

<b>Discipline</b>	<b>PHYSICAL EDUCATION</b>				
<b>Course Code</b>	<b>UK5SECPES301</b>				
<b>Course Title</b>	<b>YOGA AND HEALTHY LIVING</b>				
<b>Type of Course</b>	<b>SKILL ENHANCEMENT COURSE (SEC)</b>				
<b>Semester</b>	<b>IV</b>				
<b>Academic Level</b>	<b>300 - 399</b>				
<b>Course Details</b>	<b>Credit</b>	<b>Lecture per week</b>	<b>Tutorial per week</b>	<b>Practical per week</b>	<b>Total Hours/Week</b>
	3	2 hours	-	2 hours	4
<b>Pre-requisites</b>					
<b>Course Summary</b>	<p>Yoga is the art and science of living, and is concerned with the evolution of mind and body. Therefore, yoga incorporates a system of disciplines for furthering an integrated development of all aspects of the individual. The emphasis of the course is on positive physical and psychological wellness. The focus is on physical postures or asanas and pranayama or breathing techniques. Through the practice of physical postures or asanas, the spinal column as well as the muscles and joints are maintained in a healthy and supple state. Pranayama is important not only for optimizing breathing potential but also for cultivating emotional stability and freeing mental and creative energies in a constructive way. The practice of Yoga creates a balance in the total personality. This course has been structured as a skills training programme.</p>				

**Detailed Syllabus:**

Module	Unit	Content	Hrs
<b>I</b>	<b>Introduction to common yogic asanas and stretching exercise</b>		<b>7</b>
	1	Meaning Aims and objectives of yoga, Introduction to common yogic asanas (Maily Sitting Standing and lying)	1
	2	Classification and importance of Yogic Asanas (Sitting, Standing,lying)	2
	3	Introduction to Exercise and stretching exercise its aims and objectives.	2
	4	Classification and types of Stretching exercise (Static and Dynamic Stretching -Sitting, Standing, Lying).	2
<b>II</b>	<b>Physical and Physiological benefits of common yogic asanas and Stretching exercise</b>		<b>7</b>
	5	Theoretical framework of selected yogic asanas and similar Stretching exercises. (Practice guidelines of yogic asanas versus stretching Exercises) Students must be able to understand the dissimilarities and similarities of standard operating procedure for yogic asanas and stretching exercises	2
	6	Identifying and understanding major muscle groups involved in asanas and similar stretching exercises Methodology and schedule for Yogic asanas and Stretching exercises (FITT principle)	3
	7	Physical benefits of yogic asanas and stretching exercise (Flexibility, Strength, Posture, Balance)	1
	8	Physiological benefits of Stretching exercises and yogic asanas (Systemic stress - BP, Respiratory rate, Immune system, Digestive function, Muscle tension, Sleep,)	1
<b>III</b>	<b>Practical on yogic asanas and Stretching exercise</b>		<b>30</b>

	9	Stretching exercises for the Neck and Shoulder. (Asanas & Exercises)	5
	10	Stretching exercises for the Upper back and Thorax (Asanas & Exercises)	5
	11	Stretching exercise for the Lower back and abdomen (Asanas & Exercises)	5
	12	Stretching exercises for the Hip and Lower limb (Asanas & Exercises)	5
	13	Relaxation and Breathing Techniques	10
<b>IV</b>	<b>Advanced knowledge of Yogic techniques - (Theory class by experts)</b>		<b>7</b>
	14	Asanas combination Standing (Vrikshasana , Ardha Chakrasana, Trikonasana, Veera Bhadrasana , Pada Hasthasana)	3
	15	Combinations of asana Sitting (Vajrasana, Padmasana Gomukhasana Ardha Matsyendrasana , Paschimothasana )	2
	16	Combination of lying asanas (Salabhasana , Bhujangasana, Uthānāpādaśana Halasana, Dhanurasana)	2
<b>V</b>	<b>Psychological effect of asanas and stretching exercises</b>		<b>5</b>
	16	Benefits related to hormone imbalance, Depression, Anxiety, Stress, Mood swing etc...	2
	17	Transformative effects of asanas practice (Physical, Mental & Spiritual)	1
	18	Instructional and Demonstrational projects Seminars and preparation of records etc.	2

