

SYLLABUS

CERTIFICATE COURSE

PHEC 03: PHYSICAL ACTIVITY HEALTH AND WELNESS

Nature of the programme: Certificate Course

Implementing Institution: Carmel College (Autonomous), Mala

Duration: 40 Hrs

MODULE 1:

Concepts of physical education and fitness, Definition, aim, objectives and importance of physical education, Physical fitness components – speed, strength, endurance, flexibility and coordinative abilities, Types of physical fitness- Health related physical fitness, Performance related physical fitness and Cosmetic fitness, Fitness balance

MODULE 2:

Exercise principles, First Aid and nutrition, Principles of exercise programme, Exercise and heart rate zone, BMR, Definition of First Aid, Aim of First Aid, Principles of First Aid, RICE, ABC of First Aid, First Aid for Fracture, Bleeding, Drawing and Snake Bite Nutritional balance, nutritional deficiency diseases

MODULE 3:

Yoga, stress management and postural deformities, Definition and meaning of Yoga, Asana, and Pranayama, Eight limbs of Ashtanga Yoga – Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyanam, Samadhi, Asanas - Ten Asanas and its effects: Asanas, Standing (Balancing), Vrikshasana, (Forward_bending) Padahasthasana, (Backward_bending) Ardha Chakrasana, (Twisting) Trikonasana, Kneeling Ushtrasana, Sitting, Vajrasana, Padmasana, Prone line, Bhujangasana, Salabhasa, Supine (Relaxative), Savasana, Pranayamas - Three Pranayamas and its effects- Surya Bedhana (Heating), 2) Chandra bedhana (Cooling) 3) Nadisudhi (Balancing)

Postural deformities and corrective measures, Meaning of good posture, causes of poor posture, importance of good posture, Postural deformities- Kyphosis, Lordosis, Scoliosis, Bow leg, Knock knee, Flat foot, Stress Management- Definition of stress, causes of stress and stress management

MODULE 4 :

Vital signs, Lifestyle/Hypokinetic diseases and its management, Vital signs- Pulse rate, Respiratory rate, Blood pressure, Body temperature, Diseases- Diabetes, Hypertension, Obesity, Osteoporosis, CHD, Back pain. Fitness assessment- Body mass index, Waist to Hip Ratio,