

## SEMESTER IV

<b>Discipline</b>	<b>PHYSICAL EDUCATION</b>				
<b>Course Code</b>	<b>UK4VACPES200</b>				
<b>Course Title</b>	<b>LIFESTYLE MANAGEMENT AND HEALTHY AGEING</b>				
<b>Type of Course</b>	<b>VALUE ADDITION COURSE</b>				
<b>Semester</b>	<b>IV</b>				
<b>Academic Level</b>	<b>200 – 299</b>				
<b>Course Details</b>	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours /Week
	3	3 hours	-	-	3
<b>Pre-requisites</b>	.				
<b>Course Summary</b>	Lifestyle Management and Healthy Ageing is a comprehensive course designed to explore the principles, strategies, and practices for enhancing quality of life through lifestyle interventions and promoting healthy ageing. This course delves into the physiological, psychological, and social aspects of ageing, and examines evidence-based approaches to lifestyle management for optimal health outcomes in older population. Students acquire knowledge and skills in areas such as nutrition, physical activity, stress management, and social engagement to support healthy ageing across the lifespan.				

### Detailed Syllabus:

<b>Module</b>	<b>Unit</b>	<b>Content</b>	<b>Hrs</b>
<b>I</b>	<b>Introduction to Healthy lifestyle</b>		<b>09</b>
	1	Introduction to Lifestyle, definition and types of life style. (Healthy and Unhealthy)	1
	2	Benefits of Healthy lifestyle ( Physical Health, Mental Health, Emotional Well-being, Longevity and Quality of Life, Overall Well-being.	1
	3	Key elements of Healthy lifestyle - Role of exercise, Diet, Rest, Sleep, Stress Management and Supplementation of nutrients. Role of Exercise- Physical Health, Mental Health, Social Health, Emotional Well-being, Quality of Sleep and Longevity. Diet- Nutrients Intake, Energy Balance, Disease Prevention, Gut Health, Mental and Emotional Well-being and Longevity. Rest- Physical Recovery, Immune Function, Stress Reduction, Cognitive Function, Hormonal Balance, Recovery from Illness or Injury. Sleep- Physical Health, Cognitive Function, Mental Health, Energy and Alertness, Appetite Regulation, Immune Function.	4

		Stress Management- Physical Health, Cognitive Function, Mental Health, Quality of Relationship, Sleep Quality, Overall Quality of Life. Supplementation of Nutrients- Filling Nutritional Gaps, Supporting Specific Health Goals, Compensating for Dietary Restrictions, Managing Medical Conditions, Enhancing Overall Well-being.	
	4	Guidelines and Recommendations for healthy living (Exercise, Diet, Rest, Sleep) Exercise-Types of Exercise, frequency and Duration, Intensity Progression, Rest and Recovery, Safety Precaution, Consistency. Diet- Balanced Macro and Micro Nutrients, Portion Control, Whole Foods, Hydration, Healthy Snacking, Moderation and Variety, Mindful Eating. Rest- Quality Sleep, Restful Environment, Stress Reduction, Rest Days, Leisure Time, Work Life Balance, Social Connection, Self-Care. Sleep- Consistent Sleep Schedule, Create a Relaxing Bed Time Routine, Sleep Environment, Limit Stimulants and Electronics Before Bed, Manage Stress and Anxiety, Monitor Sleep Environment, Exercise Regularly, Seek Professional Health If Needed.	3
<b>II</b>	<b>Life Style Disease Management</b>		<b>12</b>
	5	Lifestyle disease – Definition and meaning	1
	6	Major lifestyle diseases- Coronary Heart Diseases, Obesity, Diabetes, Hypertension, Osteoporosis, Psychological Disorders (Depression, Anxiety, Stress)- Characteristics, causes and consequences.	7
	7	Role of exercise and diet on lifestyle diseases	2
	8	Role of rest and sleep on lifestyle diseases	2
<b>III</b>	<b>Functional Movement Choices for healthy life style</b>		<b>09</b>
	9	Understanding physical activity, exercise and sedentarism (IPAQ – International Physical Activity Questionnaire)	1
	10	Physical literacy, Importance of integrating movements into everyday life( Physical Health, Mental Health, Social Health, Energy and Vitality, Weight Management, Joint Health and Mobility, Posture and Alignment, Longevity and Quality of Life). Use Principle, Disuse Principle and Overuse principles.	3
	11	Basic functional exercises- Squat, Pull, Push, Dips, Sit ups, Lounges, Planks, Mobility and Flexibility Exercises.	3
	12	Precautionary measures in exercising- Consult a Healthcare Professional, Warm-up, Stay Hydrated, Use Proper Form, Progress Gradually, Include Variety, Use Appropriate Equipment, Listen To Your Body, Cool Down, Recover Properly.	2
	<b>Recreation and Leisure</b>		<b>6</b>
	13	Introduction to Recreation and Leisure – its nature and scope	1
	14	Role of Recreation and Leisure in Healthy lifestyle(Physical Activity, Stress Reduction, Social Connection, Cognitive Stimulation, Enhanced Quality of life, Improved Mental Health)	1

