CH154	HEALTH AND WELLNESS, YOGA AND SPORTS	L	T	P	C	Int	Ext
	(Common to branches ChE/CE/ECE/EEE/ME)	-	-	1	0.5	30	70

Semester I [First Year]

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 successful completion of the course, the students are able to

1. understand the importance of yoga and sports for Physical fitness and sound health.
2. demonstrate an understanding of health-related fitness components.
3. compare and contrast various activities that help enhance their health.
4. assess current personal fitness levels.
5. 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.