

COURSE TITLE : HEALTH & PHYSICAL EDUCATION
COURSE CODE : 202
PERIODS PER WEEK : 3 (1 Theory +2 Practical)
PERIODS PER SEMESTER : 54
CREDITS : 2

Objective: The course intended to provide learning experience to students to realize the importance of physical fitness, health and well being. It will also help to develop life time physical activity behaviour among the students. The course will help,

1. To introduce the fundamentals of health, physical education, fitness and sports.
2. To provide knowledge and understanding regarding the scientific basis of fitness .
3. To enable the students to lead a healthy lifestyle based on concepts of fitness and wellness.
4. To impart knowledge regarding health and nutrition; and to equip the students to provide first aid measures and manages common injuries.

Health and Physical Education (Theory) – 18 Sessions

TIME SCHEDULE		
MODULE	TOPIC	PERIODS
I	Concept of Health and Physical Education	3
II	Introduction to fitness and wellness	6
III	First Aid	4
IV	Nutrition and health	2
	Test	3

MODULE I:- Concept of Health and Physical Education

- a) Health – Definition, spectrum, determinants
- b) Various aspects of health-physical health, mental health, social health, spiritual health
- c) Factors influencing health-Biological factors, environmental factors, socio-cultural factors, Personal factors.
- d) Physical Education - Meaning and definition, aims and importance of physical education
- e) Misconceptions about physical education

MODULE II:- Introduction to fitness and wellness

- a) Meaning of physical fitness and wellness
- b) Components of physical fitness-endurance, speed, flexibility, strength, agility, balance, co-ordination
- c) Factors affecting physical fitness and wellness-regular exercise, amount of training, scientific way of training, rest and relaxation, proper conditioning, good posture, heredity, environment, standard of living, balance diet, stress and tension, drugs, intoxication
- d) Means of fitness development-aerobic and anaerobic activities, sports and games, yoga
- e) Hypo-kinetic diseases- Coronary heart disease (CHD), Diabetes mellitus, Hypertension, Obesity, osteoporosis
- f) Health risk behaviours- Effects of drugs, Alcohol and smoking

MODULE III: - First Aid

- a) Definition and purpose of first aid
- b) First Aid - general procedure
- c) Wounds (types and its management)
- d) Fractures(types and its management)
- e) First aid for –burns, scalds, choking, electrical shock, heat stroke, drowning, bleeding
- f) Cardiopulmonary resuscitation (CPR)

MODULE IV - Nutrition and Health

- a) Work, power, energy and its units
- b) Sources of energy
- c) Micronutrients
- d) Food pyramid
- e) Balanced diet
- f) Caloric value of Indian foods

SUGGESTED READINGS

- 1) **AAPHERD. *Health Related Physical Fitness test Manual*** .1980 published by association drive Reston Virginia
- 2) **ACSM *Fitness Book***, Leisure Press Campaign, Illinois,1996, Leisure Press , Canada
- 3) **ACSM's "*health related physical fitness assessment manual*"** Lippincott Williams and wilkins USA,2005
- 4) **B.C. Rai *Health Education and Hygiene*** published by Prakashan Kendra, Lucknow
- 5) Corbin,Charles B.et.al, C.A.,(2004). ***Concepts of Fitness and Wellness***, Bosten:McGrawHill
- 6) Fashey,Tomas D,Insel, Paul M, and Roth, Walton T (2005) ***Fit and well*** New York: Mc GrawHill Inc.
- 7) Greenberg, Jerold S and Dintiman George B (1997) ***welness- Creating a Life of Health and fitness*** London: Allyn and Bacon Inc.
- 8) Norman Bezzant ***Help First Aid for everyday emergencies***, Jaico Publishing House Bombay, Delhi
- 9) Puri,K, Cahndra.,S,S, (2005). ***Health and Physical Education***. New Delhi: Surjeet Publications

