4	2	0	6
Module 4	10	2	2	1	5
Total		20	30	10	60