



Bachelor of Business Administration (B.B.A.)			Semester - II
Course Title: Health, wellness and Yoga	Course Code:	Type of Course: VAC	
Credit: 02	Theory: 1 Hour	Practical: 2 Hours	Teaching Hours: 30
Internal Marks: 25	External Marks: 25	Total Marks -50	External Practical Exam -

COURSE OUTCOMES:
<ul style="list-style-type: none"> • Understand the basic concepts, determinants and dimensions of Health and wellness. • Classify Yoga and the role of Yoga for physical and mental fitness with personality development • Practice different Yogic practices • Understand the concept of sports and fitness
Pedagogy: Lectures, Practices and Asana, Ground activities and sports

COURSE CONTENT		
Unit - 1	Sports for Fitness	Hours: 10
	Concept of sports and fitness, dimensions and determinants of Health and fitness, Nutrition's and balanced diet, Globalization and Its Impact on fitness, BMI (Body Mass Index) for all age groups.	
Unit – 2	Introduction to Yoga	Hours: 15
	Meaning, Characteristics, misconceptions, aims and objectives, needs and Importance of Yoga, origin and history of Yoga in Indian Context, Classification of Yoga –Raj Yoga (Ashtang Yoga), Hath Yoga, Sankhya Yoga, Bhakti Yoga, Mantra Yoga, Yoga and Health, Yoga for stress Management	
Unit - 3	Fitness and Wellness Programs in India	Hours: 5
	Khelo India, Fit India Movement, Traditional Sports of Gujarat viz– Hockey, Khokho, Kabaddi, Cricket and football. Sports and wellness for personality development.	

Skill Development Activities:
 Yogic Practices, Asans, Kriyas, Mudras Bandhas, Dhyana, Surya Namaskar, Contemporary Practices of Yoga, Participation in atleast one Individual Sports (among the list of IOA, AIU, SGFI), practicing General and specific warm up, Aerobics and ZUMBA workout, Practicing Cardio Respiratory Fitness, Treadmill Argo meter, Run test, 9 minutes' walk, Skipping and running.

REFERENCES
<ul style="list-style-type: none"> • Ajith “Yoga Pravesha” Rashtrontana Paruhad Bangalore • B.C. Rai Health, Education and Hygenic, Published by Prakashan Kendra, Lucknow • Puri, K Chandra, S.S.(2005) Health and physical education, New Delhi: Surjit Publication