

UNIVERSITY OF CALICUT

(Abstract)

Restructuring of UG Curriculum - Introduction of Choice based Credit Semester System with effect from 2009 admission - open courses related to Physical Education - approved - implemented - Orders issued.

GENERAL & ACADEMIC BRANCH-I

No. GA I/J2/4355/07 (4) Dated, Calicut University PO, 15.09.2009.

- Read: 1. U.O.No.GAI/J2/3601/08 Vol.II dated 19.06.09.
2. Item No.8 of the minutes of the meeting of the Board of Studies in Physical Education (UG) held on 28.04.09.
3. Resolution no.1 of the minutes of the meeting of the Faculty of Education held on 11.05.09.
4. Item No.II E of the minutes of the meeting of the Academic Council held on 14.05.09.

ORDER

Choice based Credit Semester System has been introduced in the UG curriculum with effect from 2009 admission vide University Order read as 1st. The Board of Studies in Physical Education (UG) vide paper read as 2nd discussed in detail the three different courses related to Physical Education (Open course) to be introduced in the restructured UG curriculum.

The Faculty of Education vide paper read as 3rd resolved to approve the minutes of the Faculty of Education and the Academic Council vide paper read as 4th approved the minutes of the meeting of the Faculty of Education.

Sanction has therefore been accorded for the implementation of the syllabi of the three different courses (open courses) related to Physical Education to be introduced in the restructured UG curriculum.

Orders are issued accordingly. Syllabi of three courses appended.

Sd/-

DEPUTY REGISTRAR(G&A I)
For REGISTRAR

To

The Principals of affiliated Arts and Science
Colleges offering UG courses.

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SECTION OFFICER

SYLLABUS FOR OPEN COURSE IN

PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION

COURSE		1
NO.OF CREDITS	:	4
NO. OF CONTACT HOURS	:	72

AIM OF THE COURSE

The course is intended to familiarize the students towards the concepts of health and physical education and the relative contribution of physical education and sports for the skill development.

OBJECTIVE OF THE COURSE

1. To provide students a general concept of physical education and fitness.
2. To provide knowledge and understanding regarding health and nutrition.
3. To familiarize the students regarding safety education and health promotive measures for day to day life.
4. To promote and understanding of the value of sports for life skill development.

COURSE OUTLINE

Module - I: Physical Education and Physical Fitness

Concept of Physical Education

Meaning, Definition, Aims and Objectives of Physical Education

Need and Importance of Physical Education

Physical Education and its Relevance in Inter Disciplinary Context.

Physical Fitness Components

Type of Fitness

Health Related Physical Fitness

Performance Related Physical Fitness

Activities for developing Physical Fitness Components

Module - II: Health Concepts of Physical Education

Definition and Meaning of Health

Dimension and Determinants of Health

Physical Activity and Health Benefits

Effect of Exercise on Body systems

Circulatory, Respiratory, Endocrine, Skeletal and Muscular

Role of Physical Education Programme on Community Health Promotion
(Individual, Family and Society)

Module - III: Nutrition and Health

Concept of Food and Nutrition

Balanced Diet

Vitamins - Malnutrition - Deficiency Diseases

Determining Caloric Intake and Expenditure

Obesity, Causes and Preventing Measures - Role of Diet and Exercise

Module - IV: Safety Education and Health Promotion

Principles of Accident Prevention

Health and Safety in Daily Life

Health and Safety at Work

First Aid and Emergency Care

Common Injuries and their Management

Modern Life Style and Hypo-kinetic Disease -Prevention and Management

Module - V: Sports and Life Skills Education

Sports and Socialization

Physical Activity and Sport - Emotional Adjustment and Wellbeing

Substance Abuse among Youth - Preventive Measures and Remediation

Yoga, Meditation and Relaxation

Sports and Character Building

Values in Sports

Sports for World Peace and International Understanding

Note on Course Work

The course work should give emphasis on general awareness of Physical Education and Health Education in the context of promoting health and life skills. The course should

also provide practical training on aspects like first aid and emergency care, injury management etc.

The course work should incorporate discussions, seminars, assignments and records on related topics.

