

GENERIC ELECTIVE COURSE V: EXERCISE IS MEDICINE

SEMESTER	COURSE CODE	HOURS PER WEEK	CREDIT	EXAM HRS
V	5 D 05 PED	2	2	2

COURSE OUTCOME

- CO – 1 Understand methods for the development and maintenance of health related physical fitness components.*
- COI - 2 Acquire knowledge of different exercise modalities for different age and sex categories.*
- CO - 3 Understand the role of life style, diet and exercise on hypo kinetic disease prevention.*
- CO - 4 Recognize mind- body relations and summarize the benefits of yoga and meditation on health*
- CO – 5 Familiarize the process of conditioning, warm up and cooling down*
- CO - 6 Classify injury management and rehabilitation*

Unit I :

- 1.1 Definition of health
- 1.2 Means and methods for development and maintenance of health related physical fitness components.
- 1.3 Testing–AAPHERD, 1 STAR
- 1.4 Exercise modules for different age and sex

(9 Hrs)

Unit II :

- 2.1 Define hypo kinetic diseases
- 2.2 Explain Obesity, diabetics, hypertension, CVDs, Osteoporosis, and Cancers
- 2.3 Role of Life style, diet and exercise in hypo kinetic diseases prevention.
- 2.4 BMI (Body Mass Index) ,BMR (Basal Metabolic Rate)

(9 Hrs)

Unit III:

- 3.1 Yoga and meditation.
- 3.2 Health benefits of yoga and meditation
- 3.3 Body and mind relation.
- 3.4 Exercise Prescription

(9 Hrs)

Unit IV:

- 4.1 Conditioning-Warm up- Cooling Down
- 4.2 Safety measures in sports participation
- 4.3 Injury management and Rehabilitation

(9 Hrs)

Books for Study & Reference:

1. Siedentop, D,(1994) Introduction to Physical Education and Sports (2 nd ed.).California : Mayfield Publishing Company
2. Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
3. Allan stall, (1980), “Encyclopedia of physical education, fitness sports training, environment nutrition”, Salt Lake City, Utah Righten publishing company, p.419.
4. Davinder K. Kansal, (2008), “Text book of applied measurement, evaluation and sports selection” sports and spiritual science publications, New Delhi, pp: 516- 521.
5. Jim Clover, (2007), “Sport Medicine Essentials Core Concepts in Athletic Training and Fitness Instruction” Engage learning publishing, second edition, United State of America, p.43.
6. Satpathy.G.C, (2005), “Sport Medicine & Exercise Science” Isha book publishing, Delhi, India, p.1.
7. Selene Yeager, Editors of Women’s Health, (2011), “The women’s Health Big Book of 15 minute workouts, Rodale books Published New York, (NY), pp.235-236.
8. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger.

GENERIC ELECTIVE COURSE I: HEALTH AND PHYSICAL EDUCATION

SEMESTER	COURSE CODE	HOURS PER WEEK	CREDIT	EXAM HRS
V	5 D 01 PED	2	2	2

COURSE OUTCOME

- CO - 1 Familiarize the concept of health and physical education.*
- CO - 2 Create awareness among the basic nutrition, hypo kinetic and life style diseases.*
- CO – 3 Acquire the ability to apply life saving techniques of first aids during emergencies*
- CO – 4 Familiarized to modalities of fitness development and maintenance.*
- CO – 5 Execute Common fitness test and evaluation*
- CO – 6 Examine the posture and postural deformities and prescribe necessary corrective measures*
- CO – 7 Demonstrate five yogasanas and its therapeutic effect leading to wellness*

Unit I : Physical Education

- 1.1 Physical Education- Meaning,
- 1.2 Need and Importance of Physical Education. Concept of Sports
- 1.3 Major and Minor games, Mass Sports and Recreational games.
- 1.4 Intramural and Extramural competitions
- 1.5 Career opportunities in Sports

(9 Hrs)

Unit II : Health and Fitness

- 2.1 Meaning and factors affecting Health.
- 2.2 Health Related Physical Fitness.
- 2.3 Test, evaluation and development of physical fitness (AAHPER Youth Physical fitness test, BMI and One-star standard test)
- 2.4 Health benefits of Physical Exercise, Benefits of Yoga practice -stress management.
- 2.5 Aerobic and anaerobic exercise.
- 2.6 Effect of exercise on Circulatory, Respiratory and Muscular system

(9 Hrs)

Unit III: Nutrition and Life Style diseases

- 3.1 Nutrition and health
- 3.2 Balanced diet and mal nutrition.
- 3.3 Drug abuse and side effect
- 3.4 Hypo kinetic Diseases- Dietary and Exercise Interventions

(9 Hrs)

Unit IV: First Aid and Posture

- 4.1 First Aid – Definition, Aims and principles, ABC in first Aid and CPR.
- 4.2 Management of fracture Dislocation, Wounds, Sprain, Strain, Cramps, Fainting,
- 4.3 First aid for Burns, Bleeding, Electric shock, Chocking and Fainting
- 4.4 Posture - Congenital and acquired postural deformity.
- 4.5 Corrective measures/interventions

(9 Hrs)

Books for Study & Reference:

1. Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
2. Fox. Boulers. Foss, The Physiological basis of Physical education and athletics
3. B K Iyengar, Lights on yoga ;India today group.
4. Milinda j Flagel, Sports first aid; Human kinetics.
5. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
6. Corbin, Charles B.et.al, C.A., (2004). Concepts of Fitness and Wellness , Boston: McGraw Hill
7. Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
8. Shekhar, K.C. (2004). Principles & History of P.E. Delhi: Khel Sahitya Kendra.
9. Frank, A.M. (2003). Sports & education. CA: ABC-CLIO
10. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's Publication
11. Puri, K, Chandra., S,S, (2005). Health and Physical Education. New Delhi: Surjeet Publications
12. Siedentop, D,(1994) Introduction to Physical Education and Sports (2nd ed.).California :Mayfield Publishing Company
13. William, J.E. (1964). Principles of Physical Education:, Com. Philadelphia: W.B.Sounders
14. Ziegler, E.F. (2007). An introduction to Sports & Phy.Edu. Philosophy. Delhi: Sp.Educational Technology.
15. ACSM's "*Health related physical fitness assessment manual* Lippincott Williams and Wilkins USA, 2005