

### **Notification: Selection of Open Courses for Fifth Semester Undergraduate Students (2023 Admission)**

All Fifth Semester undergraduate students (2023 Admission) are hereby informed that they are required to choose **one open course** offered by departments **other than their parent department**, as part of their academic curriculum.

The list of available open courses, along with their respective syllabi, is provided in this notification and is also accessible on the [mcka.in](https://mcka.in) portal. Students are advised to review the course options carefully and prepare a list of preferences prior to registration.

The **allotment of courses will be strictly on a ‘first come, first serve’ basis**. Once the available seats for a particular course are filled, that course will be automatically closed for further allotment. Therefore, it is strongly recommended that students maintain a prioritized list of courses when logging into the portal, to ensure a smoother selection process in case their top choice is no longer available.

The **mcka.in** portal for opting an open course will be available from: **2 PM to 3 PM on 05 June 2025**

NB

- Allotment of open courses will be done **exclusively through the mcka.in portal**.
- **Requests for changes in the allotted courses will not be entertained** once the selection has been finalized through the portal.

### **OPEN COURSES in 5<sup>th</sup> Semester**

<b>Sl No</b>	<b>Course Code</b>	<b>Course Name</b>	<b>Offering Department</b>
1	UBM2334A	Capital Market and Investment Management	School of Commerce and Professional Studies
2	UBM2334B	Fundamentals of Accounting	School of Commerce and Professional Studies
3	UEN2329	Film Studies	Department of English
4	UEC2327	Fundamentals of Economics	Department of Economics
5	UBC2329	Internet and Digital Marketing	Department of Computer Applications (UG)
6	UMA2328	Applicable Mathematics	Department of Mathematics
7	UBB2330	Brand Management	Department of Business Administration (UG)
8	USW2322	Development Communication	School of Social Work
9	UPE2301	Physical Health and Life Skills Education	Department of Health and Wellness

## **SYLLABI OF OPEN COURSES**

## 1. CAPITAL MARKET AND INVESTMENT MANAGEMENT

School of Commerce and Professional Studies

### **UBM2334A: CAPITAL MARKET & INVESTMENT MANAGEMENT (Open Course)**

Instructional Hours/Week :4

Total Instructional Hours : 72

Credit: 3

#### **Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**CO1.** Describe the components of Indian Financial System

**CO2.** Explain the functioning of new issue market and identify the major intermediaries

**CO3.** Invest in any security after analyzing various factors related

**CO4.** Describe the basic concepts related to investment management

**CO5.** Develop an investment plan by analyzing different investment avenues.

#### **Module 1: The Indian financial system (9 Hours)**

**Unit 1:** Components Role and functions-Financial market-Classification Industrial security market-Government security market-Money market Capital market and money market-Money market instruments. SEBI- Establishment- Objectives-Powers and functions

#### **Module 2: Primary Market (15 Hours)**

**Unit 1:** Primary market-Functions of new issue market-Methods of floating new issue-IPO-FPO-Public issue-bonus issue-Right issue-Private placement- Book building-ESOP-Intermediaries in the new issue market-Registrars to the issue-brokers to the issue-Bankers to the issue-Underwriters.

#### **Module 3: Secondary Market (18 Hours)**

**Unit 1:** Secondary market-Role and functions of Stock Exchanges-Members of the Stock Exchanges-Classification-type of speculators-Speculative transaction listing of securities- Methods of trading in a stock exchange- Online trading- Depository system Stock market indices.

#### **Module 4: Investment (15 Hours)**

**Unit 1:** Investment-Meaning-Characteristics and Importance of Investment– Need for savings and investment –Types of Risks- Risk Management- Types of Investors-Factors affecting investment- Role of savings practices – financial intermediaries – linkage between financial and real savings – Importance of household savings – Shifts in Savings and investment.

#### **Module 5: Investment Avenues (15 Hours)**

**Unit 1:** Investment Avenues – Objectives of investors – Characteristics of investments – Risk Return relationship – Classes of instruments – Investment portfolio for average household- Measurement of expected and return- Investor protection measures in India

#### **Books of Study**

[1]. Pathak, B. V, 2011, Indian financial system, Delhi: Pearson Education.