IV	15	Recreation and Leisure activities for different age groups. Children(Ages 0-12) - Playground Activities, Sports and Games, Creative play, Nature Exploration Teenagers (Ages 13-19) - Sports and Outdoor Activities, Fitness classes or Gym Workouts, Creative Hobbies, Social Activities, Volunteer Work Young Adults (Ages 20-29) - Recreational Sports Leagues, Outdoor Adventures, Fitness Activities, Cultural and artistic Pursuits, Social Gatherings Middle-Aged Adults(Ages 40-65)- Recreational sports and fitness, Outdoor Activities, Cultural and educational Pursuits, Travel and Adventure, Volunteer Work Seniors(Ages 65 +)- Low-impact Fitness Activities, Social Clubs and Groups, Cultural Outings, Volunteer Opportunities, Outdoor Activities	2
	16	Latest trends in recreation and leisure.(Outdoor recreation, Wellness Tourism, Virtual and Augmented Reality experiences, Outdoor Fitness classes, Adventure Travel, Cultural and Culinary Experiences, Mindfulness and Meditation, Sustainable Travel and Ecotourism, Outdoor Dining and Socialising)	2
V	<b>Wellness and Healthy Aging</b>		<b>9</b>
	17	Definition and Concept of Ageing and Healthy Ageing	1
	18	Common health conditions associated with Ageing.(Arthritis, Osteoporosis, Cardiovascular Disease, Type 2 Diabetes, Alzheimer's Disease and other Dementias, Depression and Anxiety, Vision and Hearing loss)	2
	19	Factors affecting Healthy ageing (Physical, Physiological, Sociological and Psychological).	2
	20	Role of Exercise and Nutrition for Healthy Ageing Exercise - Maintains physical function, Improves Cardiovascular health, Promotes Joint Health, Enhance Bone Health, Manages Chronic conditions, Boost Mental Health, Enhance Sleep Nutrition - Provides Essential Nutrients, Supports Muscle Health, Promotes Bone Health, Manages weight, Supports Digestive Health, Reduces Inflammation, Maintains Cognitive Function	3
21	Introduction to Geriatrics	1	

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**Course Outcomes**

No.	Upon completion of the course the graduate will be able to	Cognitive Level	PSO addressed
CO-1	Summarize the importance of Lifestyle Choices	U	
CO-2	Describe interventions in management of lifestyle diseases	U	
CO-3	Illustrate fundamental exercises for functional movements	AP	
CO-4	Distinguish between recreation and leisure programs	U	
CO-5	Estimate the strategies for healthy ageing	E	

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

Note: 1 or 2 COs/module

Name of the Course: **LIFESTYLE MANAGEMENT AND HEALTHY AGEING**

Credits: 3:0:0 (Lecture:Tutorial:Practical)

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

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	PO7	PO8
CO 1							2	2	2	1	2	3	1	3
CO 2							2	2	3	2	3	3	1	3
CO 3							2	3	3	2	3	3	2	3
CO 4							2	2	2	2	3	3	1	3
CO 5							3	2	3	2	3	3	1	3
CO 6														

Correlation Levels:

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

**Assessment Rubrics:**

- Quiz / Assignment/ Quiz/ 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				

### ***References***

1. Edelman, C., & Kudzma, E. C. (2021). *Health promotion throughout the life span-e-book*. Elsevier Health Sciences.
2. Rippe, J. M. (2022). *Integrating Lifestyle Medicine in Cardiovascular Health and Disease Prevention*. CRC Press.
3. Rippe, J. M. (Ed.). (2019). *Lifestyle medicine*. CRC Press.
4. Corbin, C. B., & Le Masurier, G. C. (2014). *Fitness for life*. Human Kinetics.
5. Hurd, A., Anderson, D. M., & Mainieri, T. (2021). *Kraus' recreation and leisure in modern society*. Jones & Bartlett Learning.
6. Leisure and recreational activities of student youth in the context of health-preservation  
<http://repository.pdmu.edu.ua/handle/123456789/261>
7. Haywood, L., Kew, F., Bramham, P., Spink, J., Capenerhurst, J., & Henry, I. (1989). *Understanding Leisure* (1st ed.). Routledge.  
<https://doi.org/10.4324/9780429054570>
8. Ikhioya, G. O. (2019). *Ageing, Wellness and Health: Is Every Other Person Different*.
9. Victor, C. R. (2010). *Ageing, health and care*. Policy press.
10. Davies, N. (2011). Promoting healthy ageing: the importance of lifestyle. *Nursing Standard (through 2013)*, 25(19), 43.