

**GENERIC ELECTIVE COURSE
HEALTH EDUCATION AND ATHLETIC CARE
BPE-G601 PAPER-I**

UNIT-I: HEALTH EDUCATION

Meaning, Definition & Concepts of Health
Definition of Health Education, Health Instruction, Health Supervision
Aim and objectives of Health Education
Principles of Health Education

UNIT-II HEALTH PROBLEMS IN INDIA

Communicable and Non Communicable Diseases
Obesity, Malnutrition, Adulteration in food, Environmental sanitation.
Personal and Environmental Hygiene for schools
Objective of school health service, Role of health education in schools

UNIT-III HEALTH SERVICES

Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment
Health Service and guidance instruction in personal hygiene

UNIT-IV ATHLETIC CARE

Health and Safety in Daily Life
Concept of RICE
First Aid and Emergency Care
Common Injuries and their Management