

**ST. JOSEPH'S COLLEGE (AUTONOMOUS)  
DEVAGIRI, CALCIUT, KERALA**



**SYLLABUS**

**For Open Course in**

**Physical Education**

**PHYSICAL ACTIVITY HEALTH AND WELLNESS**

*Under*

**CHOICE BASED CREDIT AND SEMESTER SYSTEM FOR  
UNDER GRADUATE (UG) - 2019**

Effective from 2019 Admission Onwards

## Course Evaluation and Grading

Indirect grading system is followed.

### Ten Point Indirect Grading System

<i>% of Marks (IE+EE)</i>	<i>Grade</i>	<i>Interpretation</i>	<i>Grade point Average ( G)</i>	<i>Range of grade points</i>	<i>Class</i>
95 and above	O	Outstanding	10	9.5 -10	First class with Distinction
85 to below 95	A+	Excellent	9	8.5 -9.49	
75 to below 85	A	Very good	8	7.5 -8.49	
65 to below 75	B+	Good	7	6.5 -7.49	First class
55 to below 65	B	Satisfactory	6	5.5 -6.49	
45 To below 55	C	Average	5	4.5 -5.49	Second class
35 to below 45	P	Pass	4	3.5 -4.49	Pass
Below 35	F	Failure	0	0	Fail
Incomplete	I	Incomplete	0	0	Fail
Absent	Ab	Absent	0	0	Fail

### COURSE EVALUATION:

The evaluation scheme for the course shall contain two parts

(1) Internal assessment

(2) external evaluation

20% weight shall be given to the internal assessment. The remaining 80% weight shall be for the external evaluation.

#### 1. INTERNAL EVALUATION

Internal Assessment: 20% of the total marks in each course are for internal examinations. . The internal assessment shall be based on a predetermined transparent system involving written test, assignments, seminars and attendance. Components with percentage of marks of Internal Evaluation of Theory Courses are Classroom participation based on Attendance 20 %, Assignment 20 %, Seminar 20 % and Test paper 40%. (If a fraction appears in internal marks, nearest whole number is to be taken)

#### **Split up of marks for Test paper**

<b>Range of marks in test paper</b>	<b>Out of 6 Marks ( Maximum internal marks is 15)</b>
Less than 35%	1
35%-45%	2
45%-55%	3
55%-65%	4
65%-85%	5
85%-100%	6

#### **Split up of marks for Class Room Participation**

<b>Range of CRP</b>	<b>Out of 3Marks ( Maximum internal marks is 15)</b>
50% $\leq$ CRP<75%	1
75% $\leq$ CRP<85%	2
85% and above	3

## **2. EXTERNAL EVALUATION**

The Course have 75 marks.20% Internal (15 Marks) and 80% External (60 Marks).

Duration of external examination is 2 Hrs. The pattern of External Examination question paper is as given below:

### **Section A**

Short answer type carries 2 marks each – 12 questions, Ceiling – 20 marks

### **Section B**

Short Essay type carries 5 marks each - 7 questions, Ceiling – 30 marks

### **Section C**

Essay type carries 10 marks each, (1 out of 2) 1x10=10 marks

Students can answer all the questions in sections A & B but there shall be ceiling.

## SYLLABUS FOR OPEN COURSE

### SEMESTER V

### GPED5D01T: PHYSICAL ACTIVITY HEALTH AND WELLNESS

Lecture Hours : 48 (3 Hrs/Week)  
Total Marks: 75 ( Internal 15 & External 60)

Credits: 3  
Examination : 2 Hours

**Course Outcomes:** After studying this course the students will be able to,

COs	COURSE OUTCOMES
CO1	Understand the concepts of physical education, Health & Wellness.
CO2	Understand the fitness and physical fitness
CO3	Assess components of physical fitness
CO4	Know about science of Yoga and its benefits
CO5	Understand First Aid for sports injuries
CO6	Know the postural deformities and their corrective measures
CO7	Understand Lifestyle and Hypo kinetic diseases
CO8	Understand how to control Emotions and manage stress

**Module I: Introduction to physical education, Health and Wellness (5 hrs)**

Definition, aim, objectives and importance of physical education. Definition and Importance of Health. Meaning and concept of wellness.

**Module II: Concept of Fitness (12 hrs)**

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, (5 hrs)**

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 (10 hrs)**

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 (8 hrs)**

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

RICE, ABC of First Aid, First Aid for sprain, strain, 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 and corrective measures - Kyphosis, Lordosis, Scoliosis, Bow leg, Knock knee, Flat foot

**Module VI: Science of Yoga, Emotional control, stress management (8 hrs)**

Definition and meaning of Yoga, Asana, and Pranayama. Eight limbs of Ashtanga Yoga –Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi.

**Asanas and its effects :** 1. Standing (Balancing) – Vrikshasana, Padahasthasana, ArdhaChakrasana.

2. Sitting ( Meditative) - Vajrasana, Padmasana, 3. Prone lying - Bhujangasana, Salabhasa. 4. Supine - Uttitha padasana, Naukasana. 5. Relaxative - Savasana

**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.**

**REFERENCES:**

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8. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
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**Mark distribution for setting question paper of external examination**

Module I	10 Marks
Module II	18 Marks
Module III	10 Marks
Module IV	15 Marks
Module V	13 Marks
Module VI	13 Marks

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