

Programme	ADP Home Economics	Course Code	APED-111	Credit Hours	2(2+0)
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:					
<ol style="list-style-type: none"> 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	Introduction to Health and Physical Education Definition and scope of health and physical education			Reading: Introduction to Health and Physical education Page 19-20, 23-26	
	Scope of Physical education continued				
Week 2	Introduction to Health and Physical Education Historical perspectives			Reading: Introduction to Health and Physical education Page 28-31	
	Current trends and issues in health and physical education				
Week 3	Principles of Physical Fitness Components of physical fitness (cardiovascular endurance, muscular strength)			Reading: Introduction to Health and Physical education Page 33-35 Quiz of 5 marks in week 4: 10 MCQS from the syllabus covered in first three weeks	
	Components of physical fitness (muscular endurance, flexibility, and body composition)				
Week 4	Principles of Physical Fitness Benefits of physical fitness			Reading: Introduction to Health and Physical education Page 40-43	
	Benefits of Physical fitness continued				
Week 5	Health and Wellness Concepts of health and wellness			Reading: Introduction to Health and Physical education Page 44-47	
	Concepts of health and wellness continued				
Week 6	Health and Wellness Determinants of health			Reading: Introduction to Health and Physical education Page 52-57	
	Lifestyle diseases and prevention				
Week 7	Human Body Systems Overview of human anatomy and physiology			Reading: Introduction to Health and Physical education Page 58-61	
	Overview of human anatomy and physiology				
Week 8	Human Body Systems			Reading: Introduction to Health and Physical education Page 62-66	
	Structure and function of the musculoskeletal system				
	Structure and function of the cardiovascular and respiratory systems				
Week 9	Mid Term Exam				
Week 10	Exercise and Physical Activity Types of physical activities and their benefits			Reading: Introduction to Health and Physical education Page	
	Types of Physical activities continued				
Week 11	Exercise and Physical Activity Designing a personal fitness program			Reading: Introduction to Health and Physical education Page 86-89	
	Safety and injury prevention				
	Nutrition and Health Basic nutrition principles			Reading: Introduction to Health and	

Week 12	Role of nutrition in physical performance and health	Physical education Page 91-95
Week 13	Nutrition and Health Hydration and dietary guidelines for active individuals	Reading: Introduction to Health and Physical education Page 96-99
	Hydration and dietary guidelines continued	
Week 14	Mental Health and Stress Management Relationship between physical activity and mental health	Reading: Introduction to Health and Physical education Page 106-109
	Strategies for managing stress through physical activity	
Week 15	Mental Health and Stress Management Promoting mental well-being through lifestyle choices	Reading: Introduction to Health and Physical education Page 118-120 Assessment of 10 marks to be submitted in week 16: Short question answers from Health Education strategies page 133-137
	Promoting mental health continued	
Week 16	Health Education Strategies Principles of Effective Health Education Designing health education programs	Reading: Introduction to Health and Physical education Page 138-139
	Communication strategies in health promotion	
Week 17	Review and Final Assessment Review of key concepts Final exam preparation	
Week 18	Final Term Exam	

Textbooks and Reading Material

1. Anspaugh, D., Hamrick, M., & Rosato, F. (2011). *Wellness: Concepts and Applications*. McGraw-Hill.
2. Baechle, T. R., & Earle, R. W. (2015). *Essentials of Strength Training and Conditioning*. Human Kinetics.
3. Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). *Physical Activity and Health*. Human Kinetics.
4. Corbin, C. B., & Welk, G. J. (2018). *Concepts of Physical Fitness: Active Lifestyles for Wellness* (17th ed.). McGraw-Hill Education.
5. Hausenblas, H. A., & Tiffany, C. M. (2016). *Exercise Psychology: Physical Activity and Mental Health*. Routledge.
6. Hoeger, W. W. K., & Hoeger, S. A. (2016). *Fitness & Wellness*. Cengage Learning.
7. Hoeger, W. W. K., & Hoeger, S. A. (2018). *Lifetime Physical Fitness and Wellness: A Personalized Program* (15th ed.). Cengage Learning.
8. Powers, S. K., & Dodd, S. L. (2019). *Total Fitness and Wellness* (8th ed.). Pearson
9. Iqbal M. Z. (2025) Introduction to Health and Physical education, Farooq Sons

Teaching Learning Strategies

Lecture-based learning through lectures and presentations.
Group learning through group assignments discussion and laboratory work.
Individual learning through practical work and application of theory principles.

Assignments: Types and Number with Calendar

1. Quiz of 5 marks in week 4: 10 MCQS from the syllabus covered in first three weeks.
2. Assessment of 10 marks to be submitted in week 16: Short question answers from Health Education strategies page 133-137