

Paper-III B Opt. (iii): HEALTH AND PHYSICAL EDUCATION

Time: 1.30 Hours

Max. Marks: 40

NOTE FOR PAPER SETTERS:

- i) Paper setters will set 5 questions in all, out of which students will be required to attempt 3 questions.
- ii) Q. No. 1 will be compulsory and carries 8 marks only. It will be comprised of 2 short-answer type notes of 5 marks each to be selected from the entire syllabus.
- iii) Two long-answer type questions will be set from each of the two units, out of which the students will be required to attempt one question from each unit. Long-answer type questions will carry 16 marks each.

OBJECTIVES

Pupil-teachers would be able to-

- (i) Explain the concept, aims and objectives of Health and Physical Education.
- (ii) Describe hygienic environment along with contributing factors and its importance
- (iii) Explain various Communication diseases and first aid.
- (iv) Demonstrate ability to describe balanced diet.
- (v) Explain good posture.
- (vi) Define general medical standard of an individual.

COURSE CONTENTS

UNIT-I

- 1) Health and Health Education
 - Concept
 - Aims and objectives of health education
 - Factors influencing health
 - School health programmes
 - School health services
 - Role of the teacher in School Health programme
- 2) Physical Education
 - Concept
 - Misconception
 - Aim and objectives
 - Relation with general education.
- 3) Nutrition and Balanced Diet
 - Components of Balanced Diet
 - Functions
 - Major sources
 - Malnutrition.

UNIT-II

- 4) Posture
 - Concept and values
 - Postural deformities and their Management.
 - Personal Hygiene
 - Environmental Hygiene
 - Pollution and Global Warming
- 5) Communicable diseases- Mode, control and prevention
- 6) Physical Fitness and First Aid.
 - Physical fitness: Meaning, elements, and importance.
 - First aid in the following – Hammaerage, Laceration, Contortion, dislocation, fracture, cuts, wounds, bites of insects, sprain and strain.

Practical Sessions

Marks 10

1) Preparation of First aid kit

SUGGESTED READINGS

Bucher, C. A. (1964). *Foundations of Physical Education*, Ney York: Mosby & Company

Kilander, H. F. (1971). *School Health Education*, New York: Mac Millan Company

Manjul, J. U. S. (1965). *School Swasthya Shiksha*, Agra University: Universal Publisher