Health and Physical Education (Practical) – 18 Sessions (2 Hours/session)		
PART- I	Compulsory	10 Sessions
1	Warming Up, minor games, warming down	1
2	Aerobics and flexibility exercises	1
3	Yoga – Pranayam – Surya Namaskar- Padmasana- Pachimothasana- Bhujangasana- Dhanurasana - Sarvangasana -Matsyasana- Salabhasan- Halasana- Chakrasana- Vrikshasana- Padahastasana - Savasana	3
4	Weight Training – Biceps curls- Triceps curls- Lateral rise- Good morning- Wrist curl- Front press- Press behind the neck- Bench press- Upright rows- Leg presses- Half Squat- Full squat- Lunge- Dumbbell exercises	2
5	Physical Fitness Test	3

	<ul style="list-style-type: none"> - Sit-Ups (60 sec) - Sit and reach test - Modified pull –ups - 1 Mile run/ Multi stage fitness test 	
PART- II	Optional	8 Sessions
	Students can opt any one activity from two disciplines suggested by the faculty subject to the availability of facilities at the college	
	1. Football, 2. Basketball, 3. Volleyball, 4. Shuttle Badminton, 5. Ball Badminton, 6. Kabaddi, 7. Cricket, 8. Table Tennis, 9. Track and Field	

Assessment of Students

Health and Physical Education			
	Internal	External	Total
Theory	25	-	25
Practical	25	50	75

a. Internal Assessment for Theory Course

Sl. NO	Criteria Component	Weightage (%)
1	Test papers (Best 2 out of 3)	50
2	Assignment (Minimum 3)	30
3	Attendance	20

b. Internal Assessment for Practical Course

- i) Internal continuous assessment and end of semester examinations shall have the weightage in ratio 1:1, with 25 marks for internal continuous assessment and 50 marks for the end of semester examinations.
- ii) The weightage of internal continuous assessment marks for practical courses shall be as follows:

SI No	Criteria Component	Weightage (%)
01	Yoga Performance	20%
02	Physical Fitness Test	50%
03	Sports Achievements	10%
04	Record	10%
05	Attendance and Sports Uniform	10%

c. Assessment at End of Semester Examination (Practical Course)

- i) The course teacher and an examiner appointed by Principal shall conduct the end of semester examination of the practical course.
- ii) Award of marks in the end of semester practical examinations shall as follows:

SI No	Criteria Component	Weightage (%)
01	Fair Record	10%
02	Viva Voce	20%
03	Performance in Yoga- Individual option	10%
04	Performance in Yoga- Examiner option	20%
05	Performance in optional Game	20%
06	Demonstration of Flexibility/Weight Training Exercises	20 %

PART – II - OPTIONAL

TRACK & FIELD

1. Introduction to Track & Field and historical development of events.
2. Organizational set-up of Track and field at National Level
3. Important competitions held at National and International levels
4. Fundamental skills
 - 4.1 Track Event
 - 4.1.1 Starting techniques
Standing start, Crouch start and its variations
 - 4.1.2 Finishing techniques
Run through, Forward Lunge (Dip), Shoulder Shrug
 - 4.1.3 Technique of Relay Race
Various methods of baton exchange
 - 4.1.4 Middle and long distance running
 - 4.1.5 Technique of Hurdle events
 - 4.1.6 Technique of Race Walking
 - 4.1.7 Steeple chase
 - 4.2 Field events
 - 4.2.1 Techniques of Long Jump(Sail ,Hang & Hitch Kick)
 - 4.2.2 Techniques of Shot Put (O' Brien & Disco Put)
 - 4.2.3 Techniques of high-jump (Scissor cut, Straddle roll & Fosbury flop)
5. General competition Rules of track and field events.

Reference:

- 1 Dybon, Goeffrey, G.H. The Mechanics of Athletics
- 2 Deberly, J.Menneth, Modernn Track And Field
- 3 Hooks, Gene Application of Weight Training to Athletics
- 4 Malhothra, Ashok kumar, A Guide to become an Athlete
- 5 Mohan.V.M Athletics for Beginners

CRICKET

1. Terminologies used in cricket
2. Measurement :
 - i. Ground
 - ii. Pitch
 - iii. Bat
 - iv. Ball
 - v. Stumps
3. Ways of dismissals
4. Fundamental skills:
 - i. Batting- basics (Grip, Guard, Stance and Back lift)
 - ii. Vertical bat strokes
 - Front foot strokes (Front foot defence, Front foot drive)
 - Back foot strokes (Back foot defence, Back foot drive)
 - iii. Bowling: Types of Bowling
 - Basics (Grip, run up, delivery stride and follow through)
 - iv. Fielding: defensive fielding, attacking fielding
 - v. Catching: different types of catches
 - vi. Throwing: different types of throws
 - vii. Wicket keeping-basic stance, collection and stumping

