



All saints' College
Thiruvananthapuram

HEALTH AND FITNESS EDUCATION

OFFERED BY
DEPARTMENT OF PHYSICAL EDUCATION



- **COURSE TITLE : HEALTH AND FITNESS EDUCATION**

- **COURSE CODE : PE 1551**



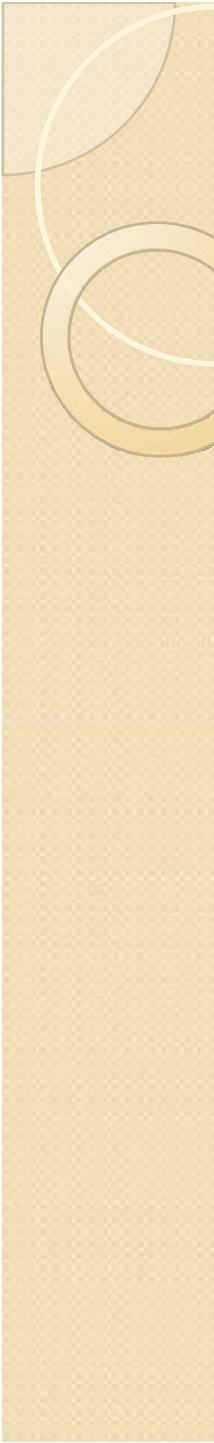
AIMS OF THE COURSE

- To provide learning experiences to students for realizing the importance of Physical fitness, Health and wellbeing through which the overall development is possible



OBJECTIVE

1. To introduce the fundamentals of Health and Physical fitness.
2. To provide knowledge and understanding regarding the scientific basis and Benefits of Physical Activity.

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3. To enable the students to lead a healthy lifestyle.
 4. To impart knowledge regarding health, nutrition and first aid measures.
 5. To give a brief knowledge about sports & games and their influence in the Society



Module: I

Introduction to Health and Physical Education

- ❖ Concepts of Health & Physical Education
 - Definition and Meaning of Health.
 - Dimension of Health[Physical, Mental, Social, Spiritual and Emotional]
 - Definition, Meaning, Objectives and Importance of Physical Education.



❖ Factors Affecting Health Biological, Personal, Environmental, & Socio-cultural factors.

- ❖ Health Hazards in Society and their Impact
- Use of Alcohol, Tobacco and Drugs.
 - Eating Habits.
 - Overuse of Television, Computer and Mobile Phones.
 - Nutrition, Balanced Diet, Malnutrition and Food Adulteration



Module:2.

Scientific Basis of Physical Activity

- ❖ Heart Rate, Blood Pressure & Body Mass Index.
- ❑ Types of Exercises
 - Aerobic & Anaerobic Exercises.
 - Isotonic, Isometric & Isokinetic Exercises.
- ❖ **Benefits of Exercises**
 - Effects of Exercises on the following system of the body
 - Muscular, Circulatory and Respiratory System.
 - Warm-up, Cool-down, Oxygen Debt & Second wind.



Module:3.

Wellness and Lifestyle

Management

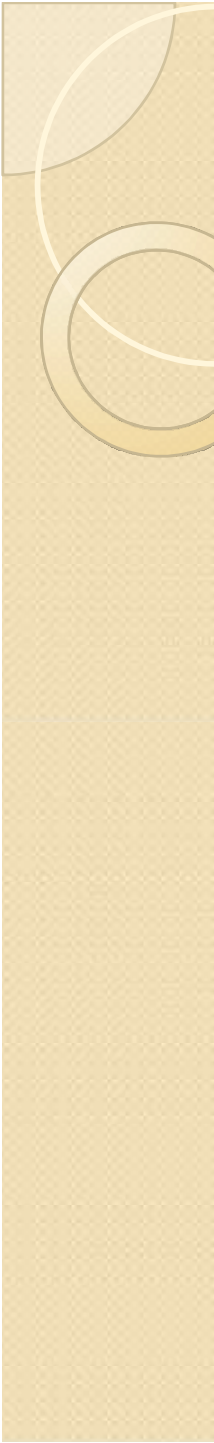
- ❖ Meaning of Wellness and methods for improving wellness.
- ❖ Hygiene
- ❖ Need and Importance of recreation for healthy living

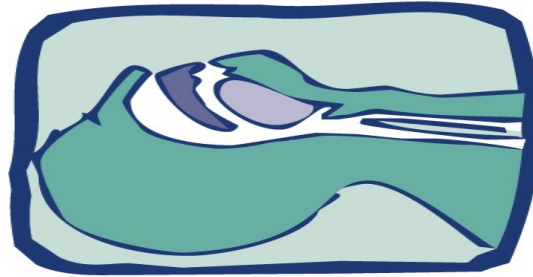


Module:4.

Body Posture and First Aid

- Importance of Correct Posture
- Common Postural Deformities, Causes and their Remedial Measures
- Kyphosis, Lordosis, Scoliosis, Knock-Knee, Bow Legs & Flat Foot

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- First Aid and Principles of First Aid
 - First Aid measures for the following
 - Bleeding through Nose, Snake bite, Dog bite, Electric shock, Burns & Drowning
 - Common injuries and their Management
 - Wounds, Cuts, Sprain, Fractures & Dislocation



First Aid Training

Module:5.

Introduction to Sports and Games

- Olympic Games, Asian Games and National Games
- Major National Tournaments(Santhosh Trophy, and Ranji Trophy)
- National Sports Awards
- Dronacharya, Khel Ratna & Arjuna Awards

Module-5 Cont.

Introduction to Sports and games

- Media and Sports
- Women and Sports
- Doping in Sports



WELCOME TO CHOOSE OUR COURSE



THANK YOU