

## SYLLABUS FOR OPEN COURSE IN PHYSICAL ACTIVITY, HEALTH AND WELLNESS

### Module I: Concepts of physical education Health and Wellness

Definition, aim, objectives and importance of physical education.

Definition and Importance of Health.

Meaning and concept of wellness.

### Module II: Concept of Fitness

Types of fitness. Definition of Physical fitness. Types of physical fitness - Health related physical fitness, Performance related physical fitness and Cosmetic fitness. Components of physical fitness – speed, strength, endurance, flexibility and coordinative abilities. Assessment of physical fitness components. Fitness balance.

### Module III: Exercise principles,

Principles of exercise programme, Types of Exercise.

Benefits of Exercise, Exercise and heart rate zone.

### Module IV: Vital signs, Lifestyle/Hypo kinetic diseases and its management

Vital signs- Pulse rate, Respiratory rate, Blood pressure, Body temperature,

Diseases- Diabetes, Hypertension, Obesity, Osteoporosis, CHD, arthritis.

Fitness assessment- Body mass index, Waist to Hip Ratio,

### Module V: First Aid. Nutrition. Postural deformities and corrective measures

Definition of First Aid, Aim of First Aid, Principles of First Aid.

RICE, ABC of First Aid, First Aid for Fracture, Bleeding, Drowning and Snake Bite.

Nutritional balance, Nutritional deficiency diseases. BMR

Meaning of good posture, causes of poor posture, importance of good posture

Postural deformities- Kyphosis, Lordosis, Scoliosis, Bow leg, Knock knee, Flat foot

### Module VI: Science of Yoga, Emotional control, stress management

Definition and meaning of Yoga, Asana, and Pranayama.

Eight limbs of Ashtanga Yoga –Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi

#### Asanas - Ten Asanas and its effects

NO	Types	Asanas
1	Standing (Balancing)	Vrikshasana
2	(Forward bending)	Padahasthasana
3	(Backward bending)	Ardha Chakrasana
4	Sitting (Meditative)	Vajrasana
5		Padmasana,
6	Prone line	Bhujangasana,
7		Salabhasa
8	Supine	Naukasana

9

Uttitha padasana

10 Supine ( Relaxative )

Savasana

**Pranayamas - Three Pranayamas and its effects-**

1) Surya Bedhana( Heating), 2) Chandra bedhana( Cooling) 3) Nadisudhi( Balancing)

**Stress - Definition of stress, causes of stress and stress management.**

<b>Question Paper Pattern</b>			
<b>Type</b>	<b>Marks</b>	<b>No. of questions</b>	<b>Max: Marks</b>
Objective	1	10	10
Short answer	2	10 out of 12	20
Short essay	5	4 out of 6	20
Essay	10	1 out of 2	10

