

**Semester II**  
**Theory Course**  
**IMTE 201- HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

**ESSENCE OF THE COURSE**

This course will enable students to understand the concept of Health Education and Environmental Studies in context to Physical Education and Sports. It aims to develop understanding about Health Education and Environmental Studies towards physical education programs.

**COURSE LEARNING OUTCOME**

**After completing this course, the students will be able to**

- ) Understand the concept of Health Education and Environmental Studies
- ) Describe and use various Health Education and Environmental Studies roles according to suitability
- ) Construct the programs of Health Education and Environmental Studies.
- ) Classify the types of Health Education and Environmental Studies required for physical education program.
- ) Understand the principles of Health Education and Environmental Studies

**COURSE CONTENTS**

- 9.1 Health-Guiding Principles of Health and Health Education, Health related fitness, Obesity and its Management.
- 9.2 Environmental and Professional Hazards and First Aid, Public Health and Epidemic Diseases-Symptoms, Treatment and Preventive Measures, Communicable Diseases-Symptoms, Treatment and Preventive Measures.
- 9.3 School Health Programme and Personal Hygiene, Theories and Principles of Recreation, Recreation programmes for various categories of people.
- 9.4 Population Education, Causes for population explosion and its preventive steps, National family welfare scheme, Nutrition and Dietary manipulation.

**TEACHING LEARNING STRATEGIES**

- ) The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

**MODE OF TRANSACTION**

- ) Laboratory Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self-Learning Instructional Material etc.

**ASSESSMENT RUBRICS**

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| ) End Semester Exam  | <b>Marks: 100</b>  |
| ) Classroom Test, Project Work, Assignments, Presentations | <b>Marks: 70</b>   |
| o Classroom Tests: Best one out of two unit tests          | <b>Marks: 30</b>   |
| o Project Work, Assignments, Presentations                 | <b>(Marks: 10)</b> |
|  | <b>(Marks: 20)</b> |

**REFERENCES:**

1. Greene, W.H., Simon-Morton, B.G.(1984). Introduction to Health Education. NY: Macmillan Publishing Company
2. Anspaugh, D.J., Ezell, G. (1995). Teaching today's health (4th Ed). Boston: Allyn & Bacon  
Park, K. (2007). Park's textbook of Preventive & social medicine (19th Ed). India: Banarasidas Bhanot Publishers.
3. Y.P. Bedi : Hand Book of Hygiene and Public Health.
4. MaCurdy and MaGrace : Muscular Exercise.
5. Peter V.Karpovich : Physiology of Muscular Activity.
6. Anatomy, Physiology, Kinesiology & Health Education : Dr. Ramesh Chand Kanwar