### Course Outcomes

CO	CO Statement		Cognitive Level	Knowledge Category
CO1	Identify the fundamentals (Aims and objectives) of common yogic asanas and similar stretching exercises in practice		U	C
CO2	Identify scientific information about Physical and Physiological benefits of practicing yoga poses and stretching exercises, its methodology, physical and physiological benefits, promotion of- flexibility, strength, relaxation, and overall health.		U	C
CO3	Demonstrate the knowledge and skill, define appropriate resource for further learning of Yogic exercises and stretching exercises		Ap	P
CO4	Identify information gathered about yogic exercises and stretching exercises objectively, Draw reasonable conclusions about them.		Ap	C
CO5	Practice the skill acquired about Yogic exercises a stretching exercises for Instructional and demonstrational Purpose		Ap	C

**R-Remember, U-Understand, Ap-Apply, An-Analyse, E-Evaluate, C-Create**

Note: 1 or 2 COs/module

Name of the Course: YOGA AND HEALTHY LIVING Credits: 2:0:1 (Lecture:

Tutorial: Practical)

CO No.	CO	PO/PSO	Cognitive Level	Knowledge Category	Lecture (L)/Tutorial (T)	Practical (P)
1						
2						
3						

F-Factual, C- Conceptual, P-Procedural, M-Metacognitive

**Mapping of COs with PSOs and POs :**

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PO1	PO2	PO3	PO4	PO5	PO6
CO 1							2		1			
CO 2							2					
CO 3							1		2			
CO 4							1					2
CO 5									2		1	
CO 6												

**Correlation Levels:**

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

**Assessment Rubrics:**

- Quiz / Assignment/ Discussion / Seminar
- Midterm Exam
- Programming Assignments
- Final Exam

**Mapping of COs to Assessment Rubrics:**

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations

CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4		✓		✓
CO 5		✓		✓
CO 6			✓	

## Reference

1. Hatha Yoga Pradipika by Swami Mukthibodhananda, Publishers : Yoga publication trust, Munger, Bihar.
2. Hatha Yoga Pradipika (Malayalam), AbeBooks
3. The grandha samhitha, A treatise of Hatha Yoga by Sris Chandra Vasu
4. Four chapters on freedom, Commentary on the yoga sutras of sage Pathanjali by swami sthyananda saraswathi.
5. Stretching Anatomy Paperback – Illustrated, by Arnold G. Nelson (Author), Jouko Kokkonen (Author)
6. STRETCHING TO STAY YOUNG Paperback – by Jessica Matthews (Author)
7. Stretching for fitness, health and performance, Goodwill Publishing House, Dr Christopher A Oswald & Dr Stanley N Bosco.
8. <https://ncert.nic.in/pdf/publication/otherpublications/tiyhwlp1.pdf>
9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>
10. <https://ncert.nic.in/textbook/pdf/jehp108.pdf>
11. [https://files.nccih.nih.gov/s3fs-public/Yoga-eBook-2020\\_06\\_FINAL\\_508.pdf](https://files.nccih.nih.gov/s3fs-public/Yoga-eBook-2020_06_FINAL_508.pdf)
12. <https://www.asterhospitals.in/blogs-events-news/aster-medcity-kochi/best-stretching-exercises-stay-fit-home>
13. <https://www.slideshare.net/ShvetikaKaul/physiology-of-stretching>
14. [https://www.researchgate.net/publication/233686755\\_Stretching\\_Mechanisms\\_and\\_Benefits\\_for\\_Sport\\_Performance\\_and\\_Injury\\_Prevention](https://www.researchgate.net/publication/233686755_Stretching_Mechanisms_and_Benefits_for_Sport_Performance_and_Injury_Prevention)