WORK LOAD/TEACHING COMPONENTS/ CREDITS

Sl. No.	Teaching component	Work load	Credits
1.	Theory	60 hours	3
2.	Practical	12 hours	1
	Total	72 hours	4

Suggested Readings

- Bucher.C.A. (1979). Foundation of Physical Education (5th edition Missouri C.V.Mosby co.
- Corbin.Charles Beetal. C.A., (2004) Concepts of Fitness and Welfare Boston McGraw Hill.
- Frank V.M. (2003). Sports & education CA: ABC- CLIO
- Puri. K.Chandra.S.S. (2005). Health and Physical Education. New Delhi: Surjeet Publications
- Siedentop.D,(1994) Introduction to Physical Education and Sports (2nd ed.)
California: Mayfield Publishing Company
- Principles of Physical Education: Com. Philadelphia: W.B.Sounders
- Ziegler. E .F. (2007). An Introduction to Sports & Phy. Edn. Philosophy Delhi
Sp. Educational Technology
- B.C.Rai Health Education and Hygiene Published by Prakashan Kendra, Lucknow
- Norman Bezzant Help! First Aid for everyday emergencies. Jaico Publishing House Bombay, Delhi
- Rob James. Graham Thompson . Nesta Wiggins – James complete A-Z Physical Education Hand Book 2nd edition, 2003 Hodder and Stoughton England
- Ralph S. Paffer Barger, Jr. and Eric Leolson, Life fit, 1991 Human Kinetics USA
- ACSM Fitness Book, Leisure Press Campaign, Illions, 1996, Leisure Press, Canada
<http://www.pitt.edu./-gsphome>
- AAPHERD. “Health Related Physical Fitness Test Mannual”. 1980 Published by Association drive Reston Virginia
- Les Snowdan., Maggie Humphrey’s Fitness walking, Maggie Humphery Orient Paper Books 2002 New Delhi.

- ACSM's "Health Related Physical Fitness Assessment Manual Lippincott Williams and Walkins USA, 2005.

SYLLABUS FOR OPEN COURSE IN HEALTH AND FITNESS EDUCATION

COURSE		2
NO.OF CREDITS	:	4
NO. OF CONTACT HOURS	:	72

AIM OF THE COURSE

The course is intended to provide learning experiences to st students realize the importance of physical fitness, health and wellbeing.

OBJECTIVES OF THE COURSE

1. To introduce the fundamentals of physical education and sports.
2. To provide knowledge and understanding regarding the scientific basis of sports.
3. To enable the students to lead a healthy lifestyle based on concepts of fitness and wellness.
4. To impart knowledge regarding health and nutrition; and equip the students to provide first aid measures and manage common injuries.

Course outline

Module - I : Introduction to Physical Education and Sports

1. Basic concepts of Physical Education
2. Major Historical Influences – In India and other countries.
3. National and International Sports Organisations.
4. National and International sports events.
5. National Sports Awards.

Module - II : Scientific Basis of Sports

1. Understanding Human Body. The biological basis of Human Movement.
2. Physiological Effects of Exercise.
3. Mechanics and sports.
4. Psychology of Sports Performance
5. Social aspects of Sports

Module - III: Fitness, Wellness and Lifestyle Management

1. Fitness – Types of Fitness and Components of Fitness
2. Understanding of Wellness
3. Modern Lifestyle and Hypo kinetic Diseases – Prevnetion and Management

Module - IV : Fitness Training

1. Activities for developing Components of Physical Fitness
2. Anthropometry
3. Body types and Posture
4. Assessment of fitness

Module - V : Health and Nutrition

1. Elements of Nutrition, Balance Diet and Malnutrition
2. Doping and sports
3. First-Aid – Common measures
4. Common injuries and Management.

Note on Course Work

Apart from the theoretical concepts, the course work should provide general orientation to students to practical aspects of exercise and training. The students should also be given practice for assessment of health related physical fitness.

The course work should encourage discussions, seminars, assignments and records on relevant topics.

