

INTRODUCTION TO HEALTH AND PHYSICAL EDUCATION

Course Code

APED-111

Credit Hours

2 (2-0)

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.

Course 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 fundamental concepts and principles of physical fitness and wellness.
3. Develop knowledge about the structure and function of the human body and physical activity.
4. Identify and analyze health-related fitness components.
5. Promote positive attitudes towards physical activity and healthy lifestyles.

Course Contents

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

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

Week 5-6

Health and Wellness

- Concepts of health and wellness
- Determinants of health
- Lifestyle diseases and prevention

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

Week 9-10

Exercise and Physical Activity

- Types of physical activities and their benefits
- Designing a personal fitness program
- Safety and injury prevention

Week 11-12

Nutrition and Health

- Basic nutrition principles
- Role of nutrition in physical performance and health
- Hydration and dietary guidelines for active individuals

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

Week 15

Health Education Strategies

- Principles of Effective Health Education
- Designing health education programs
- Communication strategies in health promotion

Week 16

Review and Final Assessment

- Review of key concepts
- Final exam preparation

Books Recommended

- 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 Strategy

- Interactive Lectures
- Guest Lectures: Invite experts from the field to share real-world insights and experiences.