

**PUNYASHOLK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY,
SOLAPUR**



NAME OF FACULTY: INTER DISCIPLINARY STUDIES

UNDER- PHYSICAL EDUCATION

C0-CURRICULAR COURSE (CC) AS PER NEP 2020

SYLLABUS FOR

HEALTH AND WELLNESS, YOGA EDUCATION, SPORTS & FITNESS

(B.A, B.Com, B.Sc, B.B.A, B.C.A, and all Non AICTE offered UG Programs)

(w.e.f. June-2024)

CO-CURRICULAR COURSE (CC)

HEALTH AND WELLNESS, YOGA EDUCATION, SPORTS & FITNESS

SEMESTER – I & II

LEVEL- 4.5 UNDER GRADUATE CERTIFICATE

4 CREDITS

The National Education Policy (NEP) 2020 recognizes sports as a critical component of experiential learning, aimed at cultivating skills such as collaboration, self-initiation, self-direction, self-discipline, teamwork, responsibility and citizenship. Following these Principles the syllabus is framed accordingly

COURSE DESCRIPTION

This course focuses on the exploration of health and wellness practices for managing stress and promoting positive lifestyle. These strategies will help for crisis-based care and personality development of the students. Yoga and its use for preventive measure for health and diseases. Need of physical education and sports for students with special needs for health and wellness. This course will impart knowledge of rules and regulations of games/sport, role of nutrition for good health and use of test and measurement for fitness and sports skills.

OBJECTIVES OF THE COURSE

1. To develop awareness about health and wellness.
2. To develop awareness about yoga education.
3. To develop awareness about sports and fitness.
4. To encourage students to adopt healthy lifestyle.
5. To improve social and mental health of students.
6. To improve awareness about physical fitness.

COURSE OUTCOMES

Students will be able to get aware about health, wellness, yoga and fitness and its various implications in daily life. The knowledge gained by this course will help on wellbeing and promotion of health behavior. Fundamental skills of the games, important tournaments and venues, Sports personalities and sports awards.

Outline of syllabus
Semester – 1 (Credit-2)
CC- 101 : Health, Wellness and Fitness. (Theory Course: UA)

Unit I: Introduction, Definition, Components Of Health.

- 1.1: Definition, meaning of Health.
- 1.2: Components of Health: Physical, Emotional, Social & Intellectual.
- 1.3: Personal Hygiene.
- 1.4: Function of Organization: WHO, Redcross, NIH.

Unit II: Introduction Of Fitness and Wellness.

- 2.1: Definition, Meaning of Wellness.
- 2.2: Dimensions of Wellness.
- 2.3: Balance Diet and its Components (Macro and Micro).
- 2.4: Meaning and components of Fitness.

College Assessment:

Practical- Project: Ball Games (Any one game)

Football/ Handball/ Volleyball/ Basketball/Baseball/Softball.

Fitness Test: AAHPER Youth Fitness Test.

- 1. Pull ups (for boys), Flexed Arm Hang (for girls).
- 2. Bent knee Sit-ups (1min.)
- 3. 4x10 mtr. Shuttle Run.
- 4. Standing Broad Jump.
- 5. 50 yard Dash.
- 6. 12 min. Run/Walk Test.

Outline of syllabus
Semester – 2 (Credit-2)
CC- 102: Yoga Education and Sports. (Theory Course: UA)

Unit I: Yoga Education.

- 1.1: Definition, meaning of Yoga.
- 1.2: Aims and objectives of Yoga.
- 1.3: Need and Importance of Yoga.
- 1.4: Asanas and Pranayama: Effect on various systems in human body.

Unit II: Sports And Yoga.

- 2.1: Role of Yoga in sports
- 2.2: Need and Importance of Yoga in Sports.
- 2.3: Benefits of yoga in sports.
- 2.4: Career opportunities in Yoga and Sports.

College Assessment:

Practical I- Project: Racket Sports (Any one Sport)

Badminton/Table Tennis/ Tennis/Squash

Practical II – Demonstration of Asanas and Pranayama.

Any two of the said positions i.e. Sitting, Standing, Supine and Prone position.

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Faculty of Interdisciplinary Studies.
Evaluation Pattern (2 Credit Paper).

Nature Of Assessment	Total Marks	Passing Marks
CA (College Assessment)	20	08
UA (University Assessment)	30	12

Internal Work: Home Assignments/Unit Test/Seminar/Field Work/ Study Tour Report/
Case Study/ Skill Test, Choice of Subject Teacher.

Nature of Question Paper: 2 Credit Paper.

Time: 1:30 hours.

Marks: 30

Instruction: 1)

2)

Question 1. Choose the correct alternative.

06

1)

a) b) c) d)

2)

a) b) c) d)

3)

a) b) c) d)

4)

a) b) c) d)

5)

a) b) c) d)

6)

a) b) c) d)

Question 2. Write short answers. (Any two)

06

1)

2)

3)

4)

Question 3. Write short answer/short note.

06

1)

Question 4. Write the detail answer (Broad answer type question) (Any One). 12

1)

2)

Reference Books:

1. भारत वैद्यकशास्त्र (१९९२) डॉ. श्याम अष्टेकर , भारत वैद्यक संस्था .
2. Test Measurement and Evaluation in Sports and Physical Education, Dr. Devinder K. Kansal, Friends Publications (India).
3. Gharote, M.L. & Ganguly, H. (1988). Teaching Methods for Yogic Practices. Lonavala Kaivalyadham.
4. Health and Wellness- Advika Singh 2021
5. Health and Wellness- Gordon Edlin, Eric Golanty 2009
6. Positive Psychology Snyder C.K. & Lopez S.J 2007
7. Mental health workbook by Emily Attached & Marzia Fernadoz 2021
8. Mental Health workbook for women: Exercise to transform Negative thoughts and Improvewellbeing by Nash Lorick 2022
9. Lifestyle Diseases: Lifestyle Disease management by C. Nyambichu & Jeff Lumiri 2018
10. Yoga for healthy life- Acharya Pratishta 2016
11. Shatkriya Impact on health- Siddappa Naragati 2020
12. Effective Yoga for health and happiness- B.K Trehan 2009
10. Yoga for Health & Personality- Dr. G Francis Xavies
11. Yogic therapy – Swami Sivananda Saraswati of Umchal Ashram
- 12.2. Yogic Therapy- Swami Kuvalayananda and Dr. S.L.Vinekar
13. Your diet in health and disease – Harry Benjamin
14. Protective Diet in heath and disease – K.L.Mjkhopadhyay
15. Nutrition & Wellness for life- Dorothy F West 2011
16. Fundamentals of Foods, Nutrition and Diet Therapy- Sumati R. Mudambi · 2007
17. The Impact of Nutrition and Diet on Oral Health- F.V. Zohoori, R.M. Duckworth · 2019
18. Nutritive Value of India Foods- C. Gopalan, B.V. Rama Sastri & S.C. Balasubramaniam
19. The Big Book of Health and Fitness: Philip Maffetone · 2012
20. Concepts in Fitness Programming- Robert G. McMurray · 2019

Revision of Syllabi:

1. Syllabi of course should be revised if necessary
2. Revised Syllabi of each semester should be implemented in a sequential way
3. In course where units/ topics related to University/UGC provisions regulations or laws, which change to accommodate the latest developments changes or corrections are to be made consequently as recommended by the Academic Council.
4. All formalities for the revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision up to twenty percent (20%) of the syllabi of the course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi. In case the syllabus of the course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Note: - Government of Maharashtra's guidelines should be followed for the student's enrollment (number) to the course.