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Mahatma Gandhi Kashi Vidyapeeth, Varanasi
Physical Education Syllabus
B.A. Second year

| | | Paper No. | Name of Paper | Marks |
|--------|-----------|-----------|---|-------|
| Part-A | Theory | 1. | OFFICIATING & COACHING | 80 |
| | | 2. | CONCEPT OF HEALTH AND SPORTS REHABILITATION | 80 |
| Part-B | Practical | | | 40 |
| Total | | | | 200 |

Out of 5 different sports in B.A.- 1st year any **Two Sports**

Physical Education Syllabus

B.A. Part-1I

Theory

Paper-II: CONCEPT OF HEALTH AND SPORTS REHABILITATION

Unit – I

- Concept of Health Education
- Meaning, Definition and principle of Health Education
- Need and importance of Health Education



Unit – II

- Communicable Diseases
- T.B., Chicken Pox, Malaria, AIDS, Hepatitis
- Non communicable diseases
- Heart Disease, Cancer, Diabetes

Unit – III

- Therapeutic Modalities: Cold Therapy, Hot Therapy, Wax bath, Contrast bath
- Therapeutic Exercises
- Active Exercises & Passive Exercises

Unit – IV

- Posture and Concepts
 - Common Sports injuries and its prevention
 - First Aid
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Paper – II (CONCEPT OF HEALTH AND SPORTS REHABILITATION)

Unit-I

Health:

As per WHO Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Common concept of health mean looking good body externally and free from visual diseases and injuries, but it is not correct health has broad sense. A healthy person mean he is physically, mentally, emotionally, socially fit.

Sports Rehabilitation:

Sports rehabilitation is process of gain previous state of an athlete or player after injuries. In another word rehabilitation is restoration of optimal form and function of an athlete. During games and Sports is chances of got injured the players, which affect the playing ability and performance of players. After treatment and therapy they recover and become fit, the process of treatment and therapy and recovery during injuries is called sports rehabilitation. There are so many types of injuries and as per different type of injuries and injuries there are so many type of treatment and therapies and rehabilitation, it may be shorts time or long types.



Unit – I

Concept of Health Education:

Health education is process to educate the people about Health. As per WHO health mean state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. So in health education people educate about Physical fitness, Mental fitness, Emotional fitness, Social well-being, environmental fitness, spiritual fitness and how keep free from diseases.



Meaning, Definition and Principle of Health Education:

Meaning of Health education:

Health education is any combination of learning experience designed to help individual and communities improve their health by increasing their knowledge or influence their attitudes.

Health education is the process of imparting information about health in such a way that the recipient is motivated to use that information for the protection or advancement of his own, his family's or his community's health.

Health education is an active learning process which aims at favourably changing attitudes and influencing behaviour.

There are many factors that affect our health. It is right of every person to know about the health, factors affecting it and the instruction to attain positive health. The education process that provides knowledge about these is called health education. Health education is a continuous process which we should follow in each and every steps of our life. Health education is concerned with stablishing the changes in in the knowledge, attitudes and behaviour of individual for their healthier life. Health education helps people to achieve good health through their own efforts.



Definition of health Education:

According to W.H.O., “ Health Education as consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health”.

According to conference preventive medicine in USA., “health education is a process that informs, motivates, and helps people to adopt and maintaining healthy practices and lifestyles, advocates environmental changes as need to facilitate this goal and conducts professional training and research to the end”.

According to Joint Committee on Health Education and Promotion Terminology of 2001, “any combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to acquire information and the skills needed to make quality health decisions.



Principles of Health Education:

- 1. credibility
 - 2. interest
 - 3. Participation
 - 4. Motivation
 - 5. comprehension
 - 6. Reinforcement
 - 7. Learning by Doing
 - 8. Known to unknown
 - 9. setting an example
 - 10. Good human relation
 - 11. Feedback
 - 12. community Leader
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Need and importance of Health Education:

Health education has been an important factor. In developing country like India many people losing their life even in minor disease. Many people still have faith in superstition and social orthodox. Health education, therefore should be given to wipe out such believes.

Health education vital to the practice of prevention . It is channel for reaching the people and alerting them to the doctor's services and to all other community health sources. A health education person is well aware of his own responsibility and of the steps he himself must take to receive the full benefits of prevention of all levels.

The importance of health education are:

- 1. Production of capable and efficient manpower
- 2. Reduction of mortality rate
- 3. Eradication of superstition beliefs
- 4. Preservation of environment
- 5. attainment of positive health
