



UNIVERSITY OF CALICUT

Abstract

General and Academic - Faculty of Education - UG Programmes under CBCSS UG 2019- Implementing the syllabus and pattern of question paper for the Open Course in Physical Education "Physical Activity, Health and Wellness"- Code-PEN5D03 with effect from 2019 admissions- Sanctioned, subject to ratification by the Academic Council - Orders issued.

G & A - IV - J

U.O.No. 6062/2021/Admn

Dated, Calicut University.P.O, 13.06.2021

*Read:-*1. U.O. No. 10662/2020/Admn, dated 13.11.2020

2. The revised syllabus of Open Course forwarded by the Chairman, Board of Studies in Physical Education (UG), dated 24.05.2021
3. Remarks of Dean, Faculty of Education, dated 08.06.2021
4. Orders of Vice Chancellor in the file of even no. dated 11.06.2021

ORDER

1. The Regulations of Choice Based Credit Semester System (CBCSS) UG Regulations 2019, was implemented under the University of Calicut, with effect from 2019 admissions, vide paper read (1) above.
2. Vide paper read (2) above, the revised syllabus and pattern of question paper for the Open Course in Physical Education in fifth Semester, titled "Physical Activity, Health and Wellness", with Code-PEN5D03, for UG Programmes under CBCSS UG 2019, was received from the Chairman, Board of Studies in Physical Education (UG) and the same has been approved by the Dean, Faculty of Education vide paper read (3) above.
3. Considering the matter in detail, the Vice Chancellor has approved, vide paper read (4) above, the Revised Syllabus and Pattern of Question paper for the Open Course in Physical Education titled "Physical Activity, Health and Wellness" with Code- PEN5D03, in fifth Semester, for UG Programmes under CBCSS UG 2019, subject to ratification by the Academic Council.
4. The revised syllabus and pattern of question paper for the Open Course in Physical Education titled "Physical Activity, Health and Wellness" , with Code- PEN5D03, in fifth Semester, for UG Programmes under CBCSS UG 2019, is therefore implemented with effect from 2019 admissions, subject to ratification by the Academic Council.
5. Orders are issued accordingly. (The Revised Syllabus and Pattern of Question paper appended).

Arsad M

Assistant Registrar

To

1. Principals of All affiliated colleges, 2. Director, School of Distance Education
Copy to : PS to VC/PA to PVC/PA to R/PA to CE/JCE 1, 2, 3, 4, 7 & 8/SF/DF/FC

Forwarded / By Order

Section Officer

SYLLABUS FOR OPEN COURSE

FIFTH SEMESTER

Physical Activity Health and wellness

Paper CODE - PEN5D03

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

PHYSICAL ACTIVITY, HEALTH AND WELLNESS

Course Outcomes:

After studying this course the students will be Able to,

1. Understand the concepts of physical education, Health & Wellness.
2. Understand the fitness and physical fitness
3. Assess components of physical fitness.
4. Know about science of Yoga and its benefits
5. Understand First Aid for sports injuries
6. Know the postural deformities and their corrective measures.
7. Understand Lifestyle and Hypo kinetic diseases.
8. 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 hours)

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 hours)

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, Ardha Chakrasana.

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:

1. Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
2. Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe
3. Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
4. McGlynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
5. Butryn, M.L., Phelan, S., &Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.
6. Singh, H. (1984). *Sports training, general theory and methods*.Patials: NSNIS.
7. Uppal, A.K., (1999). *Sports Training*.New Delhi: Friends Publication.
8. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*.London: Addison Wesley Publishing Co., Inc.
9. Blair, J.& Simpson, R.(1962). *Educational psychology*, New York:McMillan Co

Scheme of Examinations:

The external question paper carries 60 marks and internal examination is of 15 marks.

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

Section A

Objective type questions carries 1 marks each – 12 questions Ceiling – 10 marks

Short answer type carries 2 marks each – 7 questions Ceiling – 10 marks

Section B

Short Essay type carries 5 marks each - 8 questions Ceiling – 30 marks

Section C

Essay type carries 10 marks (1 out of 2) $1 \times 10 = 10$

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

Mark Distribution

Module I	10 Marks
Module II	16 Marks
Module III	10 Marks
Module IV	14 Marks
Module V	12 Marks
Module VI	12 Marks

ANNEXURE A

Pattern of Question Papers:

The maximum marks for the External university examinations will be of 60 marks and the duration of the examination will be 2 hours. The Question Paper shall have three sections namely Section A, Section B and Section C. A candidate can answer all the questions asked, but the maximum marks scored will also have a ceiling under each section and will be as follows:-

Section A shall have two types of questions namely:-

- (i) Objective type questions which carries 1 marks each – A maximum of 12 questions can be asked – A candidate can write all the 12 answers but the maximum marks which can be awarded will be ten for the correct 10 answers.
10 Marks

- (ii) Short answer type questions which carries 2 marks each – A maximum of 7 questions can be asked – A candidate can write all the 7 answers but the maximum marks which can be awarded will be ten for the best five answers.
10 Marks

Section B shall have only one type of questions namely:-

- (i) Short Essay type questions which carries 5 marks each – A maximum of 8 questions can be asked – A candidate can write all the 8 answers but the maximum marks which can be awarded will be thirty for the best six answers.
30 Marks

Section C shall have only one type of question. The Essay type:--

Essay type question which carries 10 marks (one to be answered out of two questions asked

10 Marks

The questions should be asked as per the Mark Distribution (Maximum ceiling) based on the six modules and should be as follows:-

(i) Module I	10 Marks
(ii) Module II	16 Marks
(iii) Module III	10 Marks
(iv) Module IV	14 Marks
(v) Module V	12 Marks
(vi) Module VI	12 Marks
