

**CORE COURSE (THEORY)**  
**SEMESTER III**  
**HEALTH EDUCATION**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-C301**

Time allowed: 3Hrs

**The Course learning outcomes (COs):** On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** Defining the concepts and principles of health education.

**CO-2.** Explaining the meaning, definition, and importance of health education.

**CO-3.** classifying hygiene and its types.

**CO-4.** Writing about the role and uses of pollution.

**CO-5.** Discussing the types of natural resources.

**UNIT I Health Education:**

Meaning and Definition

Concept and Principles of Health Education

Health – Importance, Components

Health Promoting Behaviors

**UNIT II Hygiene:**

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 and 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.