

SHRI LAL BAHADUR SHASTRI DEGREE COLLEGE, GONDA

Certificate Course

Department of Physical Education

YOGA

The aim of the programme is to propagate and promote yoga for positive health. This programme will

- 1) Introduce basic concepts of preventive health and health promotion through yoga.
- 2) Introduce concepts of Human Body to the students.
- 3) Develop clear understanding about the benefit and contraindication of Yoga practice and to train teachers on preventive health and promotion of positive health through yoga and personality development.

CONTENT

A) Technique of the following Asanas

i) Surya Namaskar (Compulsory)

ii) Padam Asana

iii) Paschimotan Asana

iv) Dhanur Asana

v) Chakra Asana

vi) Shalbhana

vii) Hal asana

viii) Naukasasna

ix) Trikna Asana

x) Go Mukh Asana

B) Shatkarma

i) Jal Neti

ii) Kapal Bhati

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iii) Tratak

C. Pranayam

i) Anulom-Vilom

ii) Shitkari

iii) Sheetli

Pranayam

SHRI LAL BHADUR SHASTRI DEGREE COLLEGE, GONDA

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Department of Physical Education

HEALTH EDUCATION

Course Outcomes:

Duration: 30 Hours

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognize and appropriately treat common sports injuries and conditions from onset through rehabilitation.

Course Content

Module 1 Definition of Health Education. Need and Importance of health education in Physical Education.

Module 2. Concept, Dimension and Determinants of Health, School health Education Programme.

Module 3. Role of Physical Education Teacher in Promoting Health and Fitness of student.

Module 4 Health Instructions and Guidance: 1. Cleanliness, Balanced diet for a normal person, Nutrition, Rest, Sleep. 2. Care of Organs of body, ear, nose, throat, eyes, nails, teeth, gums, skin, feet. 3. Recreation and exercises, effect of narcotics and drugs.

Module 5 Health Services: i) Supervision, Medical Examination, Detection and prevention of diseases and defects, ii) Supervision of facilities such as drinking water, toilet, canteen, class rooms. Gymnasium, Playground. iii) Role of Physical education teachers in Service and Supervision, Periodical Medical Examination.

Module 6 Sports Injuries: i) Concept of Athletic Care ii) Prevention and Management of Injuries, Factors causing injuries and general principles for safe guarding iii) Common Sports Injuries: Sprain, Strain, Abrasion, Laceration, Hematoma, Fracture, Dislocation.

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Module 7 First Aid: i) Meaning and importance of first aid. ii) First Aid for Snake bite, Drowning, Burning, Wounds iii) Ergogenic Aids in sports. iv) Aim and objectives of Rehabilitation.

REFERENCE BOOKS

1. Butter, George D. Introduction to Community Recreation, McGraw Hill Book Co., N. York, 1959.
2. The Curriculum in Health and Physical Education, Iowa: UMC Brown Co. Publisher, 1960.
3. Ellis, M. J., Why people play, Prentice Hall Inc. Eaglewood Cliffs, 1973.
4. Chubb, Michael and Chubb, Holly, one Third of Our Time: An Introduction to Recreation
5. Behavior and Resources, John Wiley and Sons, New York, 1981.
6. Torkildsen, George, Leisure and Recreation Management, E. and F. N. Spon., London, 1992. Irwin L.

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