

Common Course
Health & Wellness, Yoga Education, Sports and Fitness
Semester – I

Course	Papers	Credits	Total Contact Hours	No. of teaching Hours/Week	Total Marks / assessment
CC-3 Theory	Health & Wellness, Yoga Education, Sports and Fitness	01	15	01	60 (40+20) External Exam= 40 Internal Exam= 20
CC-3 Practical		01	30	02	40 (20+20) External = 20 Internal = 20
Total		02	45	03	100

Aims of Course

The course aims at creating consciousness among the students towards health, fitness and wellness and in developing and maintaining a healthy life style.

Objectives of the course

On the completion of the course, the students will be able to:

- Understand the basic concept, dimensions and determinants of health and wellness
- Understand the importance of nutrition and balance diet in maintaining healthy lifestyle.
- Know the impact of globalization on health
- Integrate their physical, mental, and spiritual faculties to maintain self-discipline, self-control, to learn handled oneself well in all life situations.
- Understand the concept and importance of yoga education
- Classify yoga and the role of yoga for maintaining physical and mental health and personality development
- Practise different yogic practices.
- Understand the concept of sports and fitness
- Differentiate sports in different periods (ancient post-independence and traditional sports of Jharkhand)
- Describe the role of sports and fitness for personality development
- Participate in different sports activities.

Unit-I

Concept of health and fitness, dimensions and determinants of health & fitness, Nutrition and Balance diet, Basic Concept of immunity, Relationship between diet & fitness, Globalization and its impact on health, BMI (Body Mass Index) for all age group.

Practicum

- Organization of health awareness programme in community
- Preparation of health profile
- Preparation of a chart on balance diet (age group 6-14)

Unit- II

Concept of Yoga: Meaning, Characteristics, Misconceptions, aims and objectives, need and importance of yoga. Origin and history of yoga in Indian context, classification of yoga: Raja Yoga (Ashtanga Yoga). Hatha Yoga, Sankhya Yoga, Bhakti Yoga & Mantra Yoga, Yoga and Health, Yoga for stress management.

Practicum

- Yogic Practices- Asana, Kriya, Mudra, Bandha, Dhyana, Surya Namastar.
- Contemporary Practices: yogic Sukshma Vyayama, Cyclic Meditation (s-vyasa), Mindfulness based stress reduction Technique (kabatzin), Mind - Sound Resonance Technique (s-vyasa), Raja Yoga Meditation (Brahmakumaris), Transcendental Meditation (Mahesh yogi), Zen Buddhist Meditation, Yoga Nidra (BSY), Savita Ki Dhyana Dharana (DSVV)

Unit-III

Concept of Sports and fitness, Aims and objectives, importance of sports and fitness, Fitness components, Difference between games and sports, History of sports, Ancient Greece, Ancient and Modern Olympics, Asian Games and commonwealth games, Post- Independence Period – Various Policies, Institutions, SAI Khelo India, Fit India Movement Traditional sports of Jharkhand viz- Khokho, Kabadi, archery, Wrestling hockey, cricket & football, Sports and fitness for personality development

Practicum

- Participation in one major game one individual sports (among the list of IOA, AIU, SGFI)
- Practising general and specific warm-up, Aerobics and Zumba workout.
- Practising cardio Respiratory fitness, Treadmill Argometer, Run Test, 9 minute Walk, Skipping and Running.

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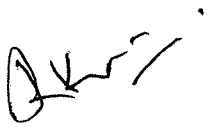
Reference Books:

- 1- Ajith 'Yoga Pravesha' Rashtrotana Paruhad Bangalore.
- 2- Bachelor of Sports Management Syllabus (Revised) 2008.
- 3- B.C. Rai Health Education and Hygiene, published by Prakashan Kendra, Lucknow.
- 4- B.K.S Iyenger 'Yoga the path to holistic health', Dorling Kindersely Delhi 2001.
- 5- Dixit Suresh (2006) Swasthya Shiksha sports publication , Delhi.
- 6- Puri, K. Chandra, S.S (2005) Health and physical education, New Delhi : Surjeet Publication.



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