

Department of Physical Education

Faculty Member of the Department

| <u>Sl. No.</u> | <u>Name of Teacher's</u> | <u>Qualification</u> | <u>Designation</u> |
|-----------------------|---------------------------------|-----------------------------|---------------------------|
| 1. | Md Nasiruddin Pandit | M.P.Ed. | SACT |
| 2. | Md Shamim Akhter | M.P.Ed. | SACT |

SEMESTER- 4

CORE PAPER- 4: Health Education, Physical Fitness and Wellness

Course Code- PEDG-CC-T-1D

Marks Distribution

| | | | | |
|--------------------------------|-----------------|------------------------|--|--|
| <i>3rd Semester</i> | 40 Marks | Unit-1 | <i>Introduction</i> | |
| | | Unit-2 | <i>Common Health Problems - Prevention and Control</i> | |
| | | Unit-3 | <i>Physical Fitness and Wellness</i> | |
| | | Unit-4 | <i>Health and First-aid</i> | |
| | 20 Marks | Field Practical | <i>1. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica Splint.</i> | |
| | | | <i>2. Practical knowledge of the application of Hydro-therapy and Thermo-therapy.</i> | |
| 15 Marks | Internal | | | |

SEMESTER- 4

Gymnastics and Yoga

Course code: PEDG-SEC-P-2

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|----------------------------|-----------------|----------------------|
| <u>SEC</u> 50 Marks | 40 Marks | 1. Gymnastics |
| | | 2. Yogasanas |
| | 10 Marks | Internal |

SEMESTER- 3

CORE PAPER- 3: Anatomy, Physiology and Exercise Physiology

Course Code- CC1C

Total number of classes - 60

Unit-I: Introduction

- 1.1. Concept, definition and dimension of Health.
- 1.2. Definition, aim, objectives and principles of Health Education.
- 1.3. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF)
- 1.4. School Health Program- Health Service, Health Instruction, Health Supervision, Personal Hygiene and Health Record

Unit-II: Common Health Problems - Prevention and Control

- 2.1. Communicable Diseases- Malaria, Dengue, Chicken Pox, Diarrhoea, Tuberculosis, Covid 19
- 2.2. Non-communicable Diseases- Obesity, Diabetes and Asthma
- 2.3. Nutrition- nutritional requirements for daily living. Preparation of a Balance Diet chart. Health disorders due to deficiency of Protein, Carbohydrate, fat, Vitamins and Minerals
- 2.4. Concept of Personal and environmental hygiene

Unit – III: Physical Fitness and Wellness

- 3.1 Physical Fitness- meaning, definition and Importance of Physical Fitness
- 3.2 Heart- Structure and functions. Mechanism of blood circulation through the heart.
- 3.2 Components of Physical Fitness- Health and Performance-related Physical Fitness
- 3.3 Concept of Wellness. Relationship between Physical activities and Wellness
- 3.4 Ageing- physical activities and its importance

Unit-IV: Health and First-aid

- 4.1 First aid- meaning, definition, importance and golden rules of First-aid
- 4.2 Concept of sports injuries- Sprain, Strain, Wound, Fracture and Dislocation
- 4.3 Management of sports injuries through the application of Hydro-therapy
- 4.4 Management of sports injuries through the application of Thermo-therapy

Field Practical

1. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint
2. Practical knowledge on application of Hydro-therapy and Thermo-therapy

SEMESTER- 4

Gymnastics and Yoga

Course Code: PEDG-SEC-P-2

Gymnastics

1. Compulsory

- 1.1 Forward Roll
- 1.2 T-Balance
- 1.3 Forward Roll with Split Leg
- 1.4 Backward Roll
- 1.5 Cart-Wheel

2. Optional (any two)

- 2.1 Dive and Forward Roll
- 2.2 Hand Spring
- 2.3 Head Spring
- 2.4 Neck Spring
- 2.5 Hand Stand and Forward Roll
- 2.6 Somersault

[Note: Perform the above Gymnastic skills continuously in the same sequence]

