

**HEALTH AND WELLNESS, YOGA AND SPORTS**  
**(Common to CE, ME, IT, CSE-AIML, CSE-DS)**

<b>Course Code</b>	23MC1242	<b>Year</b>	I	<b>Semester</b>	II
<b>Course Category</b>	MC	<b>Branch</b>	ME	<b>Course Type</b>	Practical
<b>Credits</b>	0.5	<b>L-T-P</b>	0-0-1	<b>Prerequisites</b>	Nil
<b>Continuous Internal Evaluation:</b>	100	<b>Semester End Evaluation:</b>	--	<b>Total Marks:</b>	100
<b>Course Outcomes</b>					
After successful completion of the course, the student will be able to					
<b>CO1</b>	<b>Outline</b> the importance of yoga and sports for Physical fitness and sound health.(L2)				
<b>CO2</b>	<b>Make use</b> of various activities that help to enhance their health.(L3)				
<b>CO3</b>	<b>Develop</b> Positive Personality for individual and group work.(L3)				
<b>CO4</b>	<b>Categorize</b> the health-related fitness components.(L4)				
<b>CO5</b>	<b>Analyze</b> the current personal fitness levels.(L4)				

<b>Contribution of Course Outcomes towards achievement of Program Outcomes &amp; Strength of correlations (3:High, 2: Medium, 1:Low)</b>													
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PSO1	PSO2
CO1						3		3					
CO2						3							
CO3									3				
CO4									3				
CO5						3		3					

<b>UNIT NO</b>	<b>Contents</b>	<b>Mapped COS</b>
<b>I</b>	<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><b>Activities:</b></p> <ul style="list-style-type: none"> <li>i) Organizing health awareness programmes in community</li> <li>ii) Preparation of health profile</li> <li>iii) Preparation of chart for balance diet for all age groups</li> </ul>	<b>CO1</b> <b>CO2</b> <b>CO5</b>
<b>II</b>	<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><b>Activities:</b></p> <p>Yoga practices – Asana, Kriya, Mudra, Bandha, Dhyana, Surya Namaskar</p>	<b>CO1</b> <b>CO3</b> <b>CO4</b> <b>CO5</b>

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> <ul style="list-style-type: none"> <li>i) Participation in one major game and one individual sport viz., Athletics, Volleyball, Basketball, Handball, Football, Badminton, Kabaddi, Kho-kho, Table tennis, Cricket etc.</li> <li>Practicing general and specific warm up, aerobics</li> <li>ii) Practicing cardiorespiratory fitness, treadmill, run test, 9 min walk, skipping and running.</li> </ul>	CO1 CO4 CO5
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<b>Learning Recourses</b>
<b>Text Books</b>
<ol style="list-style-type: none"> <li>1. Gordon Edlin, Eric Golanty. Health and Wellness, 14th Edn. Jones &amp; Bartlett Learning, 2022</li> <li>2. T.K.V.Desikachar. The Heart of Yoga: Developing a Personal Practice</li> <li>3. Archie J.Bahm. Yoga Sutras of Patanjali, Jain Publishing Company, 1993</li> </ol>
<b>Reference Books</b>
<ol style="list-style-type: none"> <li>1. Wiseman, John Loftus, SAS Survival Handbook: The Ultimate Guide to Surviving Anywhere Third Edition, William Morrow Paperbacks, 2014</li> <li>2. The Sports Rules Book/ Human Kinetics with Thomas Hanlon. -- 3rd ed. Human Kinetics, Inc.2014</li> </ol>