

SAHRDAYA COLLEGE OF ADVANCED STUDIES

DEPARTMENT OF PHYSICAL EDUCATION

Subject: Physical Activity Health and Wellness(PE5D03)

Students to whom it is applicable: All fifth semester UG students

Objective: Department of physical education deals more with physical activity and competitive sports. Without the theory subjects, issues like life style diseases and basic concepts about physical education will not be fulfilled. So, physical education as an open theory course will serve the objective.

Syllabus: The programme consists of 4 modules

- Module 1 : Concepts of physical education and fitness.
- Module 2 : Exercise principles, first aid and nutrition
- Module 3 : Yoga, stress management and postural deformities
- Module 4 : Vital signs, life style diseases /Hypokinetic diseases and its management