

**COLLEGE OF FISHERIES, KISHANGANJ
(BIHAR ANIMAL SCIENCES UNIVERSITY, PATNA)**

Sub: Physical Education, First Aid & Yoga Practices (0+1)

S. No.	Topic	No. of Lecture	Assigned Faculty
1.	Introduction to physical education: definition, objectives, scope, history, development and importance; physical culture; Meaning and importance of Physical Fitness and Wellness;	02	Dr. Naresh Raj Keer
2.	Physical fitness components - speed, strength, endurance, power, flexibility, agility, coordination and balance; Warming up - General & Specific & its Physiological basis; Test and measurement in physical education;	02	Dr. Naresh Raj Keer
3.	Training and Coaching - Meaning & Concept; Methods of Training; aerobic and anaerobic exercises; Calisthenics, weight training, circuit training, interval training, Fartlek training; Effects of Exercise on Muscular, Respiratory, Circulatory & Digestive systems;	03	Dr. Naresh Raj Keer
4.	Balanced Diet and Nutrition: Effects of Diet on Performance; Physiological changes due to ageing and role of regular exercise on ageing process; Personality, its dimensions and types	01	Dr. Naresh Raj Keer
5.	Role of sports in personality development; Motivation and Achievements in Sports	01	Dr. Naresh Raj Keer
6.	Learning and Theories of learning; Adolescent Problems & its Management; Posture; Postural Deformities; Exercises for good posture.	01	Dr. Naresh Raj Keer
7.	Yoga; Introduction to - Asanas, Pranayam, Meditation and Yogic Kriyas; Role of yoga in sports;	01	Dr. Naresh Raj Keer
8.	Governance of sport in India; Important national sporting events; Awards in Sports; History, latest rules, measurements of playfield, specifications of equipment, skill, technique, style and coaching of major games and Athletics, Concept of liberal arts.	02	Dr. Naresh Raj Keer
9.	Need and requirement of first aid. First Aid equipment and upkeep.	01	Dr. Naresh Raj Keer
10.	Handling and transport of injured I traumatized persons. Emergency procedure for suffocation, demonstration of artificial respiration.	02	Dr. Naresh Raj Keer
11.	Treatment of injuries (wounds and bleeding) - methods of dressing and bandages; first-aid procedure for injured bones. Handling unconsciousness;	01	Dr. Naresh Raj Keer
12.	Treatment of burns and scalds. Emergency procedure for poisoning with special references to snake bite. Injuries I accidents in fishing, fish processing factories, chemical laboratories and their treatments. Shock injuries to muscles and joints and treatments. Sports injuries and their treatments.	02	Dr. Naresh Raj Keer
Total		19	