



# **CMS COLLEGE KOTTAYAM**

**(AUTONOMOUS)**

Affiliated to the Mahatma Gandhi University, Kottayam, Kerala

## **CURRICULUM FOR OPEN COURSE IN PHYSICAL EDUCATION FOR UNDER GRADUATE PROGRAMMES**

**UNDER CHOICE BASED CREDIT SYSTEM 2018**  
**(with effect from 2018)**

Approved by the Board of Studies on 26-03-2018

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Chairman  
Board of Studies

## **PREFACE**

Introducing Physical Education as an academic subject was enhancing knowledge of health and physical activity among students. In fact making physical education as an academic subject in colleges was a long standing demand of physical education teachers. The subject matter is presented in a systematic manner. The topic of the syllabus is discussed in a simple language so that it will be easy to learn and stimulate in the student a desire for leading a healthy life.

## CURRICULUM

### GRADUATE PROGRAMME OUTCOMES (GPO)

At the completion of the Under graduate programme, the student will be able to accomplish the following outcomes:

<b>GPO No.</b>	<b>Graduate Programme Outcomes</b>
<b>GPO.1</b>	<b>Critical Thinking:</b> Take an informed and analytical approach to learning and demonstrate in-depth knowledge of the subject and give opinion(s) supported by logical reasoning that one have judged to be appropriate and understanding different approaches and using them
<b>GPO.2</b>	<b>Effective Communication:</b> Demonstrate proficiency in communicating competently in groups and organizations, competence in interpersonal communication; possess skills to effectively deliver formal and informal presentations to a variety of audiences in multiple contexts
<b>GPO.3</b>	<b>Social Interaction:</b> Foster social skills and peer interaction enabling them to make all people feel valued and respect their differences by being responsible citizens for creating a socially inclusive society
<b>GPO.4</b>	<b>Ethical Standards:</b> Recognize values such as justice, trust, equity, fairness, kindness and develop a commitment to meeting and upholding standards of ethical behavior in all walks of life and comprehending the moral dimensions of decisions and actions
<b>GPO.5</b>	<b>Environmental Consciousness:</b> Discern the issues of environmental contexts and engages in promoting values and attitudes that claim coexistence and sustainable living with reduced, minimal, or no harm upon ecosystems
<b>GPO.6</b>	<b>Lifelong Learning:</b> Acquire the skill to be an independent lifelong learner embracing real-time changes in the socio-technological context, promoting continuous development and improvement of the knowledge and skills needed for employment and personal fulfillment

## OPEN COURSE CURRICULUM

Course	Details				
Code	PE1815401				
Title	PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION				
Degree	B.Sc.				
Branch(s)	Physical Education				
Year/Semester	3/V				
Type	Open Course				
Credits	3	Total Hours	72	Hours/week	4

CO No.	<i>Expected Course Outcomes</i> <i>Upon completion of this course, the students will be able to:</i>	Cognitive Level
1	Understand the basic of sports sciences	U
2	To provide knowledge on sports and nutrition	R
3	To familiarize the safety education and health promotive measures	U & AP
4	Understanding of the value of sports in life	E
CO-Course Outcome; Cognitive Level: R-Remember; U-Understanding; Ap-Apply; An-Analyze; E-Evaluate; C-Create.		

Module	Course Description	Hrs	CO.No.
<b>1.0</b>	<b>Physical Education and Physical Fitness</b>		
1.1	Concept of Physical Education	1	1
1.2	Meaning, Definition, Aims and Objectives of Physical Education	2	2
1.3	Need and importance of Physical Education	1	1
1.4	Physical Education & its Relevance in Inter Disciplinary Context	1	2
1.5	Physical Fitness Components	3	2
1.6	Health Related Physical Fitness	2	1
1.7	Performance Related Physical Fitness	1	1
1.8	Activities for developing Physical Fitness Components	2	2
<b>2.0</b>	<b>Module – II : Health Concepts of Physical Education</b>		
2.1	Definition and Meaning of Health	1	2
2.2	Dimensions and Determinants of Health	1	2
2.3	Physical Activity and Health Benefits	2	2

