

B.Ed ELECTIVE COURSE IX

PHYSICAL AND HEALTH EDUCATION

OBJECTIVES:

At the end of the course the student- teachers will able to

- create awareness on different aspects of health and fitness.
- develop skills in organizing the physical education programme in schools.
- understand the nature of injuries and to take care during emergencies and provide first aid.
- learn good health habits.
- acquire knowledge of common communicable diseases.
- understand the diet modification in the treatment of under-weight and obesity.
- acquire the knowledge of yoga and exercise.

UNIT I Introduction to Physical Education

Meaning, Definition, Aims and Objectives of Physical Education, Scope and Importance of Physical Education, Physical Fitness–Meaning, Definition, Components and Benefits.

UNIT II Basic Skills, Rules and Regulations of few Games

Basic Skills, Rules and regulations of Ball Badminton, Volley Ball, Kho-Kho and Kabaddi

UNIT III Methods, Organization and Administration

Methods of Teaching Physical activities, Lesson Plan – Parts and Preparation of General Lesson plan, Organisation of Intramural and Extramural Competitions, Tournament –Preparation of Fixtures, Single Knock out and Single League.

UNIT IV Yoga and Exercise

Meaning, Definition of Yoga, Eight limbs of yoga, Need and Importance, Practice of Yoga and Physical Exercises, Exercise types: 1) Aerobic , 2) Anaerobic, Effects of Exercise on

various systems- Circulatory, Muscular, Digestive & Respiratory systems, Difference between Physical Exercises and Yoga.

UNIT V Athletic Injuries

Meaning, Common Athletic Injuries – Strain, Sprain, Contusion, Laceration, Fracture, Dislocation - Symptoms, Prevention and Treatment.

UNIT VI Olympic Movements

Olympics – Ancient and Modern Olympics Games, Olympic torch, Olympic Flag, Marathon Race, Difference between Ancient and Modern Olympic Games

UNIT VII Health Education

Meaning, Definition, Aims & Objectives of Health Education, Methods of Imparting Health Education in Schools – (1) Health Instruction, (2) Health Services, (3) Health Supervision, Safety Education – Play Field, Road, Home, School.

UNIT VIII Posture

Meaning of Posture, Importance of Good posture, Characteristics of Good Posture, Values of Good Posture, Causes of Poor Posture, Preventive Measures, Common Postural Deformities, Exercises for Improving Postural Defects.

UNIT IX Food and Nutrition

Meaning of Food, Classification, Constituents of Food, Vitamins and Deficiency Diseases, Meaning of Nutrition, Malnutrition - Causes - Balanced Diet, Diet for Obesity and Under Weight.

UNIT X Common Communicable Diseases

Meaning, Common Communicable Diseases - Malaria, Typhoid, Cholera, Diarrhea, Small pox, Whooping Cough, AIDS-symptoms, Causes and Prevention.

SUGGESTED REFERENCE BOOKS:

Dhanajoy, S., & Seema, K. (2007). *Lesson planning: Teaching methods and class management in physical education*. New Delhi: Khal Sahitya Kendra.

Nash T.N. (2006). *Health and physical education*. Hydereabad: Nilkamal Publishers.

Prasad, Y. V. (2006). *Method of teaching physical education*. New Delhi: Discovery Publishing house.

Sachdeva, M. S. (2006). *School organisation, administration and management*. Ludhiana: Dandon Publication. Chandra, S., Sothi, & Krishnan.P. (2005). *Health education and physical education*. Delhi: Surject Publications.

Mangal, S. K. (2005). *Health and physical education*. Ludhiana: Tandon Publication book market.

Ajmer, S. (2003). *Essentials of physical education*. New Delhi: Kalyani Publishers.

Tiwari, O. P. (2002). *Asana : Why and how*. India: Kanalyadhama.

Hedge, (1997). *How to maintain good health*. New Delhi: UBPSD Publishers.

Kanele., B. S., & Kumar, C. P. (1996). *Text book on health and physical education*. Ludhiana: Kalyana Publishers.

Reema, K. (1996). *Physical fitness*. New Delhi: Khel Sahitya Sports Publication.

Dambrosa, D., & Robert, D. (1993). *Prevention and treatment and running injuries*. New Jersey: Slack Incorpor Road.

Krishna, G. (1993). *The purpose of yoga*. New Delhi: UBS Publishers Ltd.

Ramachandran, L.T., & Dharmalingam. (1993). *Health education. A new approach*. NewDelhi: Vikas Publishers Ltd.

Charles, B. A. (1992). *Foundation of physical education and sport*. New Delhi: B1 Publication.

Eriksson, O. B. (1990). *Sports medicine, health and medication*. Enfield: Guinness Publishing Road.

Sangral, K. (1977). *Methods in physical education*. Ludhiana: Prakash Brothers.

Thomas.J. P. (1954). *Organization of physical education*. Chennai: Y.M.C.A College of Physical Education.