

Semester – I
PART – A: THEORY ELECTIVE COURSE

BTE-102: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION (ELECTIVE)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
4	-	4	64	-	64	30	70	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the modern concept of physical fitness and wellness. It aims to develop understanding about the concept of physical education and fitness, principles of exercise program, safety education and fitness promotion, and modern lifestyle.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- understand the modern concept of physical fitness and wellness.
- employ the knowledge about concept of holistic health through fitness and wellness.
- orient students toward the approach of positive life style.
- develop competencies for profile development, exercise guidelines adherence.
- apply the holistic concept of health and wellness.
- realize and apply the fitness and wellness management techniques.
- acquaint towards contemporary health issues and its interventions.
- design different fitness training program for different age group.
- explain common injuries and their management

COURSE CONTENTS

Unit-I: Concept of Physical Education and Fitness

- Definition, Aims and Objectives of Physical Education, fitness and Wellness
- Importance and Scope of fitness and wellness
- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

Unit-II: Fitness, Wellness and Lifestyle

- Fitness – Types of Fitness and Components of Fitness
- Understanding of Wellness
- Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management
- Physical Activity and Health Benefits

Unit-III: Principles of Exercise Program

- Means of Fitness development – aerobic and anaerobic exercises
- Exercises and Heart rate Zones for various aerobic exercise intensities
- Concept of free weight Vs Machine, Sets and Repetition etc
- Concept of designing different fitness training program for different age group.

Unit-IV: Safety Education and Fitness Promotion

- Health and Safety in Daily Life
- First Aid and Emergency Care
- Common Injuries and their Management
- Modern Life Style and Hypo-kinetic Disease –Prevention and Management

TEACHING LEARNING STRATEGIES

- The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.
- The teacher will cover the ways to think innovatively liberally using thinking techniques.

SUGGESTED MODE OF TRANSECTION

- Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRICS

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|------------------------------------------------------------|-----------------------------------------------|
| ● End Semester Exam | Marks: 100 (70+30)
Marks: 70 |
| ● Classroom Test, Project Work, Assignments, Presentations | Marks: 30 (10+20) |
| ○ Classroom Tests: Best one out of two unit tests | (Marks: 10) |
| ○ Project Work, Assignments, Presentations | (Marks: 20) |

SUGGESTED READINGS

Difiore, J. (1998). *Complete guide to postnatal fitness*. London: A & C Black,.

Giam, C. K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.

Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.

Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.