

OPEN COURSE

Course Code	:	PE1551
Paper	:	Health and Fitness Education
Total number of teaching hours per week	:	3hrs
Maximum number of students	:	50

Aim of the course :

1. To provide information about the scientific basis and benefits of physical activity.
2. To enable the students to lead concepts of health, physical education and healthy life style.
3. To impart knowledge regarding health, nutrition and first aid measures.
4. To give a brief awareness about sports and games and their influence in the society.

Module :

1. Introduction to Health and Physical Education
2. Scientific basis of Physical activity.
3. Wellness and lifestyle management.
4. Body Posture and First Aid.
5. Introduction to Sports and Games.

Teaching Learning Process :

- **Students centric method-** Power point presentation, Assignments, projects and Practical classes etc.
- **Academic and teaching plan-**
 - a) Teaching plan and power points prepared by the teacher,
 - b) Demonstrate the First AID principles and the using of Fitness equipments.

Coaching -Learning Process :

- **Students centric method-** Coaching camps conducted for different sports events by the teacher with the assistance of Coaches, Old Sports students (National & Inter National level)
- Participate and conduct different practice matches for each events with different Colleges and with professional department teams.
- **Coaching plans-** Coaching programs prepared by the teacher with the help of Coaches for each event and then implemented.