

## SEMESTER III

**BES-C301**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### HEALTH EDUCATION

#### UNIT I

Health Education: Meaning and Definition  
Concept and Principles of Health Education  
Health – Importance, Components  
Health Promoting Behaviours

#### UNIT II

Meaning & definition of Personal Hygiene, Mental Hygiene & Sleep Hygiene  
Role of Personal Hygiene, Mental Hygiene & Sleep Hygiene  
Occupational Hygiene in physical education and sports  
Role of Different Agencies in Promoting Health (WHO, UNICEF, Local Bodies)

#### UNIT III: Natural Resources

Meaning, Definition, role and uses of natural resources  
Water resources  
Food resources  
Land resources

#### UNIT IV: Environmental issues

Definition, effects and control measures of:  
Air Pollution  
Water Pollution  
Soil Pollution  
Noise Pollution  
Thermal Pollution  
Management of environment and Govt. policies  
Role of pollution control board.

#### SUGGESTED READINGS

Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.  
Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.  
Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.  
Shaw D and Kaushik S (2001). Lesson Palnning- Teachinh Methods and Classman in Physical Education. K.S.K. Delhi.  
Shrivastava A.K. (2004). Shareerik Shiksha Khel Main Sangthan Avum Prashashan. Sports. New Delhi.