Batting - Principles

- Vertical bat strokes - Front foot (Moving out and drive, Leg glance)
- Horizontal bat strokes- Back foot (Square cut, Pull stroke)

Running between the wickets

Tactics and strategy during batting

Bowling - Principles

- Length and line
- Fast bowling
- Spin bowling (Off spin, Leg spin)

1. Fielding positions

- viii. Cricket Equipment

Reference:

1. Learn cricket with Frank Tyson – by Frank Tyson
2. Coaching youth cricket – AUSTRALIAN CRICKET BOARD
3. All Grover's cricket – manual
4. Cricket Coaching: India –Coaching Manual of the National Cricket Academy
5. Skills of Cricket by Keith Andrew
6. Cricket Umpiring and Scoring by Tom Smith

FOOTBALL

1. Introduction of the game and historical development with special reference to India
2. Fundamental skills.

- Kicks:-
 1. Kicking with the inside of the foot.
 2. Kicking with the Instep of the foot.
 3. Kicking with the outer instep of the foot.
- Trapping:-
 1. Trapping a rolling ball-with the inside, sole and instep of the foot.
 2. Trapping bounce ball with the sole of the foot.
- Dribbling:-
 1. With the instep of the foot.
 2. With the inside of the foot.
 3. With the outside of the foot.
- Heading :-
 1. From standing
 2. From running
 3. From jumping
- Throw-in
- Feinting:-
 1. With the lower limb
 2. With the upper part of the body.
- Tackling
 1. Simple block tackling
 2. Slide tackling
- Goalkeeping
 1. Collection of balls
 2. Diving
 3. Ball clearance-Kicking, throwing and deflecting

2. Advanced skills

- Kicking
 1. Chip
 2. In swing and out swing
 3. Volley
 4. Half Volley
 5. Lofted kick
- Ball Reception and control:-
 1. Receiving the ball inside and outside of the foot
 2. Trapping the bowing ball with the abdomen
 3. Trapping the bowing ball with the lower leg
 4. Receiving the bowing ball with the inside and outside of the foot & Thigh
- Dribbling:-
 1. Controlled dribbling
 2. Fast dribbling
 3. Straight dribbling
 4. Zig-Zag dribbling
 5. Dribbling between the obstacle

6. Weaving and Net working
 - Heading:-
 1. From running and jumping
 2. Heading for long clearance
 3. Downward heading
- 3 Rules and their interpretations.

References:

- 1 Larche, Harry E. Techniques of Football Coaching. London: A.S. Barners and Company, 1969
- 2 Saunders, Tom. Play Better Soccer in all colour London Colling Geagow, 1972
- 3 Allan Hargreaves. Skills and Strategies for Coaching Soccer, Leisure press, Champaign, Illinois, 1993
- 4 Roy Rees, Cor van der Meer. Coaching Soccer Sucessfully, Human Kinetics, 2003
- 5 Tom Bass. Football Skills and Drills, Human Kinetics, 2004
- 6 Joseph A. Luxbacher. Soccer Step to Sucess, Human Kinetics, 2005
- 7 John A Reeves & J. Malcolm Siman. Select Soccer Drills, Leisure press, Champaign, Illinois, 1991
- 8 Colin E. Schmidt. Advanced Soccer Drills, Human Kinetics, 1997
- 9 Jeo Luxbacher. Soccer Practice Games, Human Kinetics, 1995
- 10 Jens Bangsbo & Birger Peittersen. Soccer System and Strategies, Human Kinetics, 2000.
- 11 Paul Galigiuri, High performance Soccer.
- 12 Chris Navrat & Steve Hutchings. Illustrated History of Football, Hamlyn, 1994
- 13 Keir Radnedge. Encyclopedia of Football, Carlton Book, 1998
- 14 Studener & Wolf. 1 Soccer Training, Sports Book Publishers Toranto, 1990
- 15 Studener & Wolf. 2 Soccer Training, Sports Book Publishers Toranto, 1990

