

**B.A. Semester–II**  
**Discipline Specific Course (DSC)-3**

**Course Title:-LIFE STYLE MANAGEMENT**

**Course Code:A 2 PED1 T 1**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-2	Theory	6	5+1	75hrs.	3hrs.	20	80	100

**Course Outcomes (COs): At the end of the course students will be able to:**

- CO1: Understand the meaning of lifestyle management and its significance.  
 CO2: Understand the types of fitness and their significance and methods of developing them.  
 CO3: Understand the yogic principles and their applications in improving lifestyle.  
 CO4: Know the importance diet, the applications of a proper diet plan to improve lifestyle.  
 CO5: Know the meaning of physical literacy and the movement patterns.  
 CO6: Understand the role of physical activity in improving health and fitness.  
 CO7: Understand and perform warm up and conditioning activities.  
 CO8: Assess the skill-related fitness parameters and evaluate the same.  
 CO9: Perform basic skills in a game and athletic event.  
 CO10: Perform basic asanas and Pranayama.  
 CO11: Learn to record and prepare reports.

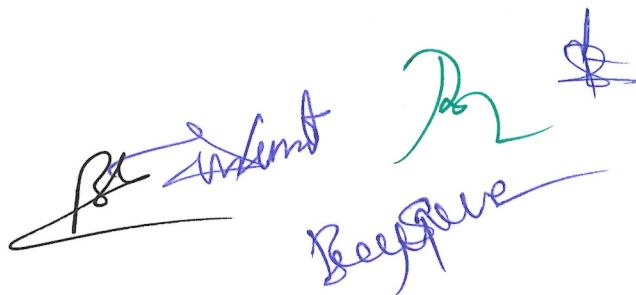
Unit	Title: Life Style Management	75hrs/sem
Unit I	<b>Introduction To Life Style &amp; Physical Fitness</b> <ol style="list-style-type: none"> <li>1. Meaning and Definitions of Physical Fitness and Lifestyle</li> <li>2. Need and Benefits of Physical Fitness</li> <li>3. Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition</li> <li>4. Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time, Speed</li> </ol>	15 hrs
Unit II	<b>Principles of Yogic Practices</b> <ol style="list-style-type: none"> <li>1. Jnana Yoga,</li> <li>2. Karma Yoga,</li> <li>3. Bhakthi Yoga,</li> <li>4. Raja Yoga/ Astanaga Yoga</li> </ol>	15 hrs
Unit III	<b>Diet, Fitness, Wellness &amp; Life Style Management</b> <ol style="list-style-type: none"> <li>1. Meaning and Definitions of Wellness &amp; Lifestyle.</li> <li>2. Dimensions/Components of Wellness and Lifestyle</li> <li>3. Relationship between Diet and Fitness</li> <li>4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins &amp; Minerals, Water</li> <li>5. Healthy Lifestyle through Diet and Fitness</li> </ol>	15 hrs

*[Handwritten signatures and initials in blue and green ink]*

UnitIV	<b>Physical Literacy</b> <ol style="list-style-type: none"> <li>1. Meaning, Definition and Importance of Physical Literacy.</li> <li>2. Core Elements of Physical Literacy</li> <li>3. Fundamental Movements</li> <li>4. Art of Walking, Running, Jumping and Throwing.</li> </ol>	15hrs
Unit V	<b>Understanding Lifestyle Management</b> <ol style="list-style-type: none"> <li>1. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara</li> <li>2. Physical Health</li> <li>3. Mental health</li> <li>4. Safety Education for Lifestyle Management</li> </ol>	15hrs

### Recommended books:

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2. Fit to be Well, Alton L. Thygerson, Karl L. Larson, Jones and Bartlett Publishers, Sudbury
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuchscaris brick Publishers, Arizona
4. Health, Exercise and Fitness, Dr. Briz, Mohan.T. Raman, Sports Publications, Darya Ganj, New Delhi
5. Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0 ISBN
6. Physical Fitness and Wellness, Dr. Samjay R. Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
7. Fit & Well, 4th Edition, Thomas D. Fahey, Paul M. Insel, Walton T. Roth, Mayfield Publishing company, Mayfield Publishing Company, London
8. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
9. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr. Henko. K. Struder, 2021, Meyer & Meyer Sport (UK) publishers, Germany
10. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
11. “Nutrition Education”, Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
12. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow. M. Harold, Rosemary. Mc. Gee, Lea & Febiger, Philadelphia
13. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company.
15. Yoga for Promotion of Positive Health, 2011. Dr. H.R. Nagendra and Dr. R. Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
15. “Asana, Pranayama, Mudra, Bandha”, 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
16. “Four Yoga of Swamy Vivekananda”, 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta
17. New Perspectives in Stress Management, 2014, Dr. H.R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
18. Pranic Energization Technique, 2005, Dr. H.R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
19. Mind, Sound, Resonance Technique, 2005, Dr. H.R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore



**B.A. Semester–II**  
**Discipline Specific Course (DSC)- 4**  
**Practical**

**Course Title:** - ADVANCED FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES

**Course Code:**-A 2 PED 1 P 1

**Content of Practical Course 3: Practical (2 credits/56 hours)**

A. Specific warm-up / Lead up Activities

B. Core Physical Fitness Test Assessment for Agility, Balance, Speed, Co-ordination, Power, Reaction Time

**C. Advanced Asanas (as per the reference books)**

1. Standing Asanas

2. Sitting Asanas

3. Prone Asanas

4. Supine Asanas

5. Meditative Asanas

**Advanced Pranayamas**

1. Surya Anuloma Viloma/Surya Bhedana Pranayama

2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama

3. Ujjayi Pranayama

4. Kumbhaka Pranayama

5. Sampurna Yoga Shavasana (Full Yogic Breathing)

**D. TWO MAJOR/MINOR GAMES /TRACK & FIELD**

i. One Major and one Minor Game. Rules and Regulations of the Games. Officiating and Coaching.

ii. Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating and Coaching.

**Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramural**

**Reference Books**

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2. Fit to be Well, Alton L.Thygeron, Karl L.Larson, Jones and Bartlett Publishers, Sudbury
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuchscaris brick Publishers, Arizona
4. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
5. Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0 ISBN 6. Physical Fitness and Wellness, Dr. SamjayR.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
6. Fit & Well, 4th Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London
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14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company. NEP Curricular Framework for Physical Education, Sports & Yoga 27
13. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
14. "Asana, Pranayama, Mudra, Bandha", 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
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19. PranicEnegization Technique,2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
17. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore

<b>FormativeAssessmentforTheory</b>	
<b>AssessmentOccasion/type</b>	<b>Marks</b>
InternalAssessmentTest1	05
Assignment	05
<b>Total</b>	<b>10Marks</b>
<i>FormativeAssessmentasperguidelines.</i>	

