



**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA  
Reaccredited by NAAC with 'A' grade

**COURSE CODE**

**NAME OF THE COURSE**

**CCPH01**

**PHYSICAL AND HEALTH MANAGEMENT**

**OFFERED BY**

**ABOUT COLLEGE**

**DEPARTMENT OF  
PHYSICAL EDUCATION**

Chirst College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

**COURSE COORDINATOR**

**COURSE DETAILS**

**DR. BINTU T KALYAN**  
Department of  
Physical Education

Physical and Health management education is vital for students as it builds their knowledge and attitudes about health & fitness. It does not only concentrate on being healthy. It also focuses on emotional, mental and social health too. Educating students on the importance of health builds their motivation. As a result, they strive to maintain good health, prevent diseases and avoid risky behavior. Instilling the importance of good health in educational institution, helps students to make healthy life choices when they grow older and continue doing so throughout their lives. It helps them understand the dangers of using unhealthy things and helps them to prevent various hypokinetic diseases such as, obesity, diabetes, cardiac diseases, coronary problems and cancers. Physical fitness is a state of health and well-being and more specifically, the ability to perform aspects of sports, occupations and daily activities without fatigue or tire. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest. It also help them to achieve neuromuscular coordination, bone mineral density, lean body mass... Health & fitness education builds students' knowledge, skills and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, keep the students physically fit, mentally strong and emotionally balanced. Health and lifestyle management education is important to teach individuals awareness about living a healthy lifestyle and manage their own life. Health education teaches people of all ages about how diet and exercise contribute to a healthy lifestyle. It also encourages positive changes in behavior and lowers the risk of addiction to drugs, alcohol and unsafe sexual practices. Regular and moderate physical activities can make the individuals intelligent and increase their understanding capacities. A healthy person can enjoy life fully. He can carry out his duties in a responsible manner. He is an asset to the family, the society and to the entire nation. He is always full of energy. He lives a long and happy life. A healthy peasant is happier than a monarch without health. Health education encourages a person to make healthy choices. They are instructed to avoid unhealthy habits. 'A sound mind lives in a sound body'. Health education teaches about the emotional and mental health of the student. A healthy person is the happiest person in the world.

**Dr. Jolly Andrews**  
Assistant Professor-  
In-charge of Principal  
Christ College (Autonomous)  
Irinjalakuda





## LEARNING OUTCOMES

- Health promotion and awareness
- Occupational benefits- Individuals may get opportunities in Health Clubs, Community Health Programme and Personal Training Industry.
- Opportunities for further studies

## SYLLABUS

### Module I

Physical Activity and Health Management, Health – Definition & Details, Dimensions of Health, Physical Dimension – Physical Activity, Balanced Diet, Daily Life Style, Sleep & Hereditary End Environment, Mental Dimension, Emotional Dimension, Social Dimension and Spiritual Dimension.

### Module II

Physical Activity- Definition & Details, Exercise – Definition & Details, Types of Exercises – Aerobic Exercises and Anaerobic Exercises. Physical Fitness Definition and Details, Components of Fitness – Speed, Strength, Endurance, Flexibility and Body Composition.

### Module III

Benefits of Physical Activity. Effect on Muscles and Bones, Effect on Body Energy Level. Effect on Body Weight Loss. Effect of Psychological Factors. Hypokinetic Diseases and Physical Activity. Exercise and Brain Health. Relaxation and Sleep Quality. Exercise Effect on Heart and Lungs. Physical Activity and Fitness. Effect on Immunity.

### Module IV

(Practical) Warm Up and Cool down, Demonstration and Performance

### Module V

(Practical) Introduction of Basic Fitness Exercises, Demonstration and Performance