

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
Central University of Tamil Nadu, Thiruvavur

VALUE ADDED COURSE

YOGA AND FITNESS

Course Code: PESVA01

Syllabus

Credits: 2;

30 hours

Course Objective:

CO1: To enlighten the glory and importance yoga and fitness trends among students

Course learning Outcomes

	Course Outcome
CO 1	To study the fundamental concepts of yoga and eight limbs of yoga.
CO 2	To provide basic knowledge about the techniques of mediation, breathing, relaxation technique and surya namaskar.
CO 3	The Students will learn the basic concepts of Bandas, Kriya & Mudras and also learn about the impact of yogic practices on various systems.
CO 4	The students will gain knowledge about bandhas, mudras and meditation techniques.
CO 5	The students will be able to get the knowledge about the components of health and the tests involved in different types of physical fitness.

Unit-I: Basics of Yoga

Meaning and definition. Aim, objectives and historical background Patanjali and Thirumular to Yoga. Different types of yoga: Limbs of yoga: Concept of yogic applications and Physical Exercises-International yoga day.

Unit-II: Yogic Techniques and Methods

General benefits of yoga: Physical-Mental-Spiritual; Surya namaskar: Benefits and practical applications; Classification of Asanas Meditative asana: Cultural asana: (Physical and relaxtative) Pranayama: Nadi Suddhi, Sitali & Sitkari. Meditation: Silent Meditation, Breathing Meditation & Object Meditation.

Unit- III: Other Yogic Practices and Influences of Yoga on Selected Human System

Meaning of Bandhas, Kriya & Mudra; Types of Bandhas Types of Kriyas; Types of Mudras - Anatomy and Physiology-definition; Various systems in the human body; Impact of yogic practices on cardio-respiratory system, nervous system and endocrine system and Stress

Unit-IV: Introduction to Physical Fitness

Meaning & Definition; Fitness and wellness; General & Specific fitness; Need & importance of Physical fitness; Types of Physical fitness; Health related and Motor Physical fitness, Components of fitness, Meaning of warm-up, General & Specific warming-up, Advantages of warming-up, Cool down exercises & its benefits.

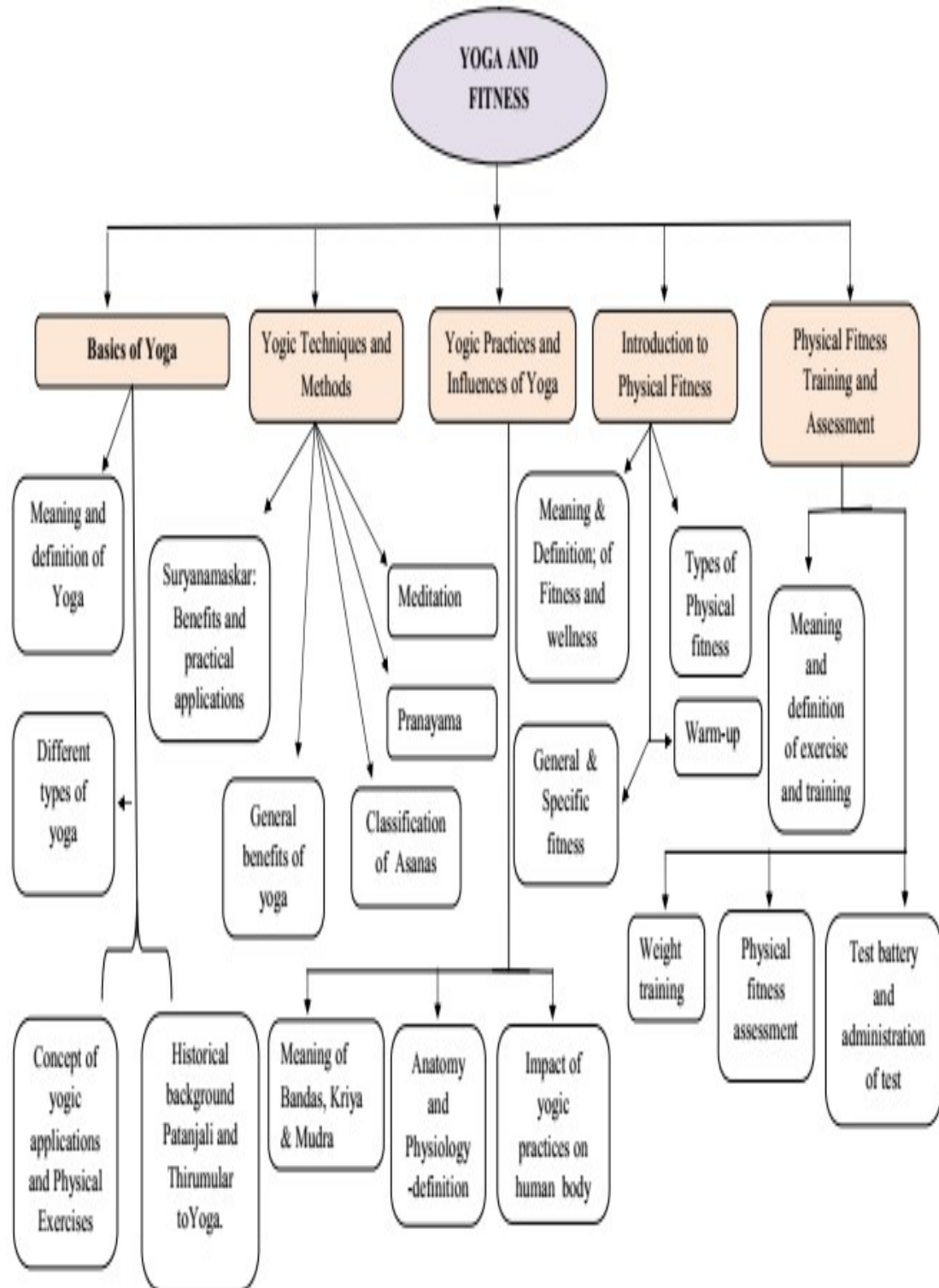
Unit-V: Physical Fitness Training and Assessment

