

Course No.	C -12
Name of the Course	Yoga and Physical Fitness
Type of Course (Diploma/ Certificate/ Add on	Certificate
Offered by	Dept. of Physical Education
Linkages	St Dominic's College Kanjirappally
No. of hours	30 hours
Expected outcome	1. Understanding about health, its dimensions 2. Understanding about the role of yoga exercise in maintaining health 3. Understanding about the effects of exercise on various systems of the human body.
Course Objective	1. To understand the concept and dimensions of health 2. To understand the role of yoga in maintenance of health 3. To understand the effect of exercise on various systems of the human body
Brief Description	Areas covered are Yoga, Physical Fitness, Effect of exercise on various systems of body, concept of lifestyle diseases etc.
Syllabus	Module 1: Introduction to Physical Fitness, Components of Physical Fitness, Need and Importance of Physical Fitness, Types of Fitness: a. Health related b. Skill Related, Activities for Developing Physical Fitness. Module 2: Introduction to Yoga, Meaning, definition of Yoga, History and traditions in Yoga, Benefits and effects of Asanas, Concept of Pranayama and Kriyas. Module 3: Anatomy of the human body, Physiology of exercise, Effect of exercise on various systems of human body- Circulatory, Respiratory, Muscular, Skeletal, Lifestyle diseases and its prevention. Module 4: Basic Asanas (Practice) Suryanamaskar (Practice), Relaxation techniques (Practice)

Evaluation Pattern	<p>External Examination -100 marks (To be evaluated by examiner other than FIC)</p> <p>Internal Examination - Test Paper (1) -50 marks</p> <p>Assignment (1) -25 marks</p> <p>Attendance -25 marks (90% or above -25, 80%-90% -20 marks, 70%-80% -15 marks, 60%-70% -10 marks 50%-60% -5 marks, Less than 50%-0 marks, Attendance Greater than 50% is a must to attend external exam)</p> <p>Total -200 marks</p>
Mode of Class	Online (Google Class room)