BASKETBALL

1. Brief history of the game
2. Court Measurements

Skills

1. Ball handling
2. Ball holding and stance
3. Passing (stationary and on the move)
 - a. Chest pass
 - b. Bounce pass
 - c. Overhead pass
 - d. Baseball pass
 - e. Hook pass
4. Dribbling (stationary and on the move)
 - a. High and low
 - b. Cross-over
 - c. Change of pace
 - d. Reverse dribble

5. Shooting
 - a. Set shot
 - b. Jump shot
 - c. Free throw
 - d. Lay-up shot
 - e. Tip-in
6. Foot work:
 - Basic Stops and pivoting
 - a. Scoot stop
 - b. Stride stop
 1. Rules of the game in brief
7. Rebounding
 - a. Offensive
 - b. Defensive
8. Individual defense
 - a. Stance
 - b. Foot-work
9. Introduction of group tactics in brief (Offensive and Defensive)
10. Lead up games

Reference books

1. Srivatsan .S, "Basketball", Patiala: NIS publication 1971
2. Meissner and Meyer, "Basketball for girls, New York The Ronald press company
3. Abraham.C.C, "basketball for men & women", Calcutta YMCA publishing house, 1956
4. FIBA (latest rules handbook)
5. Abbas Moontasir, Principles of Basketball Skanda Publications, Bombay

TABLE TENNIS

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.
3. Fundamental Skills.
 - 3.1 The grip-
 - 3.1.1 The Tennis grip (forehand grip and backhand grip)
 - 3.1.2 Penholder grip.
 - 3.2 Service-
 - 3.2.1 Forehand (Forward and backward spins).
 - 3.2.2 Back hand (Forward and backward spins).
 - 3.2.3 Side spin.
 - 3.2.4 High Toss.
 - 3.3 Strokes (From both forehand and backhand).
 - 3.3.1 Push.
 - 3.3.2 Chop.
 - 3.3.3 Drive (with top spin).

- 3.3.4 Half volley.
 - 3.3.5 Smash.
 - 3.3.6 Drop-shot.
 - 3.3.7 Balloon.
 - 3.3.8 Flick shot.
 - 3.3.9 Loop drive.
 - 3.4 Stance and Ready position, and foot work.
4. Tactics – Defensive, attacking in singles doubles and mixed doubles.
 5. Rules and their interpretations and duties of officials.

Reference:

- 1 Sklorz Martin, Sport Table Tennis. Yorkshire : E.P. Ltd. Cast Ardsley, Wakefield, 1973.
- 2 Varner, Margaret and Harrison J. Rufford. Brown Physical Education, Activities series, Table Tennis. IOWA: WM. C. Brown Company Dubuque.
- 3 Myers Harold. Table Tennis: London L Faber & Faber Ltd. 3, Queen Square, 1977.
- 4 Earna Victor, Your Book of Table Tennis. London: Faber and Faber Ltd. 3, Queen Square, 1971.
- 5 Leslie Woallard, Table Tennis, Foyles Handbooks London.
- 6 Donal Parker & David Hewitt, Play the Game Table Tennis, Blandford-2003.
- 7 D. Jain, Table Tennis Skills & Rules, Khel Sahitya Kendra, New Delhi-2003
- 8 Ashok Kumar, DPH Sports Series-Table Tennis, Discovery publishing House-N.D.-1999.
- 9 Pankaj Chaudhary, Table Tennis Coaching Manual, Sports Publishing-N.D.-2005
- 10 Priyanka Narang, Teach Yourself Table Tennis, Prerna Prakashan-N.D.-2004

VOLLEYBALL

1. **Origin of the game volleyball and historical development.**
2. **Rules and their interpretations:**
 - Dimensions of playing area
 - Net, posts, balls
 - Structure of play
 - Regular game interruptions
 - Playing actions
 - The Libero Player
3. **Posture and basic court movements.**
4. **Passes:**
 - The volley
 - The dig
5. **Service:**
 - Under arm service
 - Tennis serve
6. **Offensive technique:**
 - Straight arm spike
7. **Defensive techniques:**

