

# **E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.**

*(An Autonomous Institution – Affiliated to Madurai Kamaraj University)*

Re-accredited (3<sup>rd</sup> Cycle) with Grade **A+** & **CGPA 3.51** by NAAC

## **DEPARTMENT OF PHYSICAL EDUCATION**



## **CBCS SYLLABUS**

## **COURSE STRUCTURE**

(w.e.f. 2017 – 2018 onwards)

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 (An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
 (Re–accredited (3<sup>rd</sup> Cycle) with Grade A<sup>+</sup> & CGPA 3.51 by NAAC)  
**CBCS**

**DEPARTMENT OF PHYSICAL EDUCATION**  
 (w.e.f. 2017 – 2018 Batch onwards)

**PART-V**

(Common Paper for II Year UG Students)

**Title of the Paper: HEALTH EDUCATION AND SPORTS**

**Semester : IV**

**Contact hours : 2**

**Subject Code : 17NMPE4**

**Credits : 2**

**Objectives:**

1. To improve healthy generation
2. To provide Basics Knowledge about human body
3. To bring awareness and prevent diseases.

**Unit: I**

Definition of health- Importance of health education and sports.

**Unit: II**

Components of fitness-Health related fitness and specific fitness.

**Unit: III**

Nutrition and balanced diet malnutrition.

**Unit: IV**

Rules and regulation of kabaddi- Kho-Kho - volleyball and court Measurement.

**Unit: V**

First aid for Sports injury-sprain-Strain, fracture and Dislocation- Prevention Measures.

**Books Recommended:**

1. Basu.D.S.M.,Kamal. R., Introduction to Education, A.P.Publishers, Jalandhar.1989.
2. Chandrasekar. K., Sound Health through Yoga, Printed at Krish offset, Madurai.2005.
3. Krishnammal T , Physical Education and Health Education, Priyakamal Publications, Madurai,2007 .
4. Shadia B.D., A text Book of Health and Physical Education, Arya Book Depot., New Delhi, 1991.
5. Swaminathan, M., Principles of Nutrition and Diabetics,The Banglore Printing and Publishers Co. Ltd., Banglore. 1986.