[2] Singh, P, 2013, Investment Management. New Delhi: Himalaya

**Recommended Readings**

- [1] O. P.Gupta,2007,Indian Security Market an Empirical study, Anmol Publisher
- [2]. V.A. Avadhani,2011,Investment and Securities Markets in India, Himalaya Publishing House
- [3]. Bharathi. V.P.Pathak,2010, Indian Financial System, Pearson
- [4] Khan. M.Y,2015, Financial Services, McGraw Hill Education
- [5] Gupta N.K, Monica Chopra,2010,Financial Markets, Institutions and Services, Ane Books Pvt. Ltd
- [6] Bhalla V.K.,2008,Investment Managements Chand & Co,S Chand & Company
- [7] Ravi patel,2013,Swing Trading with Technical Analysis, Buzzingstock Publishing House

## 2. FUNDAMENTALS OF ACCOUNTING

School of Commerce and Professional Studies

### **UBM2334B: FUNDAMENTALS OF ACCOUNTING ( Open Course)**

Total Instructional Hours: 72

Instructional Hours/Week :4

Credits: 3

#### **Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**CO1:** Apply accounting concepts and conventions in various business transactions.

**CO2:** Pass journal entries for various business transactions.

**CO3:** Post Journal entries to ledger accounts and balance the accounts.

**CO4:** Prepare Trial Balance using ledger balances to ensure arithmetical accuracy of accounts

**CO5:** Create final accounts of various business firms.

#### **Module 1: Introduction( 15 Hours)**

**Unit 1:** Accounting – meaning – Objects- Concepts and Conventions-Double Entry – Books of Accounts – Bookkeeping and Accounting – Accountancy – The language of the Business World – Principles of double entry –Advantages of double entry

#### **Module 2:Journalizing(15 Hours)**

**Unit 1:** Journal- Rules of debit and credit - Kinds of Accounts – Journalizing

#### **Module 3:Ledger and Sub divisions of ledger(12 Hours)**

**Unit 1:** Ledger – Sub divisions of ledger – Account – Form of an Account – Posting of Journal – Balancing of Accounts - Cash book (simple, triple column)- Petty Cash book.

#### **Module 4:Trial Balance(10 Hours)**

**Unit 1:** Trial Balance – Meaning – Objects-Summary of Accounting Entries – Suspense Account

#### **Module 5:Final Accounts(20 Hours)**

**Unit 1:** Final Accounts-Trading and Profit and Loss Account –Balance Sheet (with adjustments) using computerized accounting (tally).

#### **Book of Study:**

[1] T S Grewal,2014,Double entry book keeping ,Sultan Chand

[2] Jain & Narang, 2011, Financial Accounting, Mumbai: Kalyani.

#### **Recommended Readings:**

1. Gupta, R. L., & Radhaswamy, M,2010,Financial Accounting, New Delhi, SultanChand & Sons

2. Maheswari S. N., &Maheswari S. K.2009, Advanced accountancy, New Delhi, Vikas

### 3. FILM STUDIES

#### DEPARTMENT OF ENGLISH

**UEN2329: FILM STUDIES (Open Course)**

Instructional Hours/Week: 4

Total Instructional Hours: 72

Credits: 3

**Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**CO1.** Develop critical and appreciative skills in film viewing

**CO2.** Write reviews and critiques on films

**CO3.** Examine the verbal and non-verbal messages in films and how they influence the socio-political-cultural behavior of people.

**CO4.** Comment on the various film genres and analyse films as products of their socio-political and technical contexts.

**CO5.** Outline the processes of film production, including pre-production, production, and post production.

**Module 1: (22 hours)**

Unit1-The Major genres: Documentary, Narrative, Avant-garde, Feature films, Short Films, Thriller, Melodrama, Musical, Horror, Western, Fantasy, Animation, Film noir, Expressionist, Historical, Mythological, Road movies.

**Module 2: (25 hours)**

Unit1-Introduction to the basic terminology of filmmaking, Unit 2-Mise en scene, long takes deep focus Shots (close up, medium shot, long shot), Unit 3-Editing: chronological editing, cross cutting, montage, continuity editing, continuity cuts, jump cuts, match cuts, 30 degree rule, 180 degree rule. Sound in the movies, colour in the movies. Unit 4-The production, distribution of films.