- Single block.
- Side roll dig
- One arm pass with roll over the shoulder

1. **Advanced passing techniques:**

- Back Volley
- Jump volley
- Back roll volley

2. **Advanced Serving techniques:**

- Over head floater
- Jump floater

3. **Advanced offensive techniques:**

- Cross court spike
- Down the line spike

4. **Advanced Defensive techniques:**

- Double Block
- Forward dive

5. **Introduction to Basic offensive and defensive systems of play.**

- Man up defense system
- Man down defense system
- 4-2 offense system
- 5-1 offense system

REFERENCES:

1. William J.N Coaching Volleyball Successfully, (Human Kinetics Publishers)1990.
2. Nicholas, Kith. Modern Volleyball for Teacher, Coach and Player, (London: Lepus Books) 1978.
3. Cox Richard H. Teaching Volleyball Delhi: Surjeet Publications)
4. Wise Mary Volleyball drills for Champions, 1999.
5. Viera, Barbara Laun Teaching Volleyball Step to Success, (Illinois: Leisure Press) 1989.
6. FIVB, Rules of the Game, Official Volleyball Rules, (Lausanne: FIVB) 2009.
7. Sally Kus Coaching Volleyball Successfully, Human Kinetics 2004.
8. American Sports Education Program, Coaching Youth Volleyball 2nd Edition, Human Kinetics, 1993.

SHUTTLE BADMINTON

1. Brief description of history of Badminton – National and Major International official Tournaments
2. Laws of badminton in brief
3. Basics – Holding of raquet and shuttlecock
 - Services (High lob and Low)
 - Toss (Fore hand & around-the-head)
 - Drop shot (Fore hand & around-the-head)
 - Smash (Fore hand & around-the-head)
 - Fore hand and Back hand underhand clear
 - Receiving position for singles and doubles game
 - Game practice
 - Officiating

Recommended References

1. Admas Bernard The Badminton story, BBC (1980)
2. Baddeley, Steve, Badminton in action, Stanley Paul and Co. ltd (1988)
3. Mills, Roger, The Pocket Guide to Badminton Tactics Bell and Hyman (1985)
4. Ballon, Ralph B. Teaching Badminton, Surjeet publications New Delhi (1982)
5. Campbell Allan Teach Yourself Badminton, Hodder and Stoughton (1990)
Talbot, Derek, Top Coach Badminton MacDonald Queen Anne p

KABADDI

1. Introduction of the game
2. History and development of the game
3. Ancient and modern forms of kabaddi
4. Important tournaments held at National & International level
5. Rules, regulations and its interpretations
6. Offensive skills
 - a. Structure of raid, raiding foot work types of raiding work, changing directions during raid.
 - b. Touches
 - i. Hand touch types of hand touch
 - ii. Toe touch types of toe touches

- iii. Kicking, types of kick
 - c. Raiding tactics
 - i Pursuit, types of attacks
- 7. Defensive skills
 - a. Fielding: Basic positions and movement of the anties
 - b. Individual holds
 - i. Ankle hold, wrist hold
 - ii. Thigh hold, knee hold
 - iii. Wrist hold, blocking
 - c. Chain holds
 - i. Corner chain hold (Left and Right)
 - ii. Centre chain hold (Left and Right)
 - iii. Following chain hold
 - iv. combination holds
- 8. System of play
 - a. Seven players, six players
 - b. Mobile system
 - c. Fixed system
- 9. Counter skills
 - a. Escape from the ankle hold knee hold and thigh hold
 - b. Escape from the chain hold
- 10. Defensive and offensive raid
 - a. Raid on different number of anties & situations

BOOKS RECOMMENDED FOR STUDY

1. E. Prasad Rao, modern coaching in kabaddi, DVS publications, New Delhi, 1994
2. The complete handbook on kabaddi, E. Prasad Rao, Jagadamba publication Andhra Pradesh, 2004
3. Rules of Kabaddi published by AKFI (2007), L.B stadium, Hyderabad

BALL BADMINTON

1. Brief description of history of Ball Badminton – National and Major International official Tournaments
2. Laws of Ball badminton in brief
3. Basics – Holding of racquet and ball
 - Services
 - Toss
 - Drop shot (Fore hand & around-the-head)
 - Smash (Fore hand & around-the-head)
 - Fore hand and Back hand underhand clear
 - Receiving positions for game
 - Game practice - Officiating