

**MANGALORE**  **UNIVERSITY**  
**DEPARTMENT OF PHYSICAL EDUCATION**

Dr. Kishore Kumar C K  
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Dear professional colleagues

I am happy to inform you that, we have been working for the promotion of Physical Education and sports and creating favorable situations to our professional friends to work comfortably in their respective institutions. We have successfully introduced Sports Policy, Preliminary and Championship round competition, special scholarships, re-examination, Common internal examination dates, Reservation of seats in P G programs, rural women's games, Folk and Traditional games, online entries, Insurance policy to University representatives, arrangement of Tatkal tickets and sometime flight tickets for University representatives, Fitness center, Sports science laboratory, etc.,

Our long pending requirement to introduce Physical Education as one of the subject in the degree program also has been successfully approved in the University after making several attempts in the different bodies of the University. Now we have entered into another milestone by introducing Physical Education as one of the Optional paper in the Fourth Semester of under graduate program. Since the program was approved only a couple of days before the BOS meeting, we have prepared the syllabus hurriedly by considering the facilities and conditions in our affiliated colleges and also taking some ideas from our professional colleagues and further placed the same before the BOS and has been approved. Since the syllabus was drafted urgently due to want of time, we can make changes in the approved syllabus if required. Herewith I have attached the aforesaid syllabus copy for your valuable suggestions and to prepare yourself for the forthcoming semester. (If you have any suggestions please mail to this ID before 3<sup>rd</sup> December 2020. [kishorechattimada@gmail.com](mailto:kishorechattimada@gmail.com))

With regards

Dr. Kishore Kumar C K  
Director of Physical Education

## DETAILS OF COURSE PATTERNS AND SYLLABUS FOR PHYSICAL EDUCATION PROGRAMME IN UNDER GRADUATION

### B.A/B.Com/B.Sc

Semester	Course	Credits	Theory marks	Practical Marks:	Internal:	Total Marks:
Fourth	Physical Education, Fitness, Wellness and Life Style Management	3	20	20	10	50

### Semester IV Theory Course

### Course: Physical Education, Fitness, Wellness and Life Style Management

#### Objectives:

To enable the students to:

- **Teach the students about the body and how it works**
- Understand the relationship between fitness and wellness
- Gain knowledge regarding various aspects and its practical implication fitness and Wellness.
- To know the behavior changes needed to ensure a good quality of life
- Evaluate health related fitness in order to make changes in lifestyle

#### Unit -1 Introduction to Physical Education

Concepts basic to the Nature and Meaning of Physical Education, Changed way of life, Outcomes of physical Education, the Physically Educated person, Principles of Physical Education. Movement Education for Special population.

#### Unit II – Fitness and Wellness

Concept of Fitness - Definition and meaning of Fitness, Different Kinds of Fitness - Physical Fitness, Skill Related and Health Related Physical Fitness, Relationship of fitness and health

Basic concept of wellness, Role of various factors in wellness, components of wellness, Physical fitness and wellness, Health benefits of Exercise. Exercise prescription.

### **Unit -III Fitness Evaluation and Activities ( Practical )**

General Warm up, Limbering down exercises. Free hand exercises, Stretching exercises  
Swiss ball exercises

Fitness Evaluation –Measuring Cardio respiratory fitness, 1.5 mile run test, 1mile walk test, The Step test, Assessment of Flexibility, Skinfold test, BMI

Aerobic activities – Walking, Jogging, cycling etc. / Anaerobic Activities – Circuit Training, Strength Activities, Agility and Coordinative activities, Body conditioning activities like Calisthenics, Flexibility exercises. Physical Activity for Special population.

### **Unit – IV: Fundamental Skills of Games (Practical)**

Game skills and Game practice of Football, Kabaddi, Volleyball, Basketball, Badminton, Throwball, Wrestling, Kho-kho, Handball (Any Two)

Pilates, Aerobic Dance, Zumba, Fitness using Ball and other materials like parallel bars, ropes, suspensions etc., Martial arts.

Physical Activity for Special population.

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6. Bradfird B, Strand and Others. Fitness Education Arizona GorsuchSeani; sbrick Publishers, 1997.
7. Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston: Allyn and Bacon, 1999.
8. Thomas D. Fahey and Others. Fit and Well 6th Edition; Newyork: MCGraw Hill Publishers, 2005.
9. Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity(Silver Spring). 15(12), 30913096.
10. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a meta analysis. Am J Obstet Gynecol, 197(3), 223-228.

