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HEALTH AND WELLNESS, YOGA AND SPORTS

(Common to All branches of Engineering)

Course Objectives:

The main objective of introducing this course is to make the students maintain their mental and physical wellness by balancing emotions in their life. It mainly enhances the essential traits required for the development of the personality.

Course Outcomes: After completion of the course the student will be able to

CO1: Understand the importance of yoga and sports for Physical fitness and sound health.

CO2: Demonstrate an understanding of health-related fitness components.

CO3: Compare and contrast various activities that help enhance their health.

CO4: Assess current personal fitness levels.

CO5: Develop Positive Personality

UNIT I

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.

Activities:

- i) Organizing health awareness programmes in community
- ii) Preparation of health profile
- iii) Preparation of chart for balance diet for all age groups

UNIT II

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.

Activities:

Yoga practices – Asana, Kriya, Mudra, Bandha, Dhyana, Surya Namaskar

UNIT III

Concept of Sports and fitness, importance, fitness components, history of sports, Ancient and Modern Olympics, Asian games and Commonwealth games.

Activities:

- 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.

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

General Guidelines:

1. Institutes must assign slots in the Timetable for the activities of Health/Sports/Yoga.
2. Institutes must provide field/facility and offer the minimum of five choices of as many as Games/Sports.
3. Institutes are required to provide sports instructor / yoga teacher to mentor the students.

Evaluation Guidelines:

- Evaluated for a total of 100 marks.
- A student can select 6 activities of his/her choice with a minimum of 01 activity per unit. Each activity shall be evaluated by the concerned teacher for 15 marks, totalling to 90 marks.
- A student shall be evaluated by the concerned teacher for 10 marks by conducting viva voce on the subject.