Semester – II BPD-E204 Theory Courses CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

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

CO-1.Describing the concepts of various exercise program and safety.

CO-2. Reading the concepts of physical education, fitness and wellness.

CO-3. Generalizing different principles of exercise program.

CO-4.Reviewing thesafety education and fitness promotion.

CO-5. Categorizing common injuries, first aid and emergency care.

Unit – I Concept of Physical Education and Fitness

(10 Hrs.)

Definition, Aims and Objectives of Physical Education, fitness and Wellness

Importance and Scope of fitness and wellness

Modern concept of Physical fitness and Wellness

Physical Education and its Relevance in Inter Disciplinary Context.

Unit – II Fitness, Wellness and Lifestyle

(15 Hrs.)

Fitness – Types of Fitness and Components of Fitness

Understanding of Wellness

Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management

Physical Activity and Health Benefits

Unit – III Principles of Exercise Program

(15 Hrs.)

Means of Fitness development – aerobic and anaerobic exercises

Exercises and Heart rate Zones for various aerobic exercise intensities

Concept of free weight Vs Machine, Sets and Repetition etc

Concept of designing different fitness training program for different age group.

Unit – IV Safety Education and Fitness Promotion

(15 Hrs.)

Health and Safety in Daily Life

First Aid and Emergency Care

Common Injuries and their Management

References:

Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.

Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.

Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.

Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4								
CO 5								