

Semester- V
DISCIPLINE SPECIFIC ELECTIVE
BPE-E501

HEALTH EDUCATION AND PERSONNEL HYGIENE

MM : 100

Time : 3 hrs

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Credits-4

Sessional : 30

ESE : 70

Pass Marks : 28

Unit-I

Meaning and need of health education.

Meaning and concept of school/ college health programme.

Importance of school/ college health programme-

Unit - II

Components of school/ college health programme and their inter- relationship with healthful health services.

Components of school/ college health programme and their inter- relationship with healthful living.

Components of school/ college health programme and their inter- relationship with comprehensive school/ college health education (Health instructions).

Unit -III

Introduction of digestive System.

Organs of digestive System.

Functioning of digestive System.

Effect of exercises on digestive System.

Unit -IV

Meaning and functions of family.

Importance of family as a social institution.

Problems of Adolescence and their management.

Preparation for marriage and parenthood.

Role of parents in child care.

Role of individual as a citizen.

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
3. Sharma, Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.
4. Dagar,R.K.S. et. al. "Swasthya siksha evm yog ke tatwa",friends publication, New Delhi
5. Sharma,V.K.,& Sharma, Bindu, "Health and physical education", lakshmi publishing house,Rohtak,2011