

Course Title: Health and Physical 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 Definition and Introduction to physical Education
- 1.2 Its meaning, scope and significance for PWDs
- 1.3 Role of sports for PWDs
- 1.4 Unified Sports for PWDs
- 1.5 Status of Physical education services for PWDs in Pakistan

Unit-2: Sports for PWDs and Their Adaptations

- 2.1 General introduction of sports for PWDs
- 2.2 Sports/Games for IDD (M.R)
- 2.3 Sports for Sensory Impaired
- 2.4 Sports for Physical Handicapped
- 2.5 Physical activities and adaptive sports for Pwds

Unit-3: Roles of Sports for Development

- 3.1 Motor Development through Sports and Games
- 3.2 Social Development through Sports and Games
- 3.3 Moral Development through Sports and Games
- 3.4 Communication Development through Sports and Games

Unit-4: Physical Education and Training

- 4.1 Assessment of motor Skills
- 4.2 Classification of Sports according to Abilities
- 4.3 Planning physical activities/programs for PWDs
- 4.4 Formal and informal training
- 4.5 Injuries and its management in sports
- 4.6 Transitional Hierarchy in sports
- 4.7 The role of sports to control the Behaviors /violence

Recommended Books:

- 1. Telljahann, S.K. (2007) Health Education 5th 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. 3rd-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.