

MODERN LIFESTYLE AND PHYSICAL EDUCATION	
MULTI DISCIPLINARY (MDSC) -I	SEMESTER-I (PHE-IDC-101)

1. To understand the modern lifest

Course objectives

8. Publishers.

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10. Skinner, C.

S. (1975) South India Press, Karaikudi.

PHYSICAL FITNESS AND HYGIENE	
MULTI DISCIPLINARY (MDSC) -II	SEMESTER-II (PHE-IDC-151)
Course objectives	<ol style="list-style-type: none"> 1. To understand the concept of Physical activity and yoga. 2. To know various factors effecting physical fitness. 3. To understand the Methods of maintaining personal and social hygiene.
Course Outcomes	<ol style="list-style-type: none"> 1. Students will understand the concept of Physical activity and yoga. 2. Students will know the various factors effecting physical fitness. 3. Students will understand the Methods of maintaining personal and social hygiene.
Credit	3 (Theory: 2, Practical: 1)
Marks	75
Contact Hrs	60 Hours (Theory: 30 Hours, Practical: 30 Hours) (15 Hours theory = 1 Credit, 30 Hours practical = 1 credit)
Units	Topics
Unit 1	<ol style="list-style-type: none"> 1. Meaning and definition of physical fitness. 2. Components of Physical Fitness. 3. Various factors effecting physical fitness.
Unit 2	<ol style="list-style-type: none"> 1. Meaning and definition of Hygiene. 2. Concept and importance of personal and social hygiene. 3. Methods of maintaining personal and social hygiene.
PRACTICAL SYLLABUS	<ol style="list-style-type: none"> 1. <i>Fitness Tests:</i> More emphasis shall be given on general physical fitness and principles of physical exercises (Speed and agility). Test- 1 SPEED : 50 Metre Dash Test. Test -2 AGILITY : Shuttle Run Test. Recreation Activities 2. Project work on personal and social hygiene.

SUGGESTED READINGS

1.

6.

7. Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.

8.

(India) Delhi.

9.

Publishers.

10.

Modern Text Book of Physical Education, Health and

11.

S. (1975) South India Press, Karaikudi.