**Module 3: (25 hours)**

Unit 1. Battleship Potemkin – Silent Cinema, Montage

Unit 2. Bicycle Thieves: Neo Realism

Unit 3. The Godfather: Hollywood Classic

Unit 4. Rashomon: Asian Classic. Japanese Cinema

Unit 5. Kodiyettam: Malayalam Classic

**Recommended Readings**

1. Beginning Film Studies
2. Bazin, Andre: What is Cinema? Vol. 1 and Vol. 2
3. Hyward, Susan. Key concepts in Cinema Studies.
4. Laura Mulvey: Visual Pleasure and Narrative Cinema (1975) Originally Published- Screen 16.3
5. Autumn 1975 pp. 6-18
6. Metz, C. Film Language: A Semiotics of the Cinema.
7. Sergei Eisenstein: Film Form: Essays in Film Theory.
8. Andrew, J D. Introduction to Major Film Theories.
9. Bill Nichols: Engaging Cinema: An Introduction to Film Studies.
10. Lapsley, R and Westlake, M. Film Theory: An Introduction.
11. Ravi S Vasudevan., ed. Making Meaning in Indian Cinema.
12. Jill Nelmes: Introduction to Film Studies (5th edn.)

## 4. FUNDAMENTALS OF ECONOMICS

### DEPARTMENT OF ECONOMICS

#### **UEC2327: FUNDAMENTALS OF ECONOMICS (Open Course)**

Instructional Hours/Week :4

Total Instructional Hours : 72

Credits: 3

#### **Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**COUEC2327.1:** Apply basic concepts of economics of demand and supply

**COUEC2327.2:** To analyze and demonstrate the expenditure pattern of a country

**COUEC2327.3:** To critically evaluate the functioning of financial system

**COUEC2327.4:** To evaluate the planning system and strategies

**COUEC2327.5:** To analyse the Kerala economy

#### **Module 1: Basic Concepts(16 Hours)**

Economics - micro and macro – deduction and induction – basic economic problems - production possibility curve. Utility - total and marginal. Law of Demand – elasticity of demand - price elasticity - types. Law of supply.

National income – meaning and concepts

#### **Module 2: Public Economics (16 Hours)**

State vs Market - public revenue - tax and non-tax revenue – direct and indirect taxes – major direct and indirect taxes in India - public debt and public expenditure – budget – types - fiscal deficit - revenue deficit - trade cycle and its phases - fiscal and monetary policies as tools for combating inflation and deflation.

#### **Module 3: Financial System and International Trade (25 Hours)**

Money and its functions – Negotiable and non-negotiable instruments – cheques – drafts - bills of exchange – promissory notes-letter of credit - certificate of deposits – commercial papers - banking and non-banking institutions - commercial banks – recent trends in Indian commercial banking – (Core Banking, Internet Banking, Mobile Banking, ATM/Debit & Credit Cards) - RBI – functions - money and capital market – major financial instruments – shares, debentures and bonds – Insurance: meaning, nature and types - stock exchange – BSE, NSE – stock market indices – SEBI - mutual funds.

Terms of trade - balance of trade - balance of payments -measures of correction - foreign exchange - exchange rate – spot – forward – fixed – floating - IMF, World Bank – WTO.

#### **Module 4: Indian Economic Development(9 Hours)**

An overview of Planning in India - Planning Commission – Finance Commission - current Five Year Plan – Green revolution – changing pattern of India's industrialization - Liberalization - Privatization - Globalization (LPG)

#### **Module 5: Kerala Model Development (6 Hours)**

Major features of population in India and Kerala - Kerala model of development



**Readings**

- [1] R.R. Paul (2008), Monetary Economics, Kalyani Publishers, Ludhiana
- [2] V.K. Bhalla (2008), Investment Management, S. Chand & Co., New Delhi.
- [3] Robert S. Pindyck et al., (recent edition) Micro Economics, Pearson Education, Delhi.
- [4] Bo Sodersten & Reed Dominic, International Economics, palgravemcmillan
- [5] Samuelson (2009), Economics, Tata McGraw Hill, New Delhi.
- [6] Gaurav Datt & Ashwani Mahajan, (recent edition) Datt & Sundharam Indian Economy, S.Chand & Co., New Delhi (recent edition)
- [7] Alwin Prakash, Kerala's Economic Development (2004), Sage Publications, New Delhi.
- [8] Meera Bai M. (ed) (2008), Kerala Economy, Serials Publication, New Delhi.

