

Syllabus Distribution

Semester – IV (General)

Core Paper- 4: Health Education, Physical Fitness and Wellness

Course Code: **CC-PE-1D**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =6

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	Week Assigned = 4	12	UKB	6
	<u>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: WHO, UNESCO, UNICEF. 1.4 School Health Program: Health service, Health Instruction, Health supervision, Health appraisal and Health record.			
II	Week Assigned = 6	18	MG	6
	<u>Health Problems in India – Prevention and Control</u> 2.1. Communicable Disease: - Malaria, Dengue and Chicken Pox. 2.2. Non communicable Disease: - Obesity, Diabetes and AIDS 2.3. Nutrition: - Nutrition requirements for daily living, Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals. 2.4. Postural deformities: Cause & Corrective Exercise of Kyphosis, Lordosis, Scoliosis, Knock knees and Flat-Foot.			
III	Week Assigned = 6	18	UKB	6
	<u>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: Relation between Physical activities and Wellness. 3.4. Ageing – Physical activities and its importance.			
IV	Week Assigned = 4	12	MG	6
	<u>Health and First –aid Management</u> 4.1. First-Aid: - Meaning, Definition and Importance and Golden rules of First-aid. 4.2. Concept of Sports injuries: - Sprain, Strain, Fracture and Dislocation 4.3. Management of sports injuries through the application of Hydro-Therapy and Thermo-Therapy. 4.4. Management of sports injuries through the application of Exercise and Massage Therapy.			
<u>LAB PRACTICAL</u>				
1	Week Assigned = 6	6	UKB	6
	First-aid Practical- - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint.			
2	Week Assigned = 6	6	MG	6
	Practical knowledge of Hydro-therapy & Thermo-therapy.			

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Semester – IV (General)

Gymnastics and Yoga

Course code: SEC 2

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
1	GYMNASTICS (Compulsory)		10
	1.1. Forward Roll 1.2. T-Balance 1.3. Forward Roll with Split leg 1.4. Backward Roll 1.5. Cart-Wheel (Note: Perform the above Gymnastic skills continuously in the same sequence)	M.G	
2	Optional (any two)		10
	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. Summersault	A.S	
	YOGA		
3	Asanas (Note: One Asana is compulsory from each Posture)		10
	3.1. Standing Posture:	U.K.B	
	3.1.1. Ardhashandrasana 3.1.2. Brikshasana 3.1.3. Padahasthasana		
	3.2. Sitting Posture		
	3.2.1. Ardhakurmasana 3.2.2. Paschimottanasana 3.2.3. Gomukhasana	U.K.B	
	3.3. Supine Posture	U.K.B	
	3.3.1. Setubandhasana 3.3.2. Halasana 3.3.3. Matsyasana		
	3.4 Prone Posture	S.S	
	3.4.1 Bhujangasana 3.4.2 Salvasana 3.4.3 Dhanurasana		
3.5 Inverted Posture	S.S		
3.5.1 Sarbhangasana 3.5.2 Shirsasana 3.5.3 Bhagrasana			
4		4. Pranayama (any two)	
	4.1. Kapalbhathi 4.2. Bhamri 4.3. Anulam Vilom	S.S	