

SEMSTER- FIRST - 1

Course code: E020101T		Course Title: <u>Elementals of Physical Education</u>	
Course Outcomes: The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. Its introduce a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.			
Credits:4		Max. Marks:25+75	Min. Passing Marks:10+25
Total no. of lectures-tutorials-practical (in hours per week):4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<u>Ancient Wisdom in Physical Education, Sports and yoga:</u> • Patanjali yoga sutra. • GhrandSanhita <u>Introduction:</u> • Meaning, definition and concept of physical education. • Scope, aim and objective of Physical education. • Importance of Physical education in Modern era. • Relationship of physical education with general education		07
II	<u>Sociological Foundation:</u> • Meaning, Definition and importance of sports Sociology • Culture and sports • Socialization and sports • Gender and sports.		07
III	<u>History:</u> • History and development of Physical education in India: pre- and post independence. • History of physical education in ancient Greece, Rome and Germany. • Eminent person of physical education, awards, schemes		06
IV	<u>Olympic Games , Asian Games and Commonwealth Games:</u> • Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto,		08

X	opening closing ceremonies. • Asian Games. • Commonwealth Games.	and
V	<u>Health Education:</u> • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals and importance of Health Education. • Role of Different Agencies in Promoting Health (WHO, UNICEF). • Meaning of Balance Diet and Nutrition and its elements. • Health and drugs	08

VI	<u>Wellness's Life Style</u> • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management. • Prevention of Disease through Behavioral Modifications.	08
VII	<u>Fitness :</u> • Meaning & Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness	08
VII I	<u>Posture:</u> • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position.	08
Suggested readings: • Barrow Harold M., "Man and movements principles of Physical		

Programme Class: Diploma	SEMESTER: THIRD
Subject: Physical Education -Theory	
Course Code: E020301T	Course Title: Anatomy and Exercise Physiology
Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.	
Credits: 04	Elective

Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	INTRODUCTION : - Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports - Brief introduction of Cell, Tissue, Organ and system	6
II	SKELETAL SYSTEM: - Structural and functional classification of bones. - Types of joints and major movements around them.	8
III	CIRCULATORY SYSTEM: - Structure and function of human heart - Circulation of blood - Effects of exercise on circulatory system	8
IV	RESPIRATORY SYSTEM : - Structure and function of respiratory system - Effects of exercise on respiratory system - The effects of altitude on the respiratory system.	8
V	DIGESTIVE SYSTEM: - Structure and function of digestive system - Importance of Digestive system. - Mechanism of Digestive System. - Effects of exercise on digestive system.	8
VI	NERVOUS SYSTEM: - Introduction - Main organ of Nervous System.	8

VII	<u>ENDOCRINE SYSTEM AND BLOOD:</u> • Composition and function of blood. • Meaning of Endocrine System. • Meaning of glands. • Endocrine Glands their Locations and Functions.	7
VIII	<u>GENERAL PHYSIOLOGICAL CONCEPTS :</u> • Vital Capacity-VC • Second Wind • Oxygen Debt • Fatigue • Types of Fatigue • Blood Pressure	7

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). 10. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India. 12. Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. 15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill
- Livingstone
- गोपाल, उषा, मानव शरीर रचना एवम् क्रिया विज्ञान, "स्पोर्ट्स पब्लिकेशन", नई दिल्ली, 2012