

Four Year Under Graduate Programme (FYUGP)

As per provisions of NEP-2020

Vinoba Bhave University Hazaribag



Common Course: Health & Wellness, Yoga Education and Sports & Fitness

Subject Code: CC-3

To be implemented from the Academic Year **2022-23**

(From session 2022-26)

Syllabus for Semester -I

Members of the Board of Study

Dr. R. K. Dwivedi
(HOD, Maths.)

Dr. M. Alam
(Dean, Commerce)

Dr. R.N. Sinha
(Dean, Science)

Dr. Namita Gupta
(Dean, Soc.
Science))

Prof. M.K. Singh
(Dean,
Humanities)

Dr. Rita Kumari
(HOD, Pol. Sc.)

Dr. Saroj Kumar
Singh
(HOD, Geography)

Dr. A.K. Mondal
(HOD, History)

Dr. Rakho Hari
Prasad
(Director, Sports)

Dr.A.N.
Bhandari
(Director, Yoga)

Dr. Indrajit Kumar
(NEP-Coordinator)

SEMESTER I

1 Paper

Health & Wellness, Yoga Education and Sports & Fitness

Common Course: Subject Code: CC-3

(Credits: Theory-2, Practicals-0)

“Health & Wellness, Yoga Education and Sports and Fitness” is to be studied by the Students of all the four disciplinary areas viz. Natural Sciences, Humanities, Social Sciences and Commerce.

Marks: 25 (5 Attendance & others + 20 SIE: 1.5 Hr) + 75 (ESE: 3Hrs) =100

Pass Marks: Th (MSE + ESE) = 40

Instruction to Question Setter

Semester Internal Examination (SIE 20+5=25 marks):

The Semester Internal Examination shall have two components. (a) One Semester Internal Assessment (SIA) of 20 Marks. It will not be written examination. It will be based on oral test and performing asanas, pranayama and sports activities. (b) Class Attendance Score (CAS) including the behaviour of the student towards teachers and other students of the College of 5 marks.

End Semester Examination (ESE 75 marks):

There will be **two** group of questions. **Group A** will contain three questions in which all are to be answered. **Question No.1** will be **very short answer type (not MCQ)** consisting of five questions of 1 mark each. **Question No.2 & 3** will be **short answer type** of 5 marks each. **Group B** will contain **descriptive type (Long answer type)** seven questions of fifteen marks each, out of which any four are to be answered.

Note: There may be subdivisions in each question of group B.

Theory: 15 Lectures

Course Objectives:

This course is designed

1. To promote an optimal state of physical, emotional, intellectual, social & spiritual well-being of all the citizens of the country.
2. To organise sports and fitness activities outside the regular institutional working hours.
3. To focus on creating the ability for self-discipline and self-control in students by Yoga education.
4. To make the students aware of various diseases and benefits of good food habits.
5. To prepare such a citizen who is physically and mentally fit and can handle all the situation in the life.

Course Learning Outcomes:

On successful completion of this course, the student will be able to have a knowledge regarding

1. Physical health
2. Mental health
3. Spiritual well-being
4. Emotion and social connect

Course Outlines: Health and wellness, Food and nutrition, Yoga education, Sports and fitness

Course Content:

Unit I: Health and Wellness

- a) Meaning, dimensions and approaches to health and wellness, Factors influencing health, Indicators of good health and poor health, Status of health in Jharkhand and India.
- b) Common diseases- introduction, types & etiology, Communicable diseases- causes & prevention, Obesity, Cardiovascular disorder, Diabetes, Liver diseases,
- c) Adverse effect of alcohol and tobacco on human health.

(7 Lecture)

Unit II: Food and nutrition

- a) Nutrients and their function in maintaining good health
- b) Food pyramid, Meaning, importance, components & sources of balanced diet
- c) Harmful effects of junk food.

(5 Lecture)

Unit III: Yoga education

- a) Definition, explanation and importance of yoga.
- b) Historical perspective yoga.
- c) Definition, types and mental & physical benefits asanas, Different types of asanas – Padmasana, Bhujangasana, Halasana, Shalabhasana, Dhanurasana, Vajrasana, Chakrasana, Shavasana, Pawanmuktasana, Mandukasana and Uttanpadasana.
- d) Pranayama and its health benefits- Bhastrika, Kapalbhati, Bhya pranayama, Anulom-vilom, Bhramari, Udgeeth

(9 Lecture)

Unit IV: Sports and fitness

- a) Definition, Meaning & Importance of Physical education
- b) History, Principle and Foundation of physical education
- c) Components of physical fitness and wellness
- d) Sports Training Institutions in India
- e) Physical Education and sports as a need for the Society
- f) Stretching exercises, warming up and limbering down exercises, Cardiovascular exercises,
- g) Rules and regulations of some important games-Football, Volleyball, Basketball, Badminton, Table tennis, Hockey and Cricket.

(9 Lecture)

Suggested Readings

1. B.K.S Iyengar (2000), Yoga Deepika, Vivekanand Kendra Publisher Bangalore
2. A.K. Upal, Principles of sports training (2001), Friends Publication, Delhi
3. B. C. Rai, Health Education and Hygiene, Prakashan Kendra, Lucknow
4. K. K. Verma, Health and Physical Education (2005), Prakash Brothers, Ludhiana
5. Ajmer Singh et al, Modern Textbook of Physical Education, Health and Sports (2022), Kalyani publishers, Ludhiana
6. B. N. Ghose, A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata
7. M. Zimmermann, Handbook of Nutrition (2007), Saurabh Printers Pvt. Ltd.
8. Kumud Khanna et al, Nutrition and Dietetics (2001), Phoenix Publishing house Pvt. Ltd.