2.4	Effect of Exercise on Body systems	1	5
2.5	Circulatory, Respiratory, Skeletal and Muscular Systems	4	2
2.6	Role of Physical Education Programme on Community Health Promotion (Individual, Family & Society)	2	1
<b>3.0</b>	<b>Module – III : Nutrition and Health</b>		
3.1	Concept of Food and Nutrition	1	2
3.2	Balanced Diet	2	3
3.3	Vitamins – Malnutrition – Deficiency Diseases	2	2
3.4	Determining Caloric Intake and Expenditure	1	2
3.5	Obesity, Causes and Preventive Measures – Role of Diet and Exercise	2	2
<b>4.0</b>	<b>Module – IV: Safety Education and Health Promotion</b>		
4.1	Principles of Accident Prevention	1	1
4.2	Health and Safety in Daily Life	2	2
4.3	Health and Safety at Work	1	2
4.4	First Aid and Emergency Care	2	3
4.5	Common Injuries and their Management	3	3
4.6	Life Style and Hypo-kinetic Disease – Causes and Prevention	3	3
<b>5.0</b>	<b>Module – V: Sports and Life Skills Education</b>		
5.1	Sports and Socialization	1	2
5.2	Physical Activity and Sports - Emotional Adjustment and Wellbeing	2	1
5.3	Substance Abuse among Youth – Preventive Measures and Remediation	2	2
5.4	Yoga, Meditation and Relaxation	3	3
5.5	Sports and Character Building	2	2

#### Text Books for Reference

- AAPHERD. '*Health Related Physical Fitness Test Manual*'. 1980. Published by Association drive Reston Virginia
- *ACSM Fitness Book*, Leisure Press Campaign, Illinois, 1996, Leisure Press, Canada <http://www.pitt.edu/~gsphome>
- ACSM's "*Health related physical fitness assessment manual* Lippincott Williams and Wilkins USA, 2005
- B.C. Rai *Health Education and Hygiene* Published by Prakashan Kendra, Lucknow.
- Bucher, C.A., (1979). **Foundation of Physical Education** (5th ed.). Missouri: C.V.Mosby co.
- Corbin, Charles B.et.al, C.A., (2004). **Concepts of Fitness and Wellness** , Boston: McGraw Hill
- Fashey, Tomas D, Insel, Paul M, and Roth, Walton T (2005) **Fit and Well** New York: McGrawHill Inc.
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- Greenberg, Jerold S and Dintiman George B(1997) **Wellness – Creating a Life of Health and Finess** London: Allyn and Bacon Inc.
- Les Snowdan. , Maggie Humphrey’s *Fitness walking*, Maggie Humphery Orient Paper Backs 2002 New Delhi.
- Norman Bezzant *Help! First Aid for everyday emergencies*, Jaico Publishing House Bombay, Delhi
- Puri,K, Cahndra.,S,S, (2005). **Health and Physical Education**. New Delhi: Surjeet Publications
- Ralph S. Paffer Barger, Jr. and Eric Leolson, *Life Fit*, 1999 Human Kinetics USA
- Rob James, Graham Thompson, Nesta Wiggins –James complete *A-Z Physical Education Hand book* 2nd edition, 2003 Hodder and Stoughton England
- Siedentop,D,(1994) **Introduction to Physical Education and Sports** (2nd ed.).California :Mayfield Publishing Company
- Ziegler, E.F. (2007). **An Introduction to Sports & Phy.Edu. Philosophy**. Delhi: Sp.Educational Technology.

**Text Books for Enrichment**

1. Essentials Of Physical Education (latest Edition) Ajmer Singh, Kalyani Publishers
2. Health and Physical Education Book. Publisher: Tandon Publications D.D. Mehta
3. Learning and Teaching in Physical Education By Colin A. Hardy; Mick Mawer