Programme		Course Code	APED-111	Credit Hours	02
Course Title	**Introduction to Health and Physical Education**				

Course Introduction

This course introduces students to the fundamental concepts of health and physical education, focusing on the importance of physical activity for maintaining health and well-being. It covers basic principles, practices, and the role of physical education in the educational system.

Learning Outcomes

On the completion of the course, the students will:

1. Understand the role and importance of health and physical education in promoting overall well-being.
2. Learn basic concepts and principles of physical fitness and wellness.
3. Develop knowledge about the structure and function of the human body in relation to physical activity.
4. Identify and analyze health-related fitness components.
5. Promote positive attitudes towards physical activity and healthy lifestyles.

Course Content		Assignments/Readings
Week 1-2	**Introduction to Health and Physical Education** • Definition and scope of health and physical education • Historical perspectives • Current trends and issues in health and physical education	From Books and Class Lectures
Week 3-4	**Principles of Physical Fitness** • Components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition) • Benefits of physical fitness	From Books and Class Lectures
Week 5-6	**Health and Wellness** • Concepts of health and wellness • Determinants of health • Lifestyle diseases and prevention	From Books and Class Lectures
Week 7-8	**Human Body Systems** • Overview of human anatomy and physiology • Structure and function of the musculoskeletal system • Structure and function of the cardiovascular and respiratory systems	From Books and Class Lectures
Week 9-10	**Exercise and Physical Activity** • Types of physical activities and their benefits • Designing a personal fitness program • Safety and injury prevention	From Books and Class Lectures

Week 11-12	**Nutrition and Health** • Basic nutrition principles • Role of nutrition in physical performance and health • Hydration and dietary guidelines for active individuals	From Books and Class Lectures
Week 13-14	**Mental Health and Stress Management** • Relationship between physical activity and mental health • Strategies for managing stress through physical activity • Promoting mental well-being through lifestyle choices	From Books and Class Lectures
Week 15	**Health Education Strategies** • Principles of Effective Health Education • Designing health education programs • Communication strategies in health promotion	From Books and Class Lectures
Week 16	**Review and Final Assessment** • Review of key concepts • Final exam preparation	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- Anspaugh, D., Hamrick, M., & Rosato, F. (2011). *Wellness: Concepts and Applications*. McGraw-Hill.
- Baechle, T. R., & Earle, R. W. (2015). *Essentials of Strength Training and Conditioning*. Human Kinetics.
- Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). *Physical Activity and Health*. Human Kinetics.
- Corbin, C. B., & Welk, G. J. (2018). *Concepts of Physical Fitness: Active Lifestyles for Wellness* (17th ed.). McGraw-Hill Education.
- Hausenblas, H. A., & Tiffany, C. M. (2016). *Exercise Psychology: Physical Activity and Mental Health*. Routledge.
- Hoeger, W. W. K., & Hoeger, S. A. (2016). *Fitness & Wellness*. Cengage Learning.
- Hoeger, W. W. K., & Hoeger, S. A. (2018). *Lifetime Physical Fitness and Wellness: A Personalized Program* (15th ed.). Cengage Learning.
- Powers, S. K., & Dodd, S. L. (2019). *Total Fitness and Wellness* (8th ed.). Pearson.

Teaching Learning Strategies

Interactive Lectures

- **Use Multimedia**: Incorporate videos, animations, and interactive presentations to illustrate complex concepts.
- **Guest Lectures**: Invite experts from the field to share real-world insights and experiences.

2. Practical Sessions and Laboratory Work

- **Hands-On Training**: Engage students in practical sessions in biomechanics, anatomy, exercise physiology, and sports nutrition.
- **Simulations and Role-Playing**: Use simulations for sports injury management and rehabilitation scenarios.

3. Fieldwork and Internships

- **Real-World Experience**: Facilitate internships with sports teams, fitness centers, and rehabilitation clinics.
- **Community Projects**: Encourage students to participate in community sports programs and events.

4. Workshops and Seminars

- **Skill Development**: Conduct workshops on sports psychology, coaching techniques, and sports management.
- **Research Seminars**: Organize seminars for students to present their research findings and receive feedback.

5. Collaborative Learning

- **Group Projects**: Assign group projects that require collaboration and collective problem-solving.
- **Peer Teaching**: Encourage students to teach specific topics to their peers to reinforce their understanding.

6. Technology Integration

- **E-Learning Platforms**: Utilize online learning platforms for course materials, discussions, and assessments.
- **Sports Technology**: Incorporate sports technology tools such as performance analysis software and fitness tracking devices.

7. Case Studies and Problem-Based Learning

- **Real-Life Scenarios**: Use case studies to discuss real-life issues in sports management, ethics, and law.
- **Problem-Solving**: Encourage problem-based learning to develop critical thinking and analytical skills.

8. Flipped Classroom

- **Pre-Class Preparation**: Provide video lectures and reading materials for students to review before class.
- **Active Class Sessions**: Use class time for discussions, practical activities, and collaborative work.

9. Mentorship and Advising

- **Faculty Mentorship**: Assign faculty mentors to guide students' academic and career development.
- **Peer Mentorship**: Implement a peer mentorship program where senior students mentor first-year students.

10. Assessment and Feedback

- **Continuous Assessment**: Use various assessment methods, including quizzes, assignments, practical exams, and presentations.
- **Formative Feedback**: Provide regular, constructive feedback to help students improve continuously.

11. Extracurricular Activities

- **Sports Clubs**: Encourage participation in sports clubs and intramural sports to apply learned skills.
- **Competitions**: Organize inter-departmental sports competitions and fitness challenges.

12. Research and Independent Study

- **Research Projects**: Involve students in research projects to foster a deeper understanding of sports science.
- **Independent Study**: Allow students to pursue independent study topics of interest under faculty supervision.

13. Service Learning

- **Community Engagement**: Integrate service learning projects that connect students with the community to promote physical education and wellness.

14. Global Learning

- **Exchange Programs**: Establish exchange programs with international institutions to expose students to global practices in sports science.
- **Virtual Collaboration**: Engage in virtual collaborations with students from other universities worldwide.

Assessment

Sr. No.	Elements	Weightage	Details
1	Midterm Assessment	35%	Written Assessment at the mid-point of the semester.
2	Formative Assessment	25%	Continuous Assessment includes Classroom participation, assignments, presentations, viva voce, attitude and behavior, hands-on activities, short tests, projects, practicals, reflections, readings, quizzes, etc.
3	Final Assessment	40%	Written Examination at the end of the semester. It is mainly in the form of a test, but owing to the nature of the course, the teacher may assess their students based on the term paper, research proposal development, fieldwork and, report writing, etc.

Assignments: Types and Number with Calendar

Assignment Types

1. **Research Papers**
2. **Case Studies**
3. **Practical Reports**
4. **Group Projects**
5. **Presentations**
6. **Quizzes**
7. **Reflective Journals**
8. **Fieldwork Reports**
9. **Lab Work Reports**
10. **Online Discussion Participation**
11. **Mid-term Exams**
12. **Final Exams**
13. **Internship Reports**
14. **Capstone Projects**

Assignment Distribution by Semester

- **Week 4: Research Paper 1**
- **Week 6: Quiz 1**
- **Week 8: Practical Report 1**
- **Week 10: Group Project 1 (Presentation in Week 12)**

- **Week 14: Mid-term Exam**
- **Week 16: Reflective Journal 1**