Health and Wellness, Yoga and Sports

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

Course Outcomes

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

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	PSO1	PSO2
CO1						3		3					
CO2						3							
CO3								3					
CO4								3					
CO5						3		3					

Unit No	Contents	Mapped CO
1	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	CO-1,2,5
2	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, SuryaNamaskar	CO1-,3,4,5

3	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.	CO-1,4,5

Learning Recourses

Text Books

1. Gordon Edlin, Eric Golanty. Health and Wellness, 14th Ed. 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 3rd Ed., William Morrow Paperbacks, 2014
2. The Sports Rules Book/ Human Kinetics with Thomas Hanlon. 3rd Ed. Human Kinetics, Inc.2014