

DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
DISTRIBUTION OF SYLLABUS
SEMESTER - IV

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
Core-7 (DSC-1D)		Health Education, Physical Fitness and Wellness	4+2	4-0-4	15	60	75
		Practical					
DSC-1B (CC-4)	DSC 1DT	Health Education, Physical Fitness and Wellness	Total Credits 04 (04×15= 60 Classes)				

Course Contents			
Unit-I	Introduction	Credit-1	Taken By
1.1	Concept, Definition and dimension of Health	3 Classes.	Mr. Jisu Krishna Jana (J.K.J)
1.2	Definition, aims, objectives and Principles of Health Education	4 Classes	
1.3	Activities of Health Agencies- WHO, UNESCO and UNICEF	4 Classes	
1.4	School Health Programme- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Personal Hygiene	4 Classes	

Unit-II	Health Problems in India- Prevention and Control	Credit-1	Taken By
2.1	Communicable Diseases- Malaria, Dengue and Chicken Pox and Diarrhea	3 Classes.	Mrs. Anindita Si (A.SI)
2.2	Non-Communicable Diseases- Obesity, Diabetes and Asthma.	4 Classes	
2.3	Nutrition- Nutritional requirements for daily living. Preparation and Principles of Balance Diet. Health disorders due to deficiencies of Protein, Vitamins and Minerals.	4 Classes	
2.4	Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knee, Flat Foot and Bow Legs.	4 Classes	

Unit-III	Physical Fitness and Wellness	Credit-1	Taken By
3.1	Physical Fitness- Meaning, Definition and importance of Physical Fitness	3 Classes.	Dr. Biswajit Garai (Dr. B.G.)
3.2	Components of Physical Fitness- Health and Performance Related	4 Classes	
3.3	Concepts of Wellness. Relationship between Physical activities and wellness	4 Classes	
3.4	Ageing-Physical activities and its importance	4 Classes	

Unit-IV	Health and First-aid Management	Credit-1	Taken By
4.1	First aid - Meaning, Definition, importance and golden rules of First aid	3 Classes.	Mrs. Anindita Si (A.SI)
4.2	Concept of Sports injuries- Sprain, Strain, Fracture, Dislocation and Wound	4 Classes	Mr. Jisu Krishna Jana (J.K.J)
4.3	Management of Sports injuries through the application of Hydro-therapy and Thermo Therapy	4 Classes	Dr. Biswajit Garai (Dr. B.G.)
4.4	Physiotherapy: Basic concept, types & Principles, Management of Sports injuries through the application of exercise and massage therapy.	4 Classes	

DSC-1B (CC-2)	DSC 1DP	Practical	Credit-2	Total Credits 02
				Taken By
1.	First aid – Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica	15 Classes	Mrs. Anindita Si (A.SI), Mr. Jisu Krishna Jana (J.K.J), Dr. Biswajit Garai (Dr. B.G.)	
2.	Practical Knowledge of Hydro-therapy and Cryo-therapy	15 Classes		