

CERTIFICATE COURSE IN PHYSICAL EDUCATION AND EMERGENCY MANAGEMENT

INTRODUCTION / PREAMBLE

The basic understanding is that health of children contributes to their healthy living in the future and also provides the base for performance in the chosen area of work. The curriculum design for this area addresses the physical fitness and Physical Emergency Management needs at different levels with special attention to women. Physical Education and emergency management is a subject that sets out to educate students through physical activities and training which enable students to confidently manage emergency situations, providing care for the ill or injured until medical aid arrives.

RATIONALE

- Physical Education and Emergency Management is concerned with total health of the learner. Besides physical health, it includes mental and emotional health of the learners. Health is often a state of physical, mental, emotional, social and spiritual well-being and not merely the absence of disease or infirmity.
- The aim of Mainstreaming Physical Education and Physical Emergency Management is to enable the student to attain an optimum state of health, by incorporating each of the aforementioned aspects.
- In this respect, it is a truism to say that the practice of healthy living will serve as the foundation for Physical Education. It is envisaged that any effort to promote aesthetic values at the college level will include a natural esteem for physical well-being. The mastery of the body, its powers and qualities, requires knowledge, methodical training and exercise. The skills and capacities need to be developed, the muscles and nerves trained, the senses cultivated and hygienic and proper dietary habits inculcated for this purpose.
- A comprehensive view of Physical Education and Emergency Management includes and encompasses the two areas of Physical Education and Emergency Management

as integral to achieving holistic health (physical, mental, intellectual, emotional and social). Therefore, the course is interdisciplinary in nature.

- This course will be divided into four sections – i. Physical Education ii. Physical Emergency Management iii. Emotional Health iv. Diet and Nutrition

Overall Objectives of Physical Education and Emergency Management:

- To develop awareness regarding the importance of physical fitness in individual and social life including Life Skills.
- To develop students' physical competence and knowledge, and their ability.
- To make the pupils physically, mentally and emotionally fit and to develop such personal and social qualities that will help them to be good human beings.
- To create awareness about rules of safety in appropriate hazardous situations to avoid accidents and injuries. To acquaint them with first-aid measures about common sickness and injuries.
- To help children learn correct postural habits in standing, walking, running, sitting and other basic movements so as to avoid postural defects and physical deformities
- To take action individually and collectively to protect and promote
 - own health
 - health of family members
 - health of the surrounding community
- It also aims to develop students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in Physical Education, provide a good foundation for students' lifelong and life-wide learning.

Details of the course

1. Contact hours: 60 minutes = 3 hours per week
2. Total Duration of Course: 3 Months
3. Commencement of course: 1st July every year
4. Number of classes per week: 3 classes
5. Total number of classes for the entire course: 60
6. Total number of Contact Hours: 60 hours
7. Number of Faculty: 4 Guest Lecturer
8. Fees: Rs./- per course
9. Total number of papers introduced: (3 Papers)

Paper I- Physical Education

Paper II- Physical Emergency Management

Paper III – Food and Nutrition