

SREE AYYAPPA COLLEGE

ERAMALLIKKARA



Department of Physical Education

Value Added Course (2019-2020)

*Basics in Health and
Fitness Management*



COURSE CODE - DPE: 19 VALUE ADDED COURSE IN PHYSICAL EDUCATION

BASICS IN HEALTH AND FITNESS MANAGMENT

Syllabus

Module: 1. Introduction to Physical Education and Health

- ❖ Meaning, Definition, Objectives and Importance of Physical Education.
- ❖ Concepts of Health & Physical Education
- ❖ Meaning, Definition and Dimensions of Health (Physical, Mental, Social, Spiritual and Emotional)
- ❖ Factors Affecting Health (Biological, Personal, Environmental & Socio-cultural factors)

Module: 2. Scientific Basis of Physical Activity

- ❖ Benefits of Exercises
- ❖ Effects of Exercises on Circulatory and Respiratory System.
- ❖ Heart Rate, Blood Pressure & Body Mass Index
- ❖ Types of Exercises (Aerobic & Anaerobic Exercises)
- ❖ Body Types (Endo morph, mesomorph, ectomorph)

Module: 3. Exercise and Fitness Training

- ❖ Physical Fitness- Health Related physical Fitness and Performance Related Physical Fitness
- ❖ FITT Principles (Frequency, Intensity, Time and Type of Exercise)
- ❖ Exercises for improving Speed, Strength, Endurance, Flexibility and Co-coordinative abilities)
- ❖ Hypo-Kinetic diseases, causes and their management (Diabetes Mellitus, Obesity, Hypertension, and Coronary Heart Diseases (CHD)).
- ❖ Exercise Prescription

Module: 4. Nutrition, First Aid and Posture

- ❖ Balanced Diet, Malnutrition and Deficiency Diseases
- ❖ First Aid and Principles of First Aid
- ❖ First Aid measures for the following –
Bleeding through Nose, Snake Bite, Dog Bite , Electric Shock, Burns and Drowning
- ❖ Common injuries and their management
Wounds, Cuts, Sprain, Fractures and Dislocation
- ❖ Posture and its importance
- ❖ Common Postural Deformities, Causes and their Remedial Measures. (Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs and Flatfoot.)

Module: 5. Yoga and Stress Management

- ❖ Meaning and benefits of yoga
- ❖ Eight limbs of Yoga (Ashtanga Yoga)
- ❖ (Yama, Niyama, Asana, Pranayama, Pratyahara, Dhyana, Dharana, and Samadhi)
- ❖ Asanas and its importance (Padmasana, Vajrasana, Paadahasthasana, Vrikshasana, Halasana, Pavanamuktasana, Bhujangasana, Poornasabalasana, Ardhamatsyendrasana, and Shavasana)
- ❖ Management of Stress.
Course Out Come

The course involves the fitness concept which will be useful to all students from different disciplines. It is planned to give knowledge in fitness and also the fundamental concepts in Physical Education and their application in the field of sports and games using skills. Students who take up this Diploma will have an advantage of acquiring additional skills

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyze the techniques and of body posture to bring out healthy change.
5. Able to execute loosening exercise , Asanas, Pranayama and Shatkriyas.

6. Gain specific knowledge of various systems of human body
7. Familiarize the effect of exercise on different systems of human body
8. Know about role of exercise on all systems

Suggested Readings:

1. Bucher.C A.(1979) **Foundation of Physical Education** (5th ed.) Missouri:C.V.Mosby co.
2. Barrow,H.M.(1983). **Man and Movement: Principles of Physical education**. Phi:Lea and Febiger
3. Corbin, Charles .B.et.al. C .A (2004). **Concepts of Fitness and Wellness**. Boston,McGraw Hill.
4. Ramachandran, Anil (2011). **Handbook of Health , Fitness and Wellness**. Akademia Publications, Calicut, Kerala.
5. Sekhar, K.C.(2004), **Principles and History of Physical Education**., Delhi, Khel Sahitya Kendra.
6. Young, D.C., (2004) **A Brief History of Olympic Games**. U.K., Blackwell Publishing.
7. Puri & Chandra S S.(2005) **Health and Physical Education**, Surjeet Publications, New delhi.
8. William J E. (1964) **Principles of Physical Education**, W.B.Sounders, Philadelphia.
9. Kamalesh M .L.(1998), **Physical Education: Facts and Foundations**. P.B. Publicationc.
10. Ajmeer Singh, et. Al,(2001) **Modern Text book of Physical Education, Health & Sports**. Kalyani Publishers, New Delhi.
11. James, Rob, Thompson and James, (2007). **Complete A-Z Physical education Handbook**. Hodder and Stoughten, London.
12. Manoj K. P & Suresh Kutty.,K.(2011), **Physical Activity, health and Wellness**, University of Calicut.
13. Shaida, B .D & Shaida A K. (2000). **Health and Physical Education**. Arya book depot.
14. Jenson,Dr.Bernard,(2000). **Nutrition Handbook**, Viva Books Pvt.Ltd., New Delhi.
15. Reddy .R.S., **Teaching Health and Nutrition**, Commonwealth Publishers, N .Delhi.
16. Watson, A WS. (1995), **Physical Fitness and Athletic Perfromance**. Longman Publishing Company, NewYork.
17. Thomas, David Q and Kotecki, Jerome, Jones and Barlett: Masachussettes,(2007). **Physical activity and Health-an interactive approach**.

18. Singh , Ajay (2007). **First Aid and Emergency Care**. N .R. Brothers, Indore
19. St. John's & St. Andrew's Ambulance Association and British Red Cross.(2002).
First Aid Manual. DK, London.
20. George Agustine,(2019) Health and Fitness Education, Prathibha Publications,
Changansseery

Name of the candidates attended value added course in Physical Education 2019-2020

SL No	Name	Subject	
1	Arvind S	BSc Biochemistry and Industrial Microbiology	
2	Safna	do	
4	Gayathri K	Do	
5	Aiswarya R	Do	
6	Abijith	Do	
7	Amjith	Do	
8	Souganth	do	
9	Nandana	Do	
10	Ramadath	Do	
11	Alen An	Do	
12	Salini	Do	
13	Ananthanarayan	do	
14	Gokul Dev	Do	
15	Amrutha Krishna	Do	
16	Snehapriyan	do	
17	Krishnapriya	BCom Commerce with Computer Application	
18	NAyana B	BCom Commerce with Computer Application	
19	Jibin	BCom Commerce with Computer Application	
20	Athira S	BCom Commerce with Computer Application	
21	AswiniS	BCom Commerce with Computer Application	
22	Stella Stephan	BCom Commerce with Computer Application	
23	Rakhi Raju	BCom Commerce with Computer Application	
24	Anju Sajeev	BCom Commerce with Computer Application	
25	Shilpa K Sasi	BCom Commerce with Computer Application	
26	Adeena D	BCom Commerce with Computer Application	
27	Neen MS	BSc Electronics	
28	Akash G	BSc Electronics	
29	Abisha K B	BSc Computer Science	
30	Bhagya J	Bsc Computer Science	
31	Ganga J S	BSc Computer Science	
32	Vishnu priya	BSC Computer Science	

Course Completion List of students

SL No	Name	Subject	
1	Arvind S	BSC&IMB	
2	Safna	do	
4	Gayathri K	Do	
5	Aiswarya R	Do	
6	Abijith	Do	
7	Amjith	Do	
8	Souganth	do	
9	Nandana	Do	
10	Ramadath	Do	
11	Alen An	Do	
12	Salini	Do	
13	Ananthanarayan	do	
14	Gokul Dev	Do	
15	Amrutha Krishna	Do	
16	Snehapriyan	do	
17	Krishnapriya	BCom	
18	NAyana B	BCom	
19	Jibin	BCom	
20	Athira S	Bcom	
21	AswiniS	Bcom	
22	Stella Stephan	Bcom	
23	Rakhi Raju	Bcom	
24	Anju Sajeev	BCom	
25	Shilpa K Sasi	BCom	
26	Adeena D	BCom	
27	Neen MS	Electronics	
28	Akash G	Electronics	
29	Abisha K B	Computer Science	
30	Bhagya J	Computer Science	
31	Ganga J S	Computer Science	
32	Vishnu priya	Computer Science	

Dr. Madhavan N

BASICS IN HEALTH AND FITNESS MANAGEMENT

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