

Semester	I/II/III/IV	Course Code	24PEUV0001
Course Title	Yoga and Fitness		
No. of Credits	0+2	No.of Contact hours per week	2
New Course / Revised Course	New Course	Percentage of Revision effected	--
Category	Credit course		
Scope of the Course	Value-Added Courses imparting transferable and life skills		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to gain the practical knowledge about Health and Fitness through Yogic Practices and Physical activities.		
Unit	Content		No of Hours
I	Introduction and Scope of Yoga: Astanga Yoga - Yoga as an ideal system of physical culture – Schools of Yoga - Difference between practice of Asanas and Physical Exercise - Loosening Exercises in yoga – Suryanamaskar.		5
II	Asana & Practice: Meditative Asana: Sukhasana – Padmasana –Vajrasana – Standing Asana: Tadasana – Trikonasana – Vrikshasana – Sitting Asana: Baddha konasana – Paschimottanasana – Ustrasana – Vakrasana – Gomukhasana – Prone Asana: – Bhujangasana – Shalabhasana – Dhanurasana - Supine Asana: Pavanamuktasana – Sethubandasana – Navasana		7
III	Practices of Pranayama, Bandhas, Mudras and Kriya: Sectional Breathing - Nadisuddhi – Bhramari – Bhastrika - Kapalabhati – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana – Mindfulness – Introduction to Jalaneti – Instant Relaxation Technique (IRT)		5
IV	Concept of Fitness & Recreation: Health related fitness components - BMI - Underweight – Obesity - waist-to-hip ratio(WHR) and Minor games.		7
V	Fitness Parameters: Isometric Strength: Push-up/wall push - Plank – Wall sit - Medicine ball exercises. Short sprints – 4 X 100meters Brisk Walking - Repeated Jumps – Sideward and backward run for 4 X 100meters - 10meters Shuttle Run – 4 X 50 meters Rope Skipping - 6minute Walk - 3-4 Kms of brisk walk / 3500steps - Introduction to Yo – Yo intermittent recovery (Level-1)test.		8

References	Text Books: <ol style="list-style-type: none"> 1. Iyengar B.K.S. (2000). Light on Yoga. Harpine Collins Publication, New Delhi. 2. James R.Morrow, Jr., Allen W.Jackson, James G.Disch and Dale.P.Mood. (2000). Measurement and Evaluation in Human Performance, (2ED). Champaign Illinois: Human Kinetics Publishers Inc. 3. Lee E. Brown, Vance Ferrigno, Juan Carlos Santana. (2000). Training for speed, Agility and Quickness. Champaign Illinois: Human Kinetics Publishers Inc. 4. Nagarathnam H R. and H R Nagendra. (2015). Promotion of positive health. swami vivekanandha yoga prakashana, Banglore. 5. Swami Kuvalayananda. (2000). Pranayama. Kaivalyadhama Lonavla, India. 6. Swami Satyananda Saraswati. (2008). Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga. Munger, India. 7. Thomas R. Baechle. (1994). Essentials of Strength Training and Conditioning. Champaign Illinois: Human Kinetics Publishers Inc.
	References Books: <ol style="list-style-type: none"> 1. Barry L. Johnson, and Jack K. Nelson. (1988). Practical Measurements for Evaluation in Physical Education, (3rdED). Delhi: Surjeet Publications. 2. Edward L. Fox, Richard W. Bowers and Merle L. Foss. (1989). The Physiological Basis of Physical Education and Athletics, (3rdED). New York: W.M.C. Brown Publishers. 3. Jay Hoffman. (2002). Physiological Aspects of Sports Training Performance. Champaign Illinois: Human Kinetics Publishers Inc. 4. Shri Krishna. (1996). Essence of Pranayama. Kaivalyadhama Ashram, Lonavla, India. 5. Yoga an Instruction Booklet. (2018). Vivekanda Kendra Prakashan Trust, Chennai. 6. Yoga for Health. (2003). Institute of Naturopathy & Yogic Sciences. Bangalore.
	Web Resources: <ol style="list-style-type: none"> 1. http://www.yogamdniy.nic.in/files/pdf/CYP-2023-English.pdf 2. https://youtu.be/SpOJqDZbbbW 3. https://www.mindful.org/mindfulness-how-to-do-it/ 4. https://barbend.com/isometric-exercises/ 5. https://www.medicalnewstoday.com/articles/6-minute-walk-test#scoring 6. https://www.thoracic.org/patients/patient-resources/resources/six-minute-walk-test.pdf
Course Outcomes	Students should be able to <ol style="list-style-type: none"> 1. Demonstrate the suryanamaskar. 2. Perform various asanas. 3. Learn the breathing techniques, mudras and bandhas. 4. Self aggravated to take part in various fitness activities. 5. Understand the latest fitness tools.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test	Assignment	
	20marks	5marks	