B.Ed ELECTIVE COURSE IX

PHYSICAL AND HEALTH EDUCATION

OBJECTIVES:

At the end of the course the student-teachers will be able to

- create awareness on different aspects of health and fitness.
- develop skills in organizing the physical education programme in schools.
- understand the nature of injuries and to take care during emergencies and provide first aid.
- learn good health habits.
- acquire knowledge of common communicable diseases.
- understand the diet modification in the treatment of under-weight and obesity.
- acquire the knowledge of yoga and exercise.

UNIT I  Introduction to Physical Education

Meaning, Definition, Aims and Objectives of Physical Education, Scope and Importance of Physical Education, Physical Fitness–Meaning, Definition, Components and Benefits.

UNIT II  Basic Skills, Rules and Regulations of few Games

Basic Skills, Rules and regulations of Ball Badminton, Volley Ball, Kho-Kho and Kabaddi

UNIT III  Methods, Organization and Administration

Methods of Teaching Physical activities, Lesson Plan – Parts and Preparation of General Lesson plan, Organisation of Intramural and Extramural Competitions, Tournament –Preparation of Fixtures, Single Knock out and Single League.

UNIT IV  Yoga and Exercise

Meaning, Definition of Yoga, Eight limbs of yoga, Need and Importance, Practice of Yoga and Physical Exercises, Exercise types: 1) Aerobic, 2) Anaerobic, Effects of Exercise on
various systems - Circulatory, Muscular, Digestive & Respiratory systems, Difference between Physical Exercises and Yoga.

UNIT V Athletic Injuries


UNIT VI Olympic Movements

Olympics – Ancient and Modern Olympics Games, Olympic torch, Olympic Flag, Marathon Race, Difference between Ancient and Modern Olympic Games

UNIT VII Health Education

Meaning, Definition, Aims & Objectives of Health Education, Methods of Imparting Health Education in Schools – (1) Health Instruction, (2) Health Services, (3) Health Supervision, Safety Education – Play Field, Road, Home, School.

UNIT VIII1 Posture


UNIT IX Food and Nutrition

Meaning of Food, Classification, Constituents of Food, Vitamins and Deficiency Diseases, Meaning of Nutrition, Malnutrition - Causes - Balanced Diet, Diet for Obesity and Under Weight.

UNIT X Common Communicable Diseases

SUGGESTED REFERENCE BOOKS:


