

ADITI MAHAVIDYALAYA

University of Delhi

TEMPLATE FOR OUTCOME-BASED EDUCATION

(2019-2022)

DEPARTMENT: Physical Education

COURSE/NAME OF THE PAPER: 1.Yoga & Stress Management

2. Obesity Management

3. Aerobics Training

COURSE CODE: 1.Yoga & Stress Management- 12555101

2. Obesity Management- 12555261

3. Aerobics Training- 12555324

CREDITS:6

SEMESTER: I, II, III

NO. OF TOTAL STUDENTS: 28

PERCENTAGE OF STUDENTS PASSED: 100%

Department of Physical Education & Sports Sciences

The department strives to inculcate appropriate values and qualities required to develop sports persons and physical education professional at various levels. DPESS was established in 2005 with the following objectives :

1. To conduct various Training Programmes of Physical Education & Sports.
2. To provide the opportunities to conduct research on various aspects of physical education and sports.
3. To conduct professional/socially relevant post-graduate teaching programmes independently or in collaboration with various departments on different aspects on psychology, yoga and other related health & physical education fields.

1. SYLLABUS:

GE(H) YOGA AND STRESS MANAGEMENT (Semester-I)

Unit-1: Introduction

- 1.1 Meaning, Definition and Importance of Yoga
- 1.2 Origin and Historical development of Yoga
- 1.3 Ashtanga Yoga (Maharishi Patanjali): Yams, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi and their importance

Unit-II: Yoga-Asanas, Pranayamas and Shat Karmas

- 2.1 Meaning, Procedure, Precautions and Benefits of the following Asanas Meditative Asanas (Vajrasana, Padmasana, Swastikasana, Sukhasana); Supine Position Asanas (Ardh-Halasanana, Sarvangasana, Chakrasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana); Sitting Asanas (Ardh-Matsyendrasana, Paschimotanasana, Supta Vajrasana. Yog Mudra) Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana)
- 2.2 Meaning, Procedure, Precautions and Benefits of the following Pranayamas: Anulom-Vilom, Suryabhedan, Ujjayi, Bhrameri, Sheetali, Sheetkari Pranayamas
- 2.3 Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalabhati, Trataka, Neti and Vaman Dhauti

Unit III: Stress Management

- 3.1 Concept, Causes and Effects of Stress
- 3.2 Non-communicable diseases (due to stress), Stress prevention and good health
- 3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities and coping strategies

PART B: PRACTICAL

1. Suryanamaskar and any five asanas
2. Pranayams (any two) and Shat-karmas / Kriyas (any one)
3. Practice Meditation for 10-15 minutes.

General Elective (GE) in Physical Education ((Semester-II)

GE (H) OBESITY MANAGEMENT

Unit-I: Obesity & its Assessment

- 1.1 Concept and Causes of Obesity
- 1.2 Health Risks Associated with Obesity
- 1.3 Assessment of Obesity Body Mass Index (BMI), Waist-Hip Ratio, Skinfold Thickness (Abdomen, biceps, thigh, Supra-illine)

Unit-II: Management of Obesity through Diet

- 2.1 Nutrition and Balanced Diet
- 2.2 Dietary Aids and Gimmicks
- 2.3 Obesity and weight management through diet

Unit-III: Weight Management through physical activities and Behaviour modification

- 3.1 Importance of maintaining Healthy Weight; Weight Management and Energy Balance
- 3.2 Principles of weight management; Aerobic & anaerobic activities
- 3.3 Behaviour Modification techniques for weight management

PART B: PRACTICAL

1. Use BMI to identify the actual body weight status and desirable body weight status of at least ten students.
2. Calculate BMR and Waist-Hip ratio of at least ten students.
3. Measurement of Body Composition for calculating body fat and lean body mass

General Elective (GE) in Physical Education (Semester-III)

GE (H) AEROBICS TRAINING

Unit-I: Introduction

- 1.1. Introduction to Aerobics, Evolution of Aerobics
- 1.2 Benefits of participation in Aerobics
- 1.3. Individualized and Group Training in Aerobics

Unit-II: Aerobics

- 2.1. Forms of Aerobics (Floor, Step, Weight and Aqua Aerobics)
- 2.2. Appropriate Aerobic Gear, Flooring and Required Equipment
- 2.3. Need, Benefits and Selection of Music for Aerobics

Unit-III: Group Training

- 3.1 Development of Aerobic Fitness Programmes
- 3.2 Group Training Methods, Group Formation
- 3.3 Prevention and Care Specific to Aerobics - Foot Injuries, Shin Injuries, Knee Injuries, Multiple Site Injuries

PART B: PRACTICAL

1. Develop a 5-10 minute routine of acrobatics
2. Compilation of music on a pen drive for low-impact, medium-impact and high-impact floor aerobics
3. Demonstrate various group formations in an aerobic routine.

General Elective (GE) in Physical Education (Semester-IV)
FITNESS & EXERCISE MANAGEMENT

Unit-1: Physical Fitness

- 1.1. Concept and Significance of Physical Fitness
- 1.2. Components of Physical Fitness, Assessment of Health Related Physical Fitness Components Cardio- respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance, Flexibility
- 1.3. Principles of Training, Development of Fitness

Unit-II: Suggested Exercises for Fitness

- 2.1. Exercises for developing Cardio-respiratory Endurance, Weight Management, Resistance Training, Flexibility
- 2.2. Exercises for Children, Youth, Adults, Women, Senior citizens
- 2.3. Exercises for Coronary Heart Disease, Obesity, Diabetes, Asthma and Pulmonary Disease

Unit-III: Exercise Programming and Management

- 3.1. Health Appraisal, Setting Fitness Goals, Measuring Energy Expenditure
- 3.2. Behaviour Modification, Fitness Module, Prevention of Injuries and First-Aid
- 3.3. Evaluation of the implemented programme

PART B: PRACTICAL

1. Assessment of Wellness and Fitness for Life: Lifestyle Assessment Inventory (Assessment Activity-1), Physical Activity Readiness Questionnaire (PAR-Q), Functional Fitness Test for Senior Citizens
2. Evaluation of Fitness: Cooper's 9/12 min. (Girls/Boys) Run/ Walk Test, Sit and Reach Test/Modified Sit & Reach Test, Modified Sit-ups (one minute), Pull-ups/ Flexed Arm Hang (one minute), Body Mass Index(BMI), Basal Metabolic Rate (BMR), Waist-Hip Ratio (WHR)

2. LEARNING OBJECTIVES:

Sem I – Yoga & Stress Management :

- This course helps the students to understand the benefits of yoga in daily life.
- The course also makes them fit and healthy with the help of yoga practices.
- The students also deal with the stress of daily life with the help of this course.

Sem II – Obesity Management :

- Obesity Management helps the students to understand the demerits of obesity.
- They can help the society by helping them through the ways and methods to control the obesity and reduce to the optimum level of fitness.
- The disease associated with obesity can also be acknowledged by the students which motivate them to stay away from obesity.

Sem III – Aerobic Training :

- Aerobic training course helps the students to learn the different fitness regimens to make them healthy and fit.
- This course can help them to develop insight to opt it as a career in the future.
- This fitness regime also makes them indulge in physical activity with enjoyment.

Sem IV – Fitness & Exercise Management :

- This course helps in developing the understanding about different types of exercises.
- This course helps in knowing the benefits of exercise on the different parts of the body.

- It also helps the students to understand the concept of fitness and modalities to achieve the same.

3. LEARNING OUTCOMES FROM ALL THE OBJECTIVES WITH STUDENTS' RESPONSES.

(Like, Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree)

SEMESTER-I Yoga & Stress Management

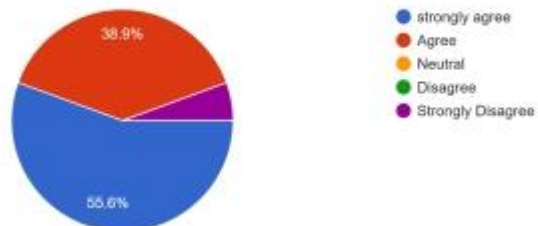
Q1 This course helps the students to understand the benefits of yoga in daily life.

18 responses



Q2 The course also makes them fit and healthy with the help of yoga practices.

18 responses



Q3 The students also deals with the stress of daily life with the help of this course.

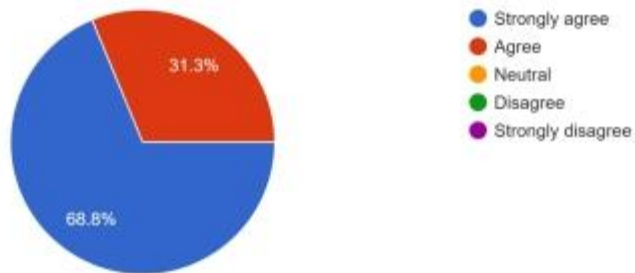
18 responses



SEMESTER-II-Obesity Management

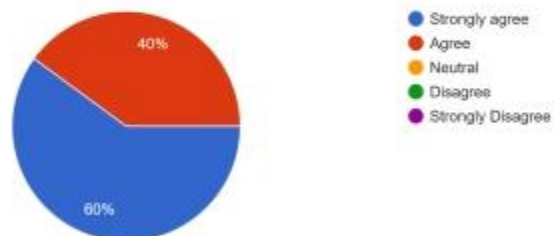
Q 1 Obesity Management helps the students to understand the demerits of obesity.

16 responses



Q2 They can help the society by helping them through the ways and methods to control the obesity and reduce to the optimum level of fitness.

15 responses



Q3 The disease associated with obesity can also be acknowledge by the students which motivate them to stay away from obesity.

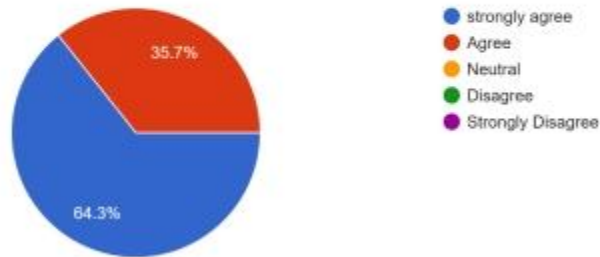
16 responses



SEMESTER-III Aerobics Training

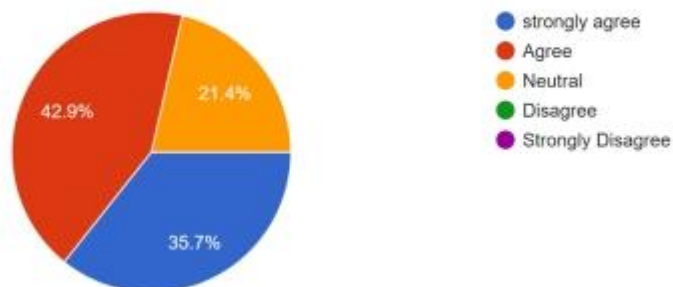
Q1 Aerobic training course helps the students to learn the different fitness regimes to make them healthy and fit.

14 responses



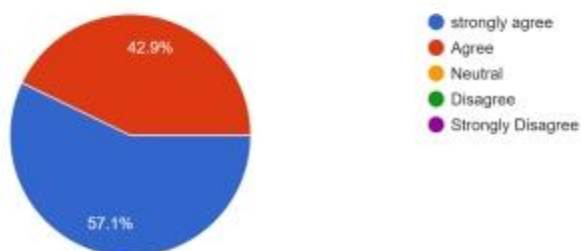
Q 2 This course can help them to develop insight to opt it as career in future.

14 responses



Q3 This fitness regime also makes them indulge in physical activity with enjoyment.

14 responses



4. COURSE CONTENT: YOGA AND STRESS MANAGEMENT (Semester-I)

UNITS	WEIGHTAGE	COMPREHENSION AND KNOWLEDGE	ANALYSIS AND APPLICATION
Unit-I: Introduction			
Unit-II: Yoga-Asanas, Pranayamas and Shat Karmas			
Unit III: Stress Management			
PRACTICAL			

COURSE CONTENT: OBESITY MANAGEMENT (Semester-II)

UNITS	WEIGHTAGE	COMPREHENSION AND KNOWLEDGE	ANALYSIS AND APPLICATION
Unit-I: Obesity & its Assessment			
Unit-II: Management of Obesity through Diet			
Unit-III: Weight Management through physical activities and Behaviourmodification			
PRACTICAL			

COURSE CONTENT: AEROBICS TRAINING (Semester-III)

UNITS	WEIGHTAGE	COMPREHENSION AND KNOWLEDGE	ANALYSIS AND APPLICATION
Unit-I: Introduction			
Unit-II: Aerobics			
Unit-III: Group Training			
PRACTICAL			

COURSE CONTENT: FITNESS & EXERCISE MANAGEMENT (Semester-IV)

UNITS	WEIGHTAGE	COMPREHENSION AND KNOWLEDGE	ANALYSIS AND APPLICATION
Unit-1: Physical Fitness			
Unit-II: Suggested Exercises for Fitness			
Unit-III: Exercise Programming and Management			
PRACTICAL			

2. Program Outcome according to Bloom's Taxonomy

Course/ Name of the Paper	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	✓					✓
CO2		✓				
CO3					✓	
CO4			✓			
CO5				✓		✓

Note: details of PO1 and PO6 is explained at the end.

Note:

PO1- I feel the program has helped to develop skills and attitudes needed for critical thinking and adopting a comprehension-solving approach.

PO2- The teaching-learning pedagogies used in the program have made me capable enough to deliver and communicate information effectively with a mark.

PO3- The program has helped me to inculcate the qualities to teamwork, cooperation and Solidarity.

PO4- The program has made me capable of comprehending international frameworks keeping in view research aspects in consideration.

PO5- The program has trained me to check unethical behaviour, falsification and manipulation of information in order to avoid debacles which can be seen rising persistently over the period of time.

PO6- I feel my mental horizon has broadened due to understanding of the intricacies of the paper.

3. How paper in the course helped to become technologically updated and made aware?

Teaching health and physical education is now an important aspect of human life-

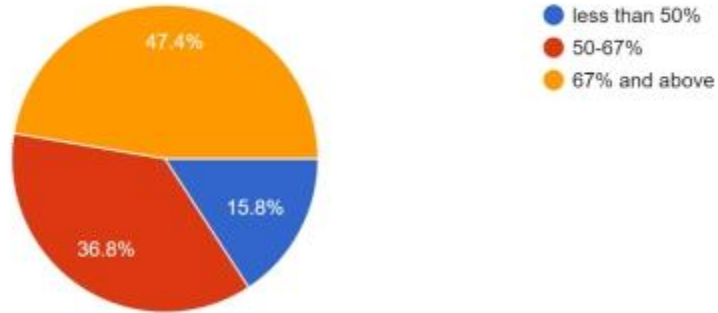
- This course give the knowledge to the students about the physiology of their body and how body system become healthy after conditioning.
- Considering the prevalence of lifestyle diseases in the modern era our vision of growth of the department focuses on working on improvement of the lifestyle of the masses because only sports, more than any medicines of the world will assure good health.
- All the students should be involved in multifarious fitness and sports activities such as cardio, pilates, kick boxing, power yoga, strength training, conditioning exercises and individual and group games etc.
- Continuous evaluation and Test and measurement of all the fitness components will help in keeping a check on their improvement in physiological parameters. Thus a fitness profile of every individual will be developed.
- For updating on regular basis health camps, workshops on fitness and sports nutrition, personality development, sports for all, adventure activities, self-defense training program will be organized.
- Scientific sports training will be given to all professional sportsman to add feathers in the cap of India.
- For development of leadership qualities students will be involved in adventure activities.
- Also gave knowledge about the new concepts trending in Physical education.

4. Average attendance of students in the Course?

Yoga & Stress Management

what percentage of classes of this course you have attended

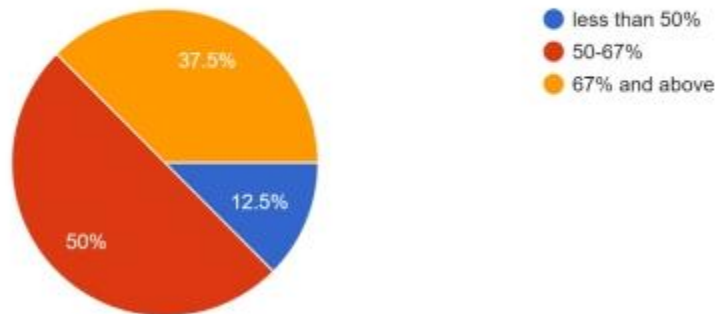
19 responses



Obesity Management

what percentage of classes of this course you have attended

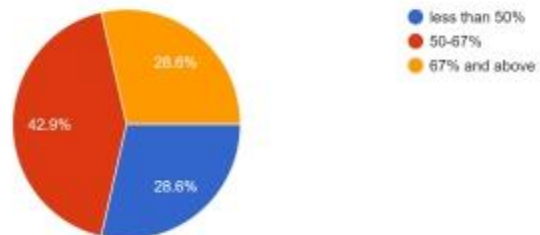
16 responses



Aerobics Training

What percentage of classes of this course you have attended

14 responses



5. Different pedagogical and Peer Learning used for Course Outcome

It includes lectures, presentations, group discussion, workshops, adventure camps, Practical, seminars etc.

6. Community Outreach Initiatives and Field Visits

Outreach Initiatives	YES
Field Visits	
Workshop	YES
Seminