

**Course Title: Health and Physical Special Education**

**Credit Hours: 3+0**

**Learning Outcomes:**

Course will bring awareness in students about the importance of Physical Education (Sports and Games for PWDS).

Course will Promote Social interaction of PWDS in Society.

Course will stress on importance of sports and games for Pwds.

Course will enhance the PWDs potential in the area of educating through sports and games.

**Course Outline:**

**Unit-1: Introduction**

- 1.1 Back Ground of Physical Education
- 1.2 Concept of Physical Education
- 1.3 Definition and Introduction to physical Education
- 1.4 The phenomena of the Principles of Physical Education
- 1.5 The Important Intranets of Physical Education
- 1.6 Physical Education in the Today's world
- 1.7 Importance of Physical Education

**Unit-2: PWDS**

- 2.1 Its meaning, scope and significance for PWDs
- 2.2 Role of sports for PWDs
- 2.3 Sports for PWDs
- 2.4 Status of Physical education services for PWDs in Pakistan
- 2.5 Improve situation of PWDS

**Unit-3 Current Status of Physical Education**

- 3.1 Current Issues of Physical Education
- 3.2 Current Challenges in Physical Education

**Unit-4: Roles of Sports for Development**

- 4.1 Social Development through Sports and Games
- 4.2 Moral Development through Sports and Games
- 4.3 Communication Development through Sports and Games

**Recommended Books:**

- 1. Telljahann, S.K. (2007) Health Education 5<sup>th</sup> ed. Boston: McGraw-Hill

2. Pimento, B. (200) Healthy Foundation in Child Care. Australia: NELSON
3. Tiwari, S.R. (2006) History of Physical Education New Delhi: Chaman Enterprises
4. Deepak, Jain (2003) Physical Activities for Secondary School Children New Delhi: Khel Sahitya Kendra.
5. Butter, J.T. (2001) Principles of Health Education and Health Promotion. 3<sup>rd</sup>-ed Australia words worth.
6. Rao, V.K. (2004) Physical Education. New Delhi APH Publishers.
7. Laker, Anthony (2002) The Sociology of Sports and Physical Education. London: Routledge.
8. Hopper, B. (2000) Teaching Physical Education in the Primary School. London: Routledge.
9. Inman, S. (et-al) (2003) Enhancing Personal Social & Health Education London: Routledge.
10. Tiwari et-al. (2008) Health And Physical Education India: New Dehli: APH Publishing Corporation