

HEALTH AND WELLNESS, YOGA AND SPORTS

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|--|----------|---------------------------------|--------|----------------------|-----------|
| Course Code | 23MC1142 | Year | I | Semester | I |
| Course Category | MC | Branch | CSE | Course Type | Practical |
| Credits | 0.5 | L-T-P | 0-0-1 | Prerequisites | Nil |
| Continuous Internal Evaluation: | 10 0 | Semester End Evaluation: | - - | Total Marks: | 100 |

Course Outcomes

After successful completion of the course, the student will be able to

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| CO1 | Outline the importance of yoga and sports for Physical fitness and sound health.(L2) |
| CO2 | Make use of various activities that help to enhance their health.(L3) |
| CO3 | Develop Positive Personality for individual and group work.(L3) |
| CO4 | Categorize the health-related fitness components.(L4) |
| CO5 | Analyze the current personal fitness levels.(L4) |

Contribution of Course Outcomes towards achievement of Program Outcomes & Strength of correlations (3:High, 2: Medium, 1:Low)

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PO10 | PO11 | PO12 | PSO1 | PSO2 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|
| CO1 | | | | | | 3 | | | 3 | | | | | |
| CO2 | | | | | | 3 | | | | | | | | |
| CO3 | | | | | | | | | 3 | | | | | |
| CO4 | | | | | | | | | 3 | | | | | |
| CO5 | | | | | | 3 | | | 3 | | | | | |

| UNIT NO | Contents | Mapped COS |
|---------|--|--------------------------|
| I | <p>Concept of health and fitness, Nutrition and Balanced diet, basic concept of immunity Relationship between diet and fitness, Globalization and its impact on health, Body Mass Index(BMI) of all age groups.</p> <p>Activities:</p> <ul style="list-style-type: none"> i) Organizing health awareness programmes in community ii) Preparation of health profile iii) Preparation of chart for balance diet for all age groups | CO1 CO2 CO5 |
| II | <p>Concept of yoga, need for and importance of yoga, origin and history of yoga in Indian context, classification of yoga, Physiological effects of Asanas- Pranayama and meditation, stress management and yoga, Mental health and yoga practice.</p> <p>Activities: Yoga practices – Asana, Kriya, Mudra, Bandha, Dhyana, Surya Namaskar</p> | CO1 CO3 CO4 CO5 |

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| III | <p>Concept of Sports and fitness, importance, fitness components, history of sports, Ancient and Modern Olympics, Asian games and Commonwealth games.</p> <p>Activities:</p> <ol style="list-style-type: none"> i) Participation in one major game and one individual sport viz., Athletics, Volleyball, Basketball, Handball, Football, Badminton, Kabaddi, Kho-kho, Table tennis, Cricket etc. Practicing general and specific warm up, aerobics ii) Practicing cardiorespiratory fitness, treadmill, run test, 9 min walk, skipping and running. | CO1 CO4 CO5 |
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Learning Recourses

Text Books

1. Gordon Edlin, Eric Golanty. Health and Wellness, 14th Edn. Jones & Bartlett Learning, 2022
2. T.K.V.Desikachar. The Heart of Yoga: Developing a Personal Practice
3. Archie J.Bahm. Yoga Sutras of Patanjali, Jain Publishing Company, 1993

Reference Books

1. Wiseman, John Lofty, SAS Survival Handbook: The Ultimate Guide to Surviving Anywhere Third Edition, William Morrow Paperbacks, 2014
2. The Sports Rules Book/ Human Kinetics with Thomas Hanlon. -- 3rd ed. Human Kinetics, Inc. 2014