

Course: Co-Curricular Courses (CC)
Health, Physical Education, Recreation and Sports

Semester: I	Credits: 2	Subject Code: ACUCCSPO12301	Lectures: 30
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Course Outcomes:

At the end of the course, the learner will be able to:

- CO1-Describe the basic concept of Health, Physical Education & Physical Activity for healthy living.
- CO2- Identify the opportunities for leisure time activities and life time sports among learners through recreational games.
- CO3- Develop and demonstrate various Physical Fitness exercises, self-defense techniques for overall growth and development.
- CO 4- Apply self-defense techniques in real world situations, and Analysis of Physical Fitness level through obstacle race

Unit 1: Concept of Health, Physical Education & Physical Activities

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- Concept of Health, Physical Education & Physical Activities
- Physical Fitness Exercise- (Students have to perform following Exercise) Pilates Exercises (Leg Exercises, Hand Exercises, Core Exercises), Aerobic Exercise (Zumba, Running, Step Exercise, Brisk walk), Flexibility (Stretching exercises), Exercise with Equipment (Medicine ball exercise, Dumble Exercise (use of water bottle of 1litre or balls)

Unit 2: Self Defense and Recreational Games

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- Self Defence-(Students have to perform following Skills) - Punches-(Olgul Jireugi (High-Section Punch), Munlong Jireugi (Mid-Section Punch), Arae Jireugi (Low-Section Punch), Blocks- Olyol Marki (Upward Block), Mumtong Marki (One Hand Inside), Arae Marki (Down Block)
- Recreational Games(Students have to perform following Games) - Ten passes, Gol kho-kho /Standing kho-kho, Chain Tag, Cone games, Ball games like Overhead pass, Underhand pass, Side pass, ice-water, Dodgeball, Relay games.

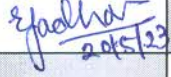
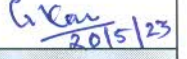
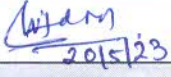
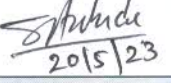
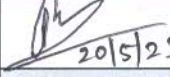
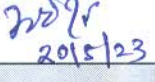
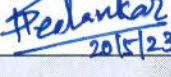
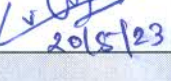
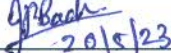
Recommended Text Books:

- Bucher, C. A., & Wuest, D. A. *Foundation of Physical Education, Exercise Science and Sports*. Tata McGraw Hill Education Private Limited. New Delhi; 2010.
- Hayward, V. *Advanced Fitness Assessment and exercise prescription. Human Kinetics, USA; 2006.*
- Kansal, D. K. *Textbook of Applied Measurement Evaluation & Sports Selection*. 2008. Fahey, T., Insel, P., & Roth, W. *Fit & Well*. Mayfield, U.S.A; 1997.



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- Rahl, R. V. *Physical Activity and Health Guidelines*. Human Kinetics. USA; 2010.
- Hoeger, W.W. K., & Hoeger, S.A. *Fitness and Wellness*. Thomas learning. Wadsworth; 2007.
- Human Kinetics with Thomas Hanlon, *The sports rules book*, Human Kinetics, USA; 2009.
- Bhandari. B.M. *Mahila Swa-Saurakshan Ek Astra and Shastra*. Usha-Anil Publication: Pune; 2017.

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