## 5. INTERNET AND DIGITAL MARKETING

### DEPARTMENT OF COMPUTER APPLICATIONS (UG)

**UBC2329: INTERNET AND DIGITAL MARKETING (Open Course)**

Instructional Hours/Week: 4

Total Instructional Hours: 72

Credits: 3

**Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**COUBC2329.01:** Understand the basic concepts of Internet and Cyber laws.

**COUBC2329.02:** Develop web pages using HTML.

**COUBC2329.03:** Enlist the different areas of e-marketing.

**COUBC2329.04:** Demonstrate the different possibilities of social media in digital marketing.

**COUBC2329.05:** Explain the features of e-commerce and online marketing tools.

**Module 1: Internet and Cyber Law (16 Hours)**

Basics of Internet: History, Internet Access Methods, Internet Service Providers, Protocols: TCP and IP, IP Address and Domain Names, Internet Services: Communication Services, Information Retrieval Services, Web Services, World Wide Web, Security Measures: Passwords, Virus Protection, Firewalls Encryption, Cyber Law: Penalty for damage to Computer, Computer system, Tampering with Computer Source Documents, Hacking, Computer Related Offences.

**Module 2: Web Design (12 Hours)**

Introduction to HTML: HTML Tags, Basic structure of an HTML document, Heading, Paragraphs, Line Breaks, Elements of HTML: Working with Text, Working with Lists, Tables, Frames, Working with Hyperlinks, Images and Multimedia, Working with Forms and controls, Web Site Design: Creation of simple Web Sites, Legal and Ethical Issues in Web Design.

**Module 3: Marketing in the Digital Era (14 Hours)**

E-marketing: Definition, The changing marketing landscape, The internet and Business, E-marketing- Strengths and Applications, Online Marketing Mix: E-products, E-place, E price, E-promotion, Customer Relationship Management: Introduction, Best practises, Goals, Processes, Customer lifecycle, Next generation CRM.

**Module 4: Business drivers in the virtual world (14 Hours)**

Social media: Introduction, Social media model, Social media Analytics, Social media tools, Viral Marketing, Online Branding: Cyber branding, Customer based brand equity pyramid, Digital brand ecosystem, Brand Experience, Brand Identity, Domain names, Traffic Building: Diamond-water paradox, Internet Traffic Plan, Search Engine Marketing, Websites and Internet marketing.

**Module 5: E-commerce and online tools for marketing (16 Hours)**

E-commerce: Introduction, Online distribution and procurement, Traditional distribution management issues, Advantages offered by Internet, Spiral of prosperity model, E-procurement, E-commerce Applications, DeLone and McLean Model, Monitoring social media presence of E-commerce brands, Online tools in marketing: Knowledge discovery and data mining, Methods for consumer segmentation, Consumer targeting, Brand positioning online.

**Books of Study:**

- [1] Douglas E. Comer, The Internet, 3rd ed. Prentice Hall of India
- [2] Steven Holzner, HTML Black Book, 1st ed. Dreamtech Press
- [3] Vandana Ahuja, Digital Marketing, Oxford Higher Education D.P Goyal, Management

**Reference:**

- [1] Kogent Learning Solutions Inc. HTML 5 in simple steps, Dreamtech Press.
- [2] Barkha and U. Rama Mohan ,Cyber Law Crimes, 3rd ed. Asia Law House

## 6. APPLICABLE MATHEMATICS

### DEPARTMENT OF MATHEMATICS

**UMA2328: APPLICABLE MATHEMATICS (Open Course)**

Total Instructional Hours: 72

Instructional Hours/Week: 4

Credits:3

**Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**COUMA2328.1:** Apply the factorization method and quadratic formula to solve quadratic equations, test the divisibility of numbers and find the logarithm of numbers.

