



## Assam University, Silchar

### Four Year Undergraduate Programme

#### Value Added Course

VAC 101

#### Health and Wellness, Yoga and Sports

|                |   |
|----------------|---|
| Course Code    | VAC101  |
| Name of Course | Introduction to Health and Wellness,<br>Yoga and Sports |
| Learning Level | 100-199   |
| Credits        | 3   |
| Contact hours  | 45  |
| Total Marks    | 100   |
| ESM            | 70  |
| Internal       | 30  |

#### **Course Objectives:**

To provide the student knowledge about Physical Education and make him familiarize with its aims, objectives and scope. To develop understanding about Health, Hygiene and personal Hygiene. To Provide knowledge about Yoga and Pranayama. Student will acquire the basic knowledge of the anatomy, physiology and of the human body. They will develop understanding about nutrition, balanced diet etc.

#### **Course Learning Outcomes:**

After completing this course, the students will be able to:

- Understanding the concept, Aims, Objectives and scope of Physical Education.
- Illustrate the significance of health & hygiene. And process of personal hygiene communicable and non-communicable disease.
- Understanding the concept and benefits of Yoga and Pranayama.
- Understanding the concept Physical Fitness and Nutrition.



| Units      | Topics  |  |
|------------|---|--|
| Unit 1     | <b>Introduction to Physical Education and Sports -</b><br>1. Meaning, definition, and scope of Physical Education.<br>2. Aim, Objectives and Importance of Physical Education in modern society<br>3. Relation of sports and Physical Education with Education, Health, and Fitness<br>4. Concept of sports, Types of Sports Values through Sports. |  |
| Unit-II:   | <b>Introduction to Health &amp; Wellness</b><br>1. Meaning, Definition, and Importance of Health and wellness.<br>2. Factors influencing Health and Wellness.<br>3. Personal Hygiene, Hygiene of various body parts.<br>4. Basic concept of Communicable Disease and non-Communicable Disease   |  |
| Unit - III | <b>Introduction to Yoga</b><br>1. Concept of yoga, meaning definition<br>2. Types of Yoga and The Astanga Yoga<br>3. Importance of yoga in Healthy and Stress-free living<br>4. Pranayama - Meaning, types and their benefits.  |  |
| Unit-IV    | <b>Physical fitness &amp; Lifestyle</b><br>1. Meaning and definition of Physical Fitness.<br>2. Importance and component of Physical fitness.<br>3. Meaning and importance of Healthy lifestyle .<br>4. Preventing Health threats through lifestyle changes.  |  |
| Unit V     | <b>Health and Sports Nutrition</b><br>1. Concept of Nutrition and Sports Nutrition<br>2. Balanced diet and its importance in Healthy living.<br>3. Nutritive and non-Nutritive component of diet<br>4. Deficiency Health problems related to Vitamins and Minerals.   |  |



## Practical

### Practical Objectives:

To give basic knowledge about the ground specifications, rules and regulations of Kho - Kho Badminton, Volleyball and shotput. To impart the basic knowledge about the basic skill of Kho – Kho, Badminton, Volleyball and shot-put. To give basic knowledge about the basic Asana, SuryaNamaskar and Three Pranayama.

### Practical Learning Outcomes

After completing this course, the students will be able to:

- Describe the ground specifications, rules and regulations of Kho - Kho, Badminton, Volleyball and Shotput. And ability to Play Kho - Kho Badminton and shotput.
- Perform basic Asana, Surya Namaskar and Pranayams

#### **1. Any one game**

(With ground specifications, general rules and general skills)

1. kho - kho
2. Badminton
3. Volleyball

#### **2. Ten basic Asana, Surya Namaskar and Three Pranayams**

#### **3. Athletics:**

Shot Put (Measurements & Basic Techniques)

### **Assessment of BMI and H.R.F fitness component.**

### Readings:

#### *Text Books and References*

- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana, (2010).
- Sharma, V.K., “Health & Physical Education” Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Sharma, V.K., “Yog Shiksha” Saraswati House Pvt.Ltd. Daryaganj, New Delhi(2011)
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana. (2000)
- Avelin C. Pearce., “Anatomy and Physiology for Nurses” Oxford University Press. New Delhi, (2003).
- Iyengar, B.K.S. “Light on life” Oxford, Pan Macmillan Ltd. (2005).
- Iyengar, B.K.S. “The Tree of Yoga” New Delhi, Harper Collins. (2009).
- Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana. (2005).
- Johnson, Health in Action, Holt Phonehat Winston 1977.
- Johnson, Healthful living, Mc Graw Hill.
- Park, J.E. and Park, Preventive and Social Medicine 1977.
- Roper, N. Man’s Anatomy, Physiology and Health.
- Williams, T.R.A Test Book of Anatomy and Physiology.



- *Swami Kuvalyananda & Dr. Venekar S.L. (1963). Yogic Therapy. Pub: Ministry of Health, Govt. of India, New Delhi.*
- *Swami Satyananda Saraswati: (1984). Yogic Management of common diseases. Pub: Bihar School of Yoga, Munger*
- *Swami Satyananda. (1989). Asana, Pranayama, Mudra, Bandha (Pub: Bihar School of Yoga, Munger (1989).*
- *Gharote M.L. (1982). Guidelines for Yogic Practices, Medha Publication.*
- *Iyengar, B.K.S. "Light on the Yoga Sutra of Patanjali" Harper Collins.*
- *AAPHERD (1980). Health Related Physical Fitness Test Manual. Association drive Reston Virginia.*
- *Corbin, Charles. Beetal. C.A., (2004) Concepts of Fitness and Welfare. Boston McGraw Hill*
- *Park, K. (2023). Textbook of Preventive and Social Medicine (18<sup>th</sup> ed.). Barnarsidass Bhanot Publications.*
- *Rao, M. (Ed.). (1999). Disinvesting In Health: The World Bank's Prescriptions for Health. Sage Publications.*
- *W.B. Sounders · Puri. K. Chandra. S.S. (2005). Health and Physical Education. New Delhi: Surjeet Publications ·*

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