

Semester I Theory courses

SCIENCE OF PHYSICAL EDUCATION AND SPORTS (BPE-I101) Credits: - 3

Max. Marks =50

Theory = 30 Marks + Internal Assessment = 20 Marks

BPE-I101

Time allowed: 2Hrs

The Course learning outcomes (COs): On completion of the B.Sc., program, the students will be learning and able to do/perform the following.....

CO-1. Identifying the concepts of health education.

CO-2. Observing the issues related to Fitness & Wellness.

CO-3. Practicing various tools of Exercise Programme.

CO-4. Analysing & evaluating the Role & Concept of Sports Nutrition.

CO-5. Developing healthy and Trained Sports Personal's.

Unit – I Health Education

Concept, Dimensions, Spectrum and Determinants of Health

Definition of Health, Health Education, Health Instruction, Health Supervision

Aim, objective and Principles of Health Education

Health Service and guidance instruction in personal hygiene

Unit – II Fitness, Wellness and Lifestyle

Fitness – Types of Fitness and Components of Fitness

Understanding of Wellness

Modern Lifestyle and Hypokinetic Diseases – Prevention and Management

Physical Activity and Health Benefits

Unit – III Principles of Exercise Program

Means of Fitness development – aerobic and anaerobic exercises

Exercises and Heart Rate Zones for various aerobic exercise intensities

Concept of free weight Vs Machine, Sets and Repetition etc.

Concept of designing different fitness training program for different age group.

Unit – IV Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition

Basic Nutrition guidelines

Role of nutrition in sports

Factor to consider for developing nutrition plan

Unit – V Introduction to Sports Training

Meaning and Definition of Sports Training

Aim and Objective of Sports Training

Principles of Sports Training

System of Sports Training – Basic Performance, Good Performance and High Performance Training

Reference:

Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.

Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.

Difiore, J. (1998). *Complete guide to postnatal fitness*. London: A & C Black,.

Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.

Bessesen, D. H. (2008). Update on obesity. *J Clin Endocrinol Metab.* 93(6), 2027-2034.

Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.

Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.

	PO1	PO2	PO3	PO4	PO5
CO 1	2	2	1	1	1
CO 2	1	3	2	1	1
CO 3	2	3	2	1	1
CO 4	2	3	3	2	2
CO 5	2	2	1	3	2