Yoga

3. Asanas

3.1 Standing Posture

- Ardhachandrasana
- Brikshasana
- Padahasthasana

3.4 Prone Posture

- Bhujangasana
- Salvasana
- Dhanurasana

3.2 Sitting Posture

- Ardhakurmasana
- Paschimottanasana
- Gomukhasana

3.5 Inverted Posture

- Sarvangasana
- Shirsasana
- Bhagrasana

3.3 Supine Posture

- Setubandhasana
- Halasana
- Matsyasana

[Note: One Asana is compulsory from each Posture]

4. Pranayama (any two)

- Kapalbhati
- Bhramri
- Anulom Vilom

SEMESTER- 4

CORE PAPER- 4: Health Education, Physical Fitness and Wellness

Course Code- CC1C

Theoretical 40 Marks

Syllabus Distribution

| <u>Name of Teacher</u> | <u>Assigned Unit / Topic</u> |
|-------------------------------|---|
| <i>Md Nasiruddin Pandit</i> | <u>Unit- I: Introduction</u> 1.1. Concept, definition and Dimension of Health 1.2. Definition, aim, objectives and Principles of Health Education 1.3. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children’s Emergency Fund (UNICEF) 1.4. School Health Program- Health Service, Health Instruction, Health Supervision, Personal Hygiene and Health Record |
| <i>Md Shamim Akhter</i> | <u>Unit-II: Common Health Problems - Prevention and Control</u> 2.1. Communicable Diseases- Malaria, Dengue, Chicken Pox, Diarrhoea, Tuberculosis, Covid 19 2.2. Non-communicable Diseases- Obesity, Diabetes and Asthma 2.3. Nutrition- nutritional requirements for daily living. Preparation of a Balance Diet chart. Health disorders due to deficiency of Protein, Carbohydrate, fat, Vitamins and Minerals 2.4. Concept of Personal and environmental hygiene |
| <i>Md Nasiruddin Pandit</i> | <u>Unit-III: Physical Fitness and Wellness</u> 3.1 Physical Fitness- meaning, definition and Importance of Physical Fitness 3.2 Components of Physical Fitness- Health and Performance-related Physical Fitness 3.3 Concept of Wellness. Relationship between Physical activities and Wellness 3.4 Ageing- physical activities and its importance |
| <i>Md Shamim Akhter</i> | <u>Unit-IV: Health and First-aid</u> 4.1 First aid- meaning, definition, importance and golden rules of First-aid 4.2 Concept of sports injuries- Sprain, Strain, Wound, Fracture and Dislocation 4.3 Management of sports injuries through the application of Hydro-therapy 4.4 Management of sports injuries through the application of Thermo-therapy. |

SEMESTER- 4

Gymnastics and Yoga

Course Code: PEDG-SEC-P-2

Practical 40 marks

Syllabus Distribution

Session -

| <u>Name of Teacher</u> | <u>Assigned Unit / Topic</u> |
|-------------------------------|--|
| <i>Md Shamim Akhter</i> | <p>Gymnastics</p> <p>2. Compulsory</p> <p>1.1 Forward Roll 1.2 T-Balance 1.3 Forward Roll with Split Leg 1.4 Backward Roll 1.5 Cart-Wheel</p> <p>2. Optional (any two)</p> <p>1.1 Dive and Forward Roll 1.2 Hand Spring 1.3 Head Spring 1.4 Neck Spring 1.5 Hand Stand and Forward Roll 1.6 Summersault</p> <p>[Note: Perform the above Gymnastic skills continuously in the same sequence]</p> |
| <i>Md Nasiruddin Pandit</i> | <p>Yoga</p> <p>3. Asanas</p> <p>3.1 Standing Posture Ardhachandrasana Brikshasana Padahasthasana</p> <p>3.2 Sitting Posture Ardhakurmasana Paschimottanasana Gomukhasana</p> <p>3.3 Supine Posture Setubandhasana Halasana Matsyasana</p> <p>3.4 Prone Posture Bhujangasana Salvasana Dhanurasana</p> <p>3.5 Inverted Posture Sarbangasana Shirsasana Bhagrasana</p> <p><u>[Note: One Asana is compulsory from each Posture]</u></p> <p>4. Pranayama (any two)</p> <p>Kapalbhati Bhramri Anulom Vilom</p> |