

Health Education/ ಆರೋಗ್ಯ ಶಿಕ್ಷಣ

Health Education, Safety Education and Physiology of Exercise:

1. Definitions of Health, Hygiene and Sanitation.
2. Factors influencing Health - Heredity, Habits and Environment.
3. Factors influencing Physical and Mental Health.
4. Communicable diseases - Prevention and Control - Tuberculosis, Cholera, Malaria, Typhoid, Measles and Whooping cough.
5. Food and Nutrition Essential Constituents of food - Proteins, CHO, Fats, Minerals, Vitamins - Balanced DIET - Under nutrition and malnutrition.
6. Posture - Definition - Values of Good Posture Common Postural deformities Kyphosis, Lordosis, Scoliosis, knocked foot, knees, Flat feet.
7. Coordinated school Health programme - Health Services, Health Instructions, Health Supervision and Health Record.
8. Safety Education - Safety on Road, Safety in the school, Safety on play fields.
9. Pollution Air and Water Pollutions and their prevention and control.

Yoga:

1. Yoga Definition, Meaning and Objectives.
2. Values of Streams of Yoga Jnana, Bhakthi, Karuna, Raja yoga
3. Relationship of Yoga with Physical Education and Health.
4. Pathanjali Ashtaga Yoga, Yama, Niyama, Asana, Pranayama, Prathyahasu, Dharma, Dhyana and Samadi.
5. Pranayama - Meaning and Importance, Stages of Pranayama.
6. Effects of Yoga on sports performance.