**COUMA2328.2:** Plot points and draw graphs of straight lines.

**COUMA2328.3:** Apply problem solving techniques to solve aptitude problems.

**COUMA2328.4:** Find the derivatives and integrals of functions

**COUMA2328.5:** Make conclusions with mathematical, statistical and quantitative information.

**Module 1: (18 hours)**

Types of numbers, Quadratic equations (Solution of quadratic equations with real roots only), Logarithms–All rules without proof, Multiplication and division of numbers, evaluating expressions of the form  $(x^p/q)$ ,  $x$  any real number,  $p$  &  $q$  are integers), Permutations and combinations, simple applications, Trigonometry introduction, Values of trigonometric ratios of  $0^\circ, 30^\circ, 45^\circ, 60^\circ$  &  $90^\circ$ , Heights and distances – Simple cases - (application of  $\sin x$ ,  $\cos x$ ,  $\tan x$ , and their reciprocals only). Two dimensional geometry- Introduction, plotting points and drawing graph of the lines of the form  $ax + by + c = 0$ .

**Module 2: (18 hours)**

Probability – Introduction – Sample spaces and events, Simple examples like tossing coin, tossing die etc., Differential Calculus – Differentiation – Standard results (derivatives) without proof, Product rule, Quotient rule and function of function rule), Integral calculus (Integration simple cases, with and without limits)

**Module 3 (18 hours)**

HCF and LCM of numbers, Fractions, Squares and square roots, cube and cube roots, simplifications, Ratio and Proportion, Percentage, Profit and loss, Simple average (No Weighed average)

**Module 4: (18hours)**

Simple interest, Compound interest, Problems on ages, Calendar Problems, Elementary mensuration – Area and perimeter of polygons, Elementary Algebra, (Simplifications of algebraic expressions))

**Core Reference:**

[1] M. Tyra & K. Kundan – Concepts of Arithmetic, BSC Publishing company Pvt. Ltd, C-37, Ganesh Nagar, Pandav Nagar Complex Delhi – 110092

[2] R.S. Aggarwal, Quantitative Aptitude, S. Chand & Co, New Delhi. 2013.

## 7. BRAND MANAGEMENT

### DEPARTMENT OF BUSINESS ADMINISTRATION

#### **UBB2330: BRAND MANAGEMENT (Open Course)**

Instructional Hours/Week :4

Total Instructional Hours : 72

Credits: 3

#### **Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**CO1:** Demonstrate a fair understanding about key principles of branding

**CO2:** Discuss and apply different strategies for promoting brands and types of branding.

**CO3:** Design and implement brand strategies that consider brand naming, logo and its types

**CO4:** Cognize and apply brand positioning strategies

**CO5:** Demonstrate and apply knowledge of different brand extension strategies.

#### **Module I (16 Hours)**

**Product** – Meaning & Definition, Types of Product.

**Brand** – Meaning & Definition. Importance of Branding. Process of Branding. Circular process. Types of Brands. Need for gender equality in creation of brand equity.

#### **Module II (16 Hours)**

**Brand Identity.** Meaning & Definition. **Brand Name.** Attributes of a brand name. Brand name protection. **Promoting your brand** – Objectives – Different media. Cross badging - Destination branding - Celebrity endorsement- basic concepts only Brand promotion and environment protection.

#### **Module III (16 Hours)**

**Logo.** Meaning & Definition. **Logo Design** – Do's & Don'ts Ingredients.

Wordmark. Brand mark. Trademark. **Tagline** – Meaning & Definition. Functions.

#### **Module IV (12 Hours)**

**Brand Positioning** – Concept, Advantages, Process. **Brand Equity** – Meaning & Definition. Advantages. Factors contributing to brand equity. Measurement of brand equity.

#### **Module V (12 Hours)**

**Brand extension** – Meaning, Advantages. **Brand Licensing** – Meaning Benefits.

**Co-branding** – Meaning, Benefits. Ethical practices in brand promotion.

#### **References:**

- Moorthi , Brand Management, Vikas Publications
- Harsh V Verma , Brand Management –Excel Books
- Kotler Koshy Keller Jha, Marketing Management, Pearson Education
- Mainak Dhar, Brand Management 101: 101 Lessons from Real-World Marketing, Wiley publishers

