

SEMESTER - IV

OPTIONAL COURSES

CPS 5a HEALTH AND PHYSICAL FITNESS

Credits: 4

Internal: 40 marks

Hours/Week: Theory-4hrs Practical- 4hrs

External: 60 marks

Total: 100 marks

Objectives

At the end of the course the student teacher will be able to:

- create awareness on different aspects of health and fitness;
- recognize the importance of hygienic living;
- appreciate the importance of correct posture;
- create an awareness of the rules of safety and importance of first aid;
- evaluate ones present physical fitness status and provide the basis for setting- up an exercise programme;
- acquire the importance of weight management through exercise and diet;
- expound to cope with daily stress.

Unit I: Introduction to Health Education

Meaning, Definition, Aims & Objectives of Health Education, Methods of Imparting Health Education in Schools – Health Instruction, Health Services, Health Supervision. Personal hygiene - Meaning, Definition, Elements and Importance of Personal hygiene.

Unit II: Posture Management

Meaning of Posture, Importance of Good posture, Causes of Poor Posture, Preventive Measures, Proper posture in various situations ,Common Postural Defects - Kyphosis, Lordosis, Scoliosis, Knock Knee ,Bow Legs and Flat Foot, Exercises for improving Postural Defects.

Unit III: First Aid and Treatment

First aid-Meaning, definition, Scope, Qualities of a first aider, Basic principles of rendering first aid, First aid box Contents, First aid for different types of accidents – Sprain, Stain, Contusion, Bleeding, Dislocation, Fracture, Burns, Electric Shock, Heat Stroke, Drowning and Snake bites - Symptom, Prevention and Treatment.

Unit IV: Physical Fitness and Assessment

Meaning, Definition, Importance of physical fitness, factors influencing physical fitness, Health related Components : Strength ,Muscular Endurance , Flexibility, Cardio-Respiratory Endurance and Body Composition, Benefits of physical fitness, Assessment of physical fitness, Planning a fitness programme, Common injuries :Plantar Fasciitis, Achilles tendinitis, Chondromalacia, Hamstring Strain, Shin splints -Prevention and Treatment.

Unit V: Healthy Weight Management

Weight management - Definition, Meaning, Factors contributing to weight management, Exercise – Definition, Meaning, Types : Aerobic exercise , Flexibility exercise, Strength exercise -Role of exercise in weight management, Misconception about exercise and weight control: Exercise and appetite, Spot reducing, Weight reduction by sweating, Diet - Balanced diet, Food groups-A guide to menu planning, Role of diet in weight management.

Unit VI: Stress Management for Health

Meaning, Definition, Causes and effects of stress, managing stress - Exercise, Relaxation techniques-Deep breathing, Progressive muscular relaxation.

Suggested references:

- ❖ Agarwal,J.C.(2013). *Health and Physical Education*. NewDelhi: Shipra Publications.
- ❖ Vijayalakshmi.(2011). *Physical fitness*. New Delhi: Khel Sahitya Kendra.
- ❖ Sheokand, Daisy. (2007). *Physiology of physical fitness*. New Delhi: Sports publication.
- ❖ Dharmendra prakash Bhatt. (2006). *Health Education*. New Delhi:Khel Sahitya Kendra.

- ❖ Reema Kirtani. (2003). *Physical fitness for health*. New Delhi: Khel Sahitya Kendra.
- ❖ Getchell, Bud.(1992).*Physical fitness: Away of Life*. America: Macmillian publishing company.
- ❖ Charles, P. (1998). *A key to stay fit*. Delhi: Shanthi Publication.
- ❖ Bass, David H. (1996). *Your personal fitness trainer*. New Delhi: BPB Publications.
- ❖ Greenberg, Jerrold S., Dintiman,George., & Oakes Barbee Myers. (1995). *Physical fitness and Wellness*.
- ❖ McCorthy, Aine. (1998). *How to lose weight & keep it* .Chennai: Joice publishing house.
- ❖ Rajeswari. (1999).*Weight Loss* Delhi: Pustak Mahal.
- ❖ இரத்தினசபாபதி பி, டாக்டர். ருக்மணி கோபால் .(2009), உடற்கல்வியும் உடல்நலம் கல்வியும், சென்னை :சாந்தா பப்ளிஷர்ஸ்,
- ❖ டாக்டர்.எஸ்.ராஜா .(2003), குழந்தைகளுக்கு முதலுதவி , சென்னை :சுரா புகல் (பிரைவேட்) லிமிடேட்,
- ❖ பீட்டர் ஆனந்த். ச, செந்தில் குமார் ச, (2010). உடல் மற்றும் நலக்கல்வி, நாமக்கல். : செந்தில் பதிப்பகம்,

E-References:

- ❖ http://www.webhealthcentre.com/general/first_aid_index.asp
- ❖ <http://www.livingposture.com/article.php?id=15>
- ❖ <http://www.stress-vacation.com/relaxation.htm>
