

PE 1 – PHYSICAL EDUCATION (WELLNESS AND FITNESS)

FIRST SEMESTER F.Y. 2022-2023

PRELIMINARIES

Chapter 1: Introduction to Physical Education

Lesson 1: Historical Foundation of Physical Education

Meaning of Physical Education

Lesson 2: Health Benefits of Exercise and Physical Activity

Objectives of Physical Education (The Four Types of Development)

Lesson 3: Legal Basis of Physical Education

Physical Education Program

Meaning of Physically Educated Person

PRELIMINARIES

Course Description

This is a two – unit course that deals with the concept of Physical Education and Physical Fitness. It also provides opportunities for Physical Fitness Testing and the students participation in the development and maintenance of fitness such as aerobics, self – testing activities, light and heavy apparatuses, freehand and floor exercise to identify the basic terms used in gymnastics. This also deals with the physical fitness and self-testing activities which concern on the development of the muscular strength, flexibility, cardio-vascular endurance, speed, agility, coordination and self-achievement through performance of certain skills.

Course Outcomes

1. Categorize the importance of health in our daily lives, and its relations to the environment;
2. Creating new performances in physical fitness test after having developed skills;
3. To execute exercises of rhythm and grace after demonstrating the basic program;
4. Develop and maintain Healthy lifestyle achieved through the acquisition of knowledge, desirable habits and attitudes,
5. Enhance skills and attitudes to become globally competent, Holistic development, physically, mentally, socially, and emotionally develop.

Methodology of Implementation

This is a distance learning strategy where students and teachers are physically at a distance with each other while the teaching and learning process is going on. The teacher shall meet students thru different modes of communication (social network, online class, text messaging, email,

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Kiran Black



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