WORK LOAD/TEACHING COMPONENTS/ CREDITS

Sl. No.	Teaching component	Work load	Credits
1.	Theory	60 hours	3
2.	Practical	12 hours	1
	Total	72 hours	4

- Barrow, H.M.(1983) Man and Movement: Principles of Physical Education. Phi: Lea and Febiger
- Bucher.C.A. (1979). Foundation of Physical Education (5th edition Missouri C.V.Mosby co. California: Mayfield Publishing Company
- Corbin.Charles Beetal. C.A., (2004) Concepts of Fitness and Welfare Boston McGraw Hill.
- Frank V.M. (2003). Sports & education CA: ABC- CLIO
- Krechmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
- Puri. K.Chandra.S.S. (2005). Health and Physical Education. New Delhi: Surjeet Publications
- Shekhar, K.C. (2004). Principles & History of P.E. Delhi: Khel Sahitya Kendra.
- Siedentop.D,(1994) Introduction to Physical Education and Sports (2nd ed.)
Sp. Educational Technology
- Suinn, Richard M. (1982) Psychology in Sports: Mehtods and Applications
NewDelhi:Sujeeth Publication
- Walder.P,(1964) Mechanics and Sport Performance (2nd ed); Hampshire Feltham Press
- William.J.E. (1964). Principles ofPhysical Education; Com. Philadelphia; W.B. Sounders
- Young. D.C. (2004). A brief History of Olympic Games. UK: Blackwell publishing.
- Ziegler. E .F. (2007). An Introduction to Sports & Phy. Edn. Philosophy Delhi

SYLLABUS FOR OPEN COURSE IN

PHYSICAL ACTIVITY, HEALTH AND WELLNESS

COURSE		3
NO.OF CREDITS	:	4
NO. OF CONTACT HOURS	:	72

AIM OF THE COURSE

The course aims at creating consciousness among the students towards health, fitness and wellness and in developing and maintaining a healthy life style.

OBJECTIVES OF THE COURSE

1. To introduce the fundamental concepts of physical education, health and fitness.
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.

COURSE OUTLINE

Module - I: Concept of Physical Education and Health

Definition, Aims and Objectives of Physical Education

Importance and Scope of Physical Education

Modern concept of Health, Physical fitness and Wellness

Module -II : Components of Physical Fitness

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

Types of Physical Fitness

- Health related Physical Fitness
- Performance Related Physical Fitness
- Cosmetic fitness

Fitness Balance

Module - III: Principles of Exercise Programme

Activities for developing Physical Fitness Components

Exercise and Heart rate Zones

Principles of First Aid

Nutritional Balance

Module - IV; Yoga and Stress Management

Asanas and its effects

- Padmasana
- Halasana
- Bhujangasana
- Shalabhasana
- Dhanurasana
- Shavasana
- Vajrasana
- Chakrasana
- Trikonasana
- Padahasthasana

Postural Deformities – Corrective measures

Stress Management and Relaxation Techniques

Module - V: Lifestyle Disease and its Management

LIFESTYLE/Hypo-kinetic Diseases and its Management

- Diabetes
- Hypertension
- Obesity
- Osteoporosis
- CHD
- Back pain

Health related Physical Fitness and Assessment

Body mass Index/Skin fold Measurement, BMR, Pulse Rate, Blood Pressure
Health Related Physical Fitness Test.

Note on Course Work

This course work will provide fundamental concepts of physical education, health and yoga. It will also familiarise the students towards various hypo-kinetic diseases and its management. It will also provide practical guidelines and testing of health related fitness and other health indices.

WORK LOAD/TEACHING COMPONENTS/ CREDITS

Sl. No.	Teaching component	Work load	Credits
1.	Theory	60 hours	3
2.	Practical	12 hours	1
	Total	72 hours	4

Suggested Reading

- AAPHERD. "Health Related Physical Fitness Test Manual". 1980 Published by Association drive Reston Virginia
- ACSM Fitness Book, Leisure Press Campaign, Illions, 1996, Leisure Press, Canada <http://www.pitt.edu./-gsphome>
- ACSM"s "Health Related Physical Fitness Assessment Manual Lippincott Williams and Walkins USA, 2005.
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California: Mayfield Publishing Company
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- Frank V.M. (2003). Sports & education CA: ABC- CLIO
- Les Snowdan., Maggie Humphrey's Fitness walking, Maggie Humphery Orient Paper Books 2002 New Delhi.
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