## 8. DEVELOPMENT COMMUNICATION

### SCHOOL OF SOCIAL WORK

<b>USW2322: DEVELOPMENT COMMUNICATION (Open Course)</b> Total Instructional Hours : 72 Instructional Hours/Week :4 Credit : 3		
<b>Course Outcomes(CO)</b> After completion of this course student will be able to <b>COUSW2322.1</b> : Understand key theories around communication, development, culture, behaviour and social change <b>COUSW2322.2</b> : Evaluate various strategies adopted for the purpose of effective development communication. <b>COUSW2322.3</b> : Analyze the ways in which the media has a role in the shaping of identity, particularly along intersections of caste, class and gender. <b>COUSW2322.4</b> :Develop skills in Public Speaking, Organizing Meetings, Workshops, Conferences, Seminars, Written Communication and Public Relation. <b>COUSW2322.5</b> :Design effective strategies for social change through development communication.		
<b>Module 1</b>		
<b>Basic Concepts (10 hours)</b>		
Unit 1	Communication: Definition, objectives, purpose, evolution, barriers	4
Unit 2	Communication and Development- Concept of development, Relationship of Development and Communication	6
<b>Module 2 (17 hours)</b>		
<b>Theoretical framework of Development Communication</b>		
Unit 3	Dominant and alternate paradigms of development, ,	4
Unit 4	modernization theory, dependency theory, globalization theory, diffusion of innovations theory	9
Unit 5	Participatory approaches	4
<b>Module 3 (20 hours)</b>		
<b>Communication strategies and development</b>		
Unit 6	Communication strategies for rural development – print media, radio, television, community radio, new media	4

Unit 7	Communication strategies for women's development and empowerment, health, family welfare and population management, ecological conservation and sustainable development	6
Unit 8	ICT for Development – Indian experiences –satellite instructional television experiment, kheda communication project, Jhabua Development Communication project, telemedicine, e governance experiments	10
<b>Module 4 (15 hours)</b>		
<b>Communication Techniques for Social Work Practice</b>		
Unit 9	Group communication techniques - Lectures, forum, brain storming, guided discussion, case study, role play, demonstration	6
Unit 10	Mass Media in Social work practice: Exhibition, Cinema, Television, Radio, Print Media, Theatre & Local or Folk Media, Information Technology, World Wide Web	9
<b>Module 5 (10 hours)</b>		
<b>Skill training:</b>		
Unit 11	Public speaking, meetings, conference, seminar, effective written communication, street theatre	10
<b>References</b> <ol style="list-style-type: none"> <li>1. Vilanilam, V J(2002). Mass Communication Theory and Practice. Bhopal:</li> <li>2. Makhanlal Chaturvedi Rashtriya Patrakarita Vishawa vidyalaya. (M1: Ch 1; Pp 1-5) Rogers, M Everett(1976). Communication and Development Critical Perspectives. London: Sage Publications Ltd. (M1: Ch1; Pp 7-14)</li> <li>3. Prasad, Kiran(2009).Communication for Development-Reinventing Theory and action. New Delhi: B R Publishing Corporation.(M1: Ch1 Pp:1-9, M2:Ch 2;Pp 53-86, M 3:Ch 5; Pp 158-183, Ch7;Pp 216-242, Ch10 -13;Pp 350-484)</li> <li>4. T H Farthullah (2002). Communication skills for Technical Students.(M:4)</li> </ol>		

## 9. PHYSICAL HEALTH AND LIFE SKILLS EDUCATION

### DEPARTMENT OF HEALTH & WELLNESS

#### **UPE2301: PHYSICAL HEALTH AND LIFE SKILLS EDUCATION (Open Course)**

Instructional Hours/Week : 4

Total Instructional Hours : 72

Credits: 3

#### **Course Outcomes(CO):**

Upon successful completion of this course students should be able to:

**CO1.** Ability to search appropriate sources of information about physical fitness

**CO2.** Suggest set of exercises or activities to maintain or improve efficiency of different body systems.

**CO3.** Ability to suggest combination of nutrients and its various sources for balanced diet.

**CO4.** Application of first aid and its procedure for common injuries.

**CO5.** Demonstrate and suggest exercises for the prevention and management of hypo-kinetic diseases.

#### **Module-I: Physical Education and Physical Fitness (14 Hours)**

Concept of Physical Education

Meaning, Definition, Aims and Objectives of Physical education

Need and Importance of Physical Education

Physical Education & its Relevance in Inter Disciplinary Context

Physical Fitness Components

Types of Fitness –

Health related Physical Fitness

Performance Related Physical Fitness

Activities for developing Physical Fitness

#### **Module-II: Health concepts of Physical Education(16 Hours)**

Definition and meaning of Health

Dimensions and Determinants of Health Physical activity and Health Benefits Effect of Exercise on Body systems