Meaning and definition of exercise and training; Free hand exercises, Exercises with partner; Weight training, Barbell exercises, dumbbell exercises, Swiss ball exercises and Medicine ball exercises, Physical fitness assessment – Field tests, Points to be considered while assessing the Physical fitness components. Test battery and administration of test. Measuring – Height, Weight and BMI. Waist circumference; Heart rate: Resting & Maximum heart rate; Heart rate and BP.

References:

1. Baechle, Thomas.R., & Earle, Roger.W., (2000). Essential of Strength Training and Conditioning, Champaign: Human Kinetics.
2. Brooks, Douglas.S., (2004). The Complete Book of Personal Training; Champaign; Human Kinetics.
3. David., (2010). Fundamental Weight Training. Champaign: Human Kinetics.
4. Chandrasekaran, K., (1999). Sound Health through Yoga. Sedapatti: Prem Kalyan Publications.
5. Iyengar, BKS., (2003). The Art of Yoga; New Delhi; Harper Collins Publishers.
6. Mariayyah, P., (2000). Suriyanamaskar. Perunthurai: Jaya Publishing House, Sandler. Tummers, Nanette, E., (2009) Teaching Yoga for Life; Champaign; Human Kinetics

Concept of Mapping



**Scheme of Examination: as per CUTN norms for value added courses*

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
Central University of Tamil Nadu, Thiruvarur

SKILL ENHANCEMENT COURSE

HEALTH EDUCATION AND NUTRITION

Course Code: PESSE01

Syllabus

Credit: 2

Hours: 30 hours

Course Objective

- ❖ To provide the knowledge and understanding the importance of Health education and Nutrition.

Course learning Outcomes

	Course Outcome
CO 1	The Students will be able to know and develop a Concept school health services.
CO 2	The student will be able to understand about Health problems in India.
CO 3	The students will be able to understand the importance of community health.
CO 4	The student will be able to gain the knowledge of Nutrition.
CO 5	They will have a clear understanding on macro and micro nutrients and their importance.

THEORY SYLLABUS

UNIT-I: Health Education and Health Services

Health education and school health services: Definition of health, Aims and Objectives of Health Education, Dimensions of health, Determinants of health, Spectrum of health, Objectives of school, health services.

Unit-II: Health issues and Communicable diseases

Importance of school health services, Health problems of school going students, Health appraisal, Nutritional services, Mental health, Health problems in India, Explosive population, Communicable disease problems, Medical care problems, Environmental sanitation. Non-communicable diseases.

UNIT-III Community Health

Community health: Sources of water, sanitary well, Elementary knowledge of water purification, Boiling, Chlorination, Large scale purification. Disposal of garbage: Composting, Biogas plants. Sewage treatment: Basic principles, Primary treatment, Secondary

treatment, concept of diseases: Disease cycle, Epidemiological triad, Methods of disease Transmission, Direct method, Indirect method. Personal hygiene: Care of skin, Care of hair and nails, Care of eyes, Care of teeth.

UNIT-IV Introduction of Nutrition to fitness

Meaning, definition and importance of Nutrition, concepts of nutrition- Nutrition for tissue maintenance, Nutrition and Growth, Nutrition and Immune function, Nutrients, classes of Nutrients, food pyramid, Functions of food, Fast food, Vegetarian Diet, Balance diet, Dietary allowance and daily values, Basic Food pyramid, food hygiene, food consumption.

UNIT-V Macro Nutrients & Micro Nutrients

Carbohydrates: Meaning, nature, source, classification & functions of carbohydrate, Protein & Fats. Vitamins: Need and importance of vitamins, classification of vitamins: Fat soluble and water soluble vitamins, Minerals: Importance of Minerals, sodium, chloride, potassium, calcium, phosphorus, Magnesium and sulfur, recommendations of minerals and its sources, deficiencies, Water and body fluids: water balance and recommended intakes, fluid and electrolyte balance, acid base balance.

References:

1. Dan Benardot.(2012). Advanced sports Nutrition, Second Edition, human kinetics.
2. Ira Wolinsky.(1998). Nutrition in Exercise and Sports, Third Edition, CRC Press, New York.
3. James L.Groff and Sareen S.Gropper.(2000). Advanced Nutrition and Human Metabolism, Third Edition, Wardsworth Thomson learning.
4. Williams.(1992) Basic Nutrition and Diet therapy, Ninth Edition, Mosby year book.
5. Eleanor N.Whitney.(1999) Understanding Nutrition, Wards worth publishing company, USA.

****Scheme of Examination: as per CUTN norms for skill enhancement courses***

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