

Paper Code	APED-111	Cr. Hrs	02
Paper Title	Introduction to Health and Physical Education		
Domain	Arts & Humanities		

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 1-2	Introduction to Health and Physical Education <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Concepts of health and wellness • Determinants of health • Lifestyle diseases and prevention 	From Books and Class Lectures
Week 7-8	Human Body Systems <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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.