Circulatory, Respiratory, Digestive, Skeletal and Muscular

Body types [Endomorph, Ectomorph, and Mesomorph]

Role of Physical Education Programme on Community Health Promotion (Individual, Family & Society)

#### **Module-III: Nutrition and Health (16 Hours)**

Concept of food and nutrition

Balance Diet

Vitamins- malnutrition – Deficiency diseases

Determining caloric intake and expenditure

Obesity, causes and preventing measures- role of Diet and exercise

#### **Module-IV: Safety Education and Health promotion (14 Hours)**

Principles of Accidents Prevention

Health and safety in daily life

First aid and emergency Care, Common Injuries and their Management

Modern life style and Hypo-kinetic Disease- Prevention and management

#### **Module V: Sports and Life Skills Education (12 Hours)**

Sports and Socialization

Substance abuse among youth – Preventive and remedial measures

Yoga& Meditation, Asanas and its benefits



Sports and character building, Values in sports  
 Sports for world peace and International understanding  
 Basic knowledge about different games [Track and field athletics, Volleyball, Basketball, Football, Cricket and Badminton]  
 National Sports Awards [Rajiv Gandhi Khel Rathna Award, Dhronacharya Award, Arjuna Award, MAKAT Trophy]

#### References:

1. AAPHERD, Health 'Related Physical Fitness Manual' 1980. Published by Association drive Reston Virginia.
2. ACSM Fitness Book, Leisure Press Campaign, Illinois, 1996, Canada <http://www.pitt.edu/~gsphhome>
3. Alice C (2000), 'Yoga for sports', Chicago; CB.
4. B.C. Rai 'Health Education and Hygiene' published by Prakashan Kendra, Lucknow.
5. Birch, Mac Laren, George (2005), 'Sports & Exercise Physiology' -instant notes UK: BIOS scientific publishers
6. Corbin, Charles B. et al., C.A., (2004). 'Concepts of Fitness and Wellness', Boston : McGraw Hill
7. Fashey, Insel, Roth (2004). 'Fit & Well' ((6th Ed.). Boston: McGraw Hill co.
8. Fashey, Tomas D, Insel, Paul M, and Roth, Walton T (2005) Fit and Well New York: McGrawHill Inc.
9. Frank, A.M. (2003). Sports & Education. CA: ABC-CLIO
10. Greenberg, Dintiman, Oakes. (2004). Physical fitness & wellness (3rd Ed.) IL: human kinetics.
11. Iyengar, B. K. S. (1989). Light on yoga, Yoga Dipika. London: UNWIN paperbacks.
12. Jackson Sharman/Modern Principles of Physical Education, New York: A.A. Barnes & Co.
13. Kamlesh M.L., (1998) Physical Education: Facts and Foundation, New Delhi, P.B. Publication. Khan, Eraj Ahmed, History of Physical Education, Patna Scientific Book Co.
14. Lussier & Kimball (2004). Sports management – Principles, application, skill development. Ohio: Thomson- South Western
15. Michael, H. (2001). Sports injuries recognition & management. (3rd Ed.), Oxford University press.
16. Norman Bezzant Help! First Aid for everyday emergencies, Jaico Publishing House Bombay, Delhi
17. Puri, K., Chandra, S., S., (2005). Health and Physical Education. New Delhi: Surjeet Publications
18. Rob James, Graham Thompson, Nesta Wiggins –James complete A-Z physical Education Handbook 2nd edition, 2003 Hodder and Stoughton England
19. Tiwari, O. P. (2002). Asanas why & how?. Lonavla: Kaivalayadham.
20. Uppal, A. K. (2001). Principles of sports training. New Delhi: Friends publication.
21. Ziegler, E.F. (2007). An Introduction to Sports & Phy.Edu. Philosophy. Delhi: Sp. Educational Technology
22. Dr. Kishor Kumar 'Physical, Health & Life Skills Education'.
23. Augustin, Vinod, Joseph, Mathews; 'Physical, Health & Life Skills Education'.
24. Robert B, Gardner, (2013); 'Track and Field and Cross Country Rules Book' NFHS publication
25. YMCA college of Physical Education (1956) 'Rules of Games & Sports' YMCA publishing house Chennai.