

TRENDS AND ISSUES IN HEALTH & PHYSICAL EDUCATION

Course Code: EDBES358

Credit hours: 3

Learning Outcomes

This course is designed to acquaint students with the Learning Outcomes to make them understand the basic concepts of physical education and its relation to Health Education, and provide preliminary awareness about physical, mental and social developments. This course will provide students with the knowledge, skills and abilities necessary to integrate healthy living strategies in a variety of recreational settings. A diversity of recreation and fitness initiatives will be explored through self-driven and planned activities. This course will provide opportunities to familiarize students with the importance of Fitness for general purpose and for sports. It will help to a common person to care about his/her health and fitness. This course will provide a variety of activities which will motivate the students and increase participation. This program will teach the students to establish lifelong fitness goals. This course will help to demonstrate understanding of physical education content and disciplinary concepts related to the development of a physically educated person.

LEARNING OUTCOMES

1. Students actively engage in class activities and devise appropriate training programs for the sport activities.
2. Students also assess fitness levels and devise appropriate fitness plans.
3. It will benefit to maintain good health in students
4. It will help students to cooperate with each other in sense of Communication, Fair play, Leadership and Team work
5. It will promote self- discipline in students
6. It will assist to attain and maintain physical fitness and overall wellness.
7. It will apply academic concepts of the professional discipline to promote healthy lifestyles through physical activity, fitness, wellness, and sports
8. It will apply principles, analytical methods, and best practices for designing, implementing, and evaluating health promoting activity and programs.
9. Demonstrate personal behaviors that exemplify professionalism.

CONTENTS

10. INTRODUCTION

- 1.1 Historical background of Physical Education
- 1.2 Definition and scope of Physical Education
- 1.3 Aims and Learning Outcomes of Physical Education

11. SPORTS AND SOCIETY

- 2.1 Definitions
- 2.2 Types of societies and cultures
- 2.3 Development of youth sports
- 2.4 The role of sports in the development of individual and society

12. SCIENTIFIC FOUNDATION OF PHYSICAL EDUCATION

- 3.1 Biological interpretation of Physical Education
- 3.2 Psychological interpretation of Physical Education
- 3.3 Sociological interpretation of Physical Education

13. PHYSICAL FITNESS IN OUR LIFE

- 4.1 Health Related Fitness (Need, significance & Improvement)
- 4.2 Skill Related Fitness (Need, significance & Improvement)
- 4.3 Training Principles (Need, significance & Improvement)
- 4.4 Various methods of training (Need, significance & Improvement)

14. MODERN TECHNOLOGIES IN PHYSICAL EDUCATION

- 5.1 Modern Technologies in Sports Equipment
- 5.2 Modern Technologies in Sports Rules and Regulations
- 5.3 Modern technologies in Uniform and Sporting Gears

6. PLAY GROUNDS AND COURTS

- 6.1 Preparation and maintenance of playground & courts
- 6.2 Marking of play grounds and courts
- 6.3 Safety measures for play grounds & courts / equipment

7. MEASUREMENT OF PHYSICAL FITNESS

- 7.1 Definition of Physical Fitness
- 7.2 Components of Physical Fitness
- 7.3 Measurement of Physical Fitness components

8. SYSTEMS OF TOURNAMENT

- 8.1 Single elimination or knockout system
- 8.2 Round robin or league system
- 8.3 Combination system
- 8.4 Challenge system
 - 8.4.1 Ladder system
 - 8.4.2 Pyramid system

9. ORGANIZATION AND CONDUCT OF TOURNAMENTS

- 9.1 Board level
- 9.2 University level
- 9.3 Provincial level
- 9.4 National level

10. LEADERSHIP IN PHYSICAL EDUCATION

- 10.1 Definition and types of leadership
- 10.2 Selection criteria of leader
- 10.3 Qualities of a good leader
- 10.4 Challenges in Physical Education profession

Assessment and Examinations

The students will be assessed according to the following criteria

Examination	Marks Distribution
Sessional Work	25%
Mid-Semester	35%
Final Semester	40%

Suggested Readings

- Mughal, A. W. (____). *Athletics Skill and Officiating*, Islamabad: _____.
- Almond, L (Ed.). (2014). *Physical education in schools*. London: Routledge.
- Charles A. B. (2003). *Foundation of PH. Ed. Exercise Sc.And Sports*. 14th edition I. New York: McGraw Hill
- Corbin, C.B., Welk, G.J., Corbin, W.R., & Welk, K.A. (2016). *Concepts of fitness and wellness: A comprehensive lifestyle approach*. New York, NY: McGraw-Hill Education.
- Dayl Siedentop. (2001). *Introduction to Physical Education Fitness Sport*, 5th ed. New York: McGraw Hill
- Hoeger, W. W., & Hoeger, S. A. (2014). *Fitness and wellness*. Boston: Cengage Learning.
- Hoeger, W. W., & Hoeger, S. A. (2014). *Lifetime physical fitness and wellness: A personalized program*. New York: Cengage Learning.
- Hoeger, W. A. & Hoeger, S. A. (2015). *Principles and labs for fitness and wellness*. Wadsworth: Cengage Learning.
- Jay Coackley. (2007). *Sports in Society: Issue & Controversies*. New York: McGraw Hill.
- Safrit, M. J. & Wood, T. M. (2007). *Introduction to Measurement in PE and Exercise Science* (3rd ed). Philadelphia, PA : Mosby.
- Mawer M. (2014). *Effective Teaching of Physical Education*. Longman: Harlow.