



KARNATAK UNIVERSITY, DHARWAD  
ACADEMIC (S&T) SECTION  
ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ  
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ



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ಅಧಿಸೂಚನೆ

ವಿಷಯ: 2022-23ನೇ ಸಾಲಿನಿಂದ ಸ್ನಾತಕ Physical Education OEC-III & IV Sem ಪಠ್ಯಕ್ರಮವನ್ನು ಅಳವಡಿಸಿರುವ ಕುರಿತು.

ಉಲ್ಲೇಖ: 1. ಡೀನರು / ಅಧ್ಯಕ್ಷರು, ಸ್ನಾತಕೋತ್ತರ ದೈಹಿಕ ಶಿಕ್ಷಣ ಅಧ್ಯಯನ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ ಇವರ ಪತ್ರ ದಿನಾಂಕ: 19.10.2022.

2. ವಿಶೇಷ ಅಭ್ಯಾಸಸೂಚಿ ಮಂಡಳಿ ದಿನಾಂಕ: 19.10.2022.

3. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ 24-10-2022

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳಿಗೆ ಸಂಬಂಧಿಸಿದಂತೆ, 2022-23ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಸ್ನಾತಕ Physical Education OEC-III & IV Sem ಪಠ್ಯಕ್ರಮವನ್ನು ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಅನುಮೋದನೆಯನ್ನು (Pending Approval of Academic Council Meeting) ನಿರೀಕ್ಷೆಯಲ್ಲಿರಿಸಿ ಅಳವಡಿಸಲಾಗಿದೆ.

ಮುಂದುವರೆದು, ಸದರ ಮಾಹಿತಿಯನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳ ಗಮನಕ್ಕೆ ತರಲು ಮಹಾವಿದ್ಯಾಲಯದ ಸೂಚನಾ ಫಲಕದಲ್ಲಿ ಲಗತ್ತಿಸಲು ಈ ಮೂಲಕ ತಿಳಿಸಲಾಗಿದೆ.

ಮುಂದುವರೆದು, ಈ ಮೇಲಿನ ಪಠ್ಯಕ್ರಮವು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ [www.kud.ac.in](http://www.kud.ac.in) ದಲ್ಲಿ ಬಿತ್ತರಿಸಲಾಗಿದೆ ಎಂದು ಈ ಮೂಲಕ ಸೂಚಿಸಲಾಗಿದೆ.

ಕುಲಸಚಿವರು

ಗೆ,

ಅಧ್ಯಕ್ಷರು, ಸ್ನಾತಕೋತ್ತರ ದೈಹಿಕ ಶಿಕ್ಷಣ ಅಧ್ಯಯನ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ

ಪ್ರತಿ ಮಾಹಿತಿಗಾಗಿ: ಡೀನರು, ಶಿಕ್ಷಣ ನಿಖಾಯ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

ಸಾದರಪೂರ್ವಕವಾಗಿ ಪ್ರತಿ:

1. ಕುಲಪತಿಗಳ ಆಪ್ತಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ನಿರ್ದೇಶಕರು, ಐ.ಟಿ. ಶಾಖೆ, ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ಸಿಸ್ಟಮ್ ವಿಶ್ಲೇಷಕರು (System Analyst), ಗಣಕಯಂತ್ರ ಶಾಖೆ, ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
6. ಅಧೀಕ್ಷಕರು, ಪರೀಕ್ಷಾ ಗೌಪ್ಯ/ ಸ್ನಾತಕೋತ್ತರ / ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಸಾಮಾನ್ಯ ಆಡಳಿತ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
7. ಅಧೀಕ್ಷಕರು, ಸಿ.ಡಿ.ಸಿ. (ಸಂಯೋಜನೆ) ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

**KARNATAK UNIVERSITY, DHARWAD**

**DEPARTMENT OF PHYSICAL EDUCATION**

**AND SPORTS**

**UG Physical Education**

**NEP-2020**

**OPEN ELECTIVE PAPERS**

**III and IV Semester**

**From 2022 and Onwards**

**Semester- III**  
**Open Elective Paper**  
 Title of the Paper  
**Health and Safety Education**  
 (BA/BSC/BCom/BBA/BCA & all other UG Course)

Type of Course	Theory/ Practical	Credits	No. of classes / week	Total No. of Lectures/ hours	Duration of exam in hrs	Internal assessment marks	Semester & exam marks	Total Marks
OEC	Theory	03	03	42	2	40	60	100

**Course Outcomes:**

1. Students will be able to understand the need and importance of health and its factors
2. Students will be able to gather knowledge about how to interact to with communicable disease
3. Students will be able to understand technology related health risks and its remedies
4. Students will be able to develop practical knowledge about first aid and its benefits

**Unit I: Meaning And Definition of Health, Factors influencing health:** heredity, environment, habits and lifestyle. Personal Hygiene: Skin, teeth, nails, clothing, footwear, food and exercises. Sleep and relaxation

**Unit II: Communicable diseases:** Meaning, definition of communicable diseases, causes for communicable diseases, spread of infections, preventive measures of scabies, ringworm, tuberculosis, mumps, measles, chicken pox, small pox, cholera, rabies, malaria, dengue fever, corona virus, SARS, covid-19, influenza, H1N1, HIV and sexually transmitted diseases.

**Unit III: Technology related health risks:** Mobile phone and health, Skin problem caused by mobile phones, Radiation and mobile phones, Pressure caused by cell phones on thumb, mobile phones and accidents, other issues related with use of mobile phones. Laptop and health: Laptop burns, computers and headaches, sleeping disorders from computers. Internet and health: Problems associated with internet, decreased attention span from social media, internet causing anxiety, decreased sperm count from the wi-fi, death caused by social media activities. Remedies to control the harmful effects of mobile phones and remedies to modern technological hazards

**Unit IV: First Aid:** Reasons for accidents, first aid meaning and definition, characteristics of first aid, Stages of first aid, equipment's of first aid, first aid during Bleeding, Poisoning, snake bite, insect bite, dog bite, animals bite, burns, drowning, choking and CPR, fractures, muscular sprains, hemorrhage, dislocation, unconsciousness, fainting or insensibility and electric shocks.

## References:

1. Bergeron, J. First Responder. Bowie, Maryland: Brady Communications Company, Inc. 1982
2. D' Ambrosia, R.D. and Drez David Jr. Prevention and Treatment of Running Injuries. Thorofare, NJ. Slack Inc. 1989.
3. Department of Education and Science. Safety at School London: Her majesty's Stationary Office 1967.
4. Department of Education and Science. Safety in Science Laboratories: Her majesty's Stationary Office. 1973.
5. Department of Education and Science. Safety in practical Departments London: Her majesty's Stationary Office. 1973.
6. Dheer, S., Basu, M. and Kamal, R. Introduction to Health Education. Delhi: Friends Publications.
7. Govindraju and Royappa. J. Health Education. Madras: Feen Thompson and Co. 1972
8. Jayaprakash, C.S. Sports medicine. New Delhi: Jaypee Brothers Medical Publishers (P) Ltd. 2003.
9. Nadgir Anand and Puranik Gururaj . 'Arogya Mattu Arogya Shikshana' Dharwad: MallasajjanPrakashana 2021. (in Kannada)
10. Nanda, V.K. Health Education, New Delhi: Anmol Publishers Pvt. Ltd. 1997.
11. National Safety Council Essentials of First Aid and CPR. Boston, MA. Jones and Barlet Publishers. 1994.
12. Potter, Dabe. Risk and Safety in Play. The law and practice for adventure play fields. London: E & FN Spon. 1977.
13. Neelkantan, N. Handbook of Health and BHygiene. Quilon: College Book House. 1973.
14. Royappa, D.J. and Govidnarajulu, L.K. Safety Education. Madras: The Jupitar Press Private Ltd.
15. Thygerson, A.L. Safety Principles, Instructions and Readings. Englewood Cliffs, NJ: Prentice Hall Inc. 1972

**Semester-IV**  
**Open Elective Paper**

Title of the Paper

**Yoga and Wellness**

(BA/BSC/BCOM/BBA/BCA & all other UG Course)

Type of Course	Theory/ Practical	Credits	No. of classes / week	Total No. of Lectures/ hours	Duration of exam in hrs	Internal assessment marks	Semester & exam marks	Total Marks
OEC	Theory	03	03	42	2	40	60	100

Course Outcomes:-

1. Students will be able to understand theoretical knowledge of yoga in day today life.
2. Students will be able to develop significance of yoga on developing health Students will be able to understand the importance and wellness
3. Students will be able to understand the importance of wellness
4. Students will be able to understand importance and factors affecting on wellness

**Unit I: Introduction to yoga and yogic practice:** Meaning and initiation, history and development of yoga, Ashtang yoga: Yama, Niyama, Asana, Pranayam, Pratyahar, Dharan, Dhyana and Samadhi, The streams of yoga: Karma yoga, Bhakti yoga, Jnana yoga, Raja yoga and Hatha yoga, Yogic practices for healthy living.

**Unit II: Yoga and Health:** Need of yoga for positive health in modern days, role of mind in positive health as per ancient yogic literature, concept of health, healing and disease according to yogic perspective, potential cause for ill health according to yogic perspective, yogic principles of health living, integrated approach of yoga for management of health, stress management through yoga and yogic dietary considerations.

**Unit III: Wellness:** Meaning, definition, concept of wellness, principles of wellness, dimensions of wellness: emotional wellness, physical wellness, intellectual wellness, spiritual wellness, social wellness, occupational wellness, financial wellness and environmental wellness

**Unit IV: Wellness and its effects:** Measuring the wellness, decisive elements of wellness, importance of wellness, factors effecting on wellness, development of wellness and development of wellness through physical activities and yoga.

## References:

1. Anathraman T R (1996) Ancient Yoga and modern science, New Delhi, MunshiramManoharlal publishers private limited.
2. Bhavanani A D (2008) A primer of yoga Theory, Pondicherry, Dhivyananda creations, Iyengar Nagar.
3. Kuvlayanand Swami, Vinekar S L (1963) Yogic therapy, Lonavala: Kaivallyadhama SMYM samiti
4. Nadgir Anand and Prabhu Gajanan (2021) Aarogyakar Jeevan, MallasajjanPrakashana, Dharwad, Karnatak, India
5. Scott K Powers and Stephen L Dodd(1999) Total Fitness exercise nutrition and Wellness Bosten, Allyn and Bacon
6. Thomas D Fahey and others (2005) Fit and Well 6<sup>th</sup> addition Yoga Education (Bachelor of education) (2015) a text book by National council for teacher education