

SEMESTER-IV

B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B4-(4): B.A.-PE-DSC-4-(4)- CORRECTIVES IN PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B4-(4): B.A.-PE-DSC-4-(4)- CORRECTIVES IN PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practical applications to the learners about the posture mechanics, anatomy and movement of the spine, common postural deformities with their corrective measures, strengthening exercises, and ergonomics application in sports.

Learning Outcomes:

1. The learners will be able to understand and analyze the concept of posture and its impact on overall health.
2. The learners will be able to comprehend and correlate the significance of good posture and the risks associated with poor posture.
3. The learners will be able to apply the knowledge of the anatomy of the spine and movement around the spine to avoid related problems.
4. The learners will be able to identify common postural deformities and apply the acquired knowledge of corrective exercises for posture improvement and management.
5. The learners will be able to demonstrate the strengthening and stretching exercises for better posture.
6. The learners will be able to better their posture in the workplace and in everyday life.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory- 45 hours

Practical-30 hours

PART-A: THEORY

Unit-1: Introduction to Posture (11 hours)

- 1.1 Meaning of Posture, Significance of Good Posture
- 1.2 Factors affecting posture, Risks associated with Poor Posture.
- 1.3 Posture and Body Mechanics - sitting, standing, walking, sleeping, lifting

Unit-2: Anatomy and Movement of Spine (11 hours)

- 2.1 Structure and the Function of the Spine
- 2.2 Types of Spinal Movement
- 2.3 Role of the Spine in Maintaining Posture.

Unit-3: Common Postural Deformities (12 hours)

- 3.1 Types of Postural Deformities- Kyphosis, Lordosis, Scoliosis, Rounded Shoulder, Knock Knees, Bow Legs, Flat Foot, Duck Feet.
- 3.2 Causes of Postural Deformities, Prevention Methods for Postural Deformities
- 3.3 Corrective Exercises and Management of Postural Deformities-Kyphosis, Lordosis, Scoliosis, Rounded Shoulder, Knock Knees, Bow Legs, Flat Foot, Duck Feet.

Unit-4: Strengthening Exercises (11 hours)

- 4.1 Core Strengthening Exercises
- 4.2 Strengthening Exercises for Back and Neck Muscles
- 4.3 Stretching Exercises for Muscle Stiffness

PART-B: PRACTICALS: (Any three) (30 hours)

1. Demonstration of corrective exercises for Kyphosis, Scoliosis, Lordosis, Knock knees, Bow Legs, Flat Foot, and Duck Feet (2 exercises for each postural deformity)
2. Demonstrate strengthening exercises for the Core, back, and neck (3 exercises each)
3. Demonstrate stretching exercises for improving range of motion (5 exercises)
4. Assessment of own posture and recommendation for improvement (if any)

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Agarwal M., Arora S., Gupta B, (2018) “**Posture; Athletic Care and First Aid**”, Vivechan Publications (INDIA) ISBN: 978-9-38391-490-6.
2. Bhandari, P. (2021) “**Athletics Care and Rehabilitation**”. New Delhi: KSK Publishers.
3. “**Essentials of Strength Training and Conditioning**” (pp.73-90). Champaign, IL: Human Kinetics.

4. Karad, P.L, (2019) **“Prevention and Treatment of Sports Injuries”**. New Delhi: KSK Publishers.
5. Kumari, Sheela S.; Rana, Amita; & Kaushik, Seema (2008), **“Fitness, Aerobics and Gym Operations”** (New Delhi: Khel Sahitya Kendra).
6. Meena, T.R. (2022) **“Sports Medicine, Physiotherapy and Rehabilitation”**. New Delhi: KSK Publishers.
7. Pande, P.K. (1987), **“Outline of Sports Medicine”** (New Delhi: Jaypee Brothers)
8. Prentice, W. (2017). **“Principles of Athletic Training: A Competency-Based Approach”**. McGraw-Hill Education.
9. Sharma, Kavita et.al. (2014), **“Fitness, Aerobics and Gym Operations”** (New Delhi: Jyoti Enterprises)
10. Singh, Ajmer et.al. (2006), **“Essentials of Physical Education”** (Ludhiana: Kalyani Publishers)
11. उप्पल, ए.के.; पदयाल, अंजुम और लाल, राजेंदर (2022), **“अंग-विन्यास तथा खिलाड़ी की देखभाल”** (नई दिल्ली: फ्रेंड्स पब्लिकेशन)
12. कुमारी, शीला एस.; राणा, अमिता; और कौशिक, सीमा (2012), **“फिटनेस, एरोबिक्स व जिम ऑपरेशंस”** (नई दिल्ली: खेल साहित्य केंद्र)।
13. Shaw D. (2019) **“Kinesio Taping in Games and Sports”** Sports Publication, ISBN: 978-93-88269-33-9.
14. Shaw D. (2019) **“Sports Injuries: A Demographic Study on Indian Sports Person”** Khel Sahitya Kendra, ISBN: 978-93-88159-87-6.
15. Shaw D. (2021) **“Athletic Care and Rehabilitation”** Sports Publication, ISBN : 978-81-951044-9-9.
16. Shaw D. (2019) **“Encyclopedia of Sports Injury”** Khel Sahitya Kendra, ISBN : 978-93-88159-87-6.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.