

**REVISED SYLLABUS FOR OPEN COURSE IN PHYSICAL EDUCATION FOR THE
FIFTH SEM UG STUDENTS (2015-16 ADMISSION ONWARDS)**

**NAME OF THE COURSE: PHYSICAL ACTIVITY HEALTH AND WELLNESS
COURSE CODE- PE5D03**

Module I: Concepts of physical education and fitness

Definition, aim, objectives and importance of physical education

Physical fitness components –speed, strength, endurance, flexibility and coordinative abilities

Types of physical fitness- Health related physical fitness, Performance related physical fitness and Cosmetic fitness

Fitness balance

Module II: Exercise principles, First Aid and nutrition

Principles of exercise programme, Exercise and heart rate zone, BMR

Definition of First Aid, Aim of First Aid, Principles of First Aid ,

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

Nutritional balance, Nutritional deficiency diseases

Module III: Yoga, stress management and postural deformities

Definition and meaning of Yoga, Asana, and Pranayama.

Eight limbs of Ashtanga Yoga –Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyanam, Samadhi

Asanas - Ten Asanas and its effects

NO	Types	Asanas
1	Standing (Balancing)	Vrikshasana
2	(Forward bending)	Padahasthasana
3	(Backward bending)	Ardha Chakrasana
4	(Twisting)	Trikonasana
5	Kneeling	Ushtrasana
6	Sitting (Meditative)	Vajrasana
7		Padmasana,
8	Prone line	Bhujangasana,
9		Salabhasa
10	Supine (Relaxative)	Savasana

Pranayamas - Three Pranayamas and its effects-

1) Surya Bedhana(Heating), 2) Chandra bedhana(Cooling) 3) Nadisudhi(Balancing)

Postural deformities and corrective measures

Meaning of good posture, causes of poor posture, importance of good posture

Postural deformities- Kyphosis, Lordosis, Scoliosis, Bow leg, Knock knee, Flat foot

Stress Management- Definition of stress, causes of stress and stress management

Module IV: Vital signs, Lifestyle/Hypokinetic diseases and its management

Vital signs- Pulse rate, Respiratory rate, Blood pressure, Body temperature,

Diseases- Diabetes, Hypertension, Obesity, Osteoporosis, CHD, Back pain.

Fitness assessment- Body mass index, Waist to Hip Ratio,