

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 5 (GE-9)

LIFESTYLE MANAGEMENT THROUGH PHYSICAL EDUCATION

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
9	SEM-5 (GE-9) LIFESTYLE MANAGEMENT THROUGH PHYSICAL EDUCATION	04	3	0	1	XII Pass	NIL

LEARNING OBJECTIVES:

The main focus of this course is changing the behavior of each individual learner. Students will be in a variety of settings ranging from a classroom to a food lab, to a fitness center.

The paper will help the student have an awareness regarding the information about positive lifestyle, physical fitness, weight management, food choices, and healthy practices to balance life.

COURSE OUTCOMES:

- The students will identify behaviors that contribute to their overall health, fitness, and nutrition.
- The student will analyze factors that impact the nutritional choices of adolescents.
- The students will analyze their diet in relationship to Dietary Guidelines
- The students will explore the concept of energy in = energy out.
- The students will evaluate nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet specific nutritional needs.
- The students will evaluate the results of a fitness assessment to provide personal information so that the student will be able to develop personal fitness goals.
- The student will analyze the results of a fitness assessment to create and implement a personal fitness plan.
- Students will design, implement, and self-assess a personal Nutrition and Fitness Plan

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

UNIT – I Physical Education: Lifestyle Management

(11 hrs lectures)

- 1.1 Introduction and Concept of Physical Education and Lifestyle
- 1.2 Meaning and Components of Health
- 1.3 Factors Affecting Health and Lifestyle

Unit II: Sustainable Practices for Positive Lifestyle

(11 hrs lectures)

- 2.1 Definition and importance of sustainable health practices
- 2.2. Key elements of sustainable lifestyle for healthy living
- 2.3 Causes and prevention of lifestyle diseases

UNIT – III Goal setting for positive lifestyle

(11 hrs lectures)

- 3.1 Short-term and long-term Goals for Positive Lifestyle
- 3.2 Dietary Guidelines and Food Pyramid
- 3.3 Sleep management and physical activity

UNIT – IV Mental Health and Lifestyle Management

(11 hrs lectures)

- 4.1 Introduction to Mental Health
- 4.2 Physical exercise and mental wellbeing
- 4.3 Holistic Lifestyle Management

PRACTICAL

(30 hours)

- 1. Develop a fitness/ physical activity program for a healthy lifestyle
- 2. Identify 2 common lifestyle diseases and design a management program
- 4. Prepare a diet plan for a healthy lifestyle

Suggested Readings:

1. Pawar, B., Joshi. A., Chaudhary, V. (2022), “Practical Manual for Physical Education”, Friends Publications. New Delhi (India) ISBN-978-93-95829-30-4.
2. Kumar, P (2022). “Assessment & Management of Obesity”. Friends Publication (India)
3. Saini N., Suri. M., (2020) “Sports Psycho-Physiology”, Friends Publication, New Delhi (India) ISBN-978-93-88457-58-3.
4. “Sports Nutrition and Weight Management”, ISBN: 978-93-88269-53-7, the Year 2019, published by Sports Publication, Darya Ganj, New Delhi-110002
5. Anspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). “Wellness: Concepts and applications”. McGraw-Hill Companies.
6. Caliendo, M. A. (1981). “Nutrition and preventive health care”. Macmillan.
7. Hales, D. (2006). “An invitation to health”. Cengage Learning.
8. Hoeger, W. W. K., & Hoeger, S. A. (2007). “Fitness & Wellness. Belmont”, USA: Thomson Wadsworth
9. Howley, E. T., & Franks, B. D. (1986). “Health/Fitness Instructor's Handbook”. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
10. Kansal D.K. (2012). “Test Measurement and Evaluation”. Sports Spiritual Sciences Publications, New Delhi.
11. Kumari, S. S., Rana, A., & Kaushik, S. (2008). “Fitness, Aerobics & Gym Operations”. New Delhi: Khel Sahitya Kendra
12. Sharma K. et. al. (2014), “Fitness Aerobics & Gym Operations”, Jyoti Enterprises, Delhi.
13. Tiwari S. (1999). “Exercise Physiology”, Sports Publications, Delhi.
14. Shaw D. (2018) “Fundamental Statistics in Physical Education and Sports Sciences” Sports Publication, ISBN: 81-86190-57-0.
15. Shaw D. (2020) “Physical Education Practical Manual for Class XI” Prachi Publication, ISBN: 978-8193-7698-0-5.
16. Shaw D. (2020) “Physical Education for Class XII” Prachi Publication, ISBN: 978-81-7730-848-8.
17. Shaw D. (2020) “Physical Education for Class XI” Prachi Publication, ISBN: 978-81-7730-847-1.
18. Shaw D. (2020) “Physical Education Practical Manual for Class XII” Prachi Publication, ISBN: 978-81-937698-1-2.
19. Shaw D. (2020) “Parable Global English Hindi Dictionary of Physical Education & Sports Sciences” Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.
20. Shaw D. (2020) “Yoga Asanas and their Benefits” Sports Publication, ISBN: 978-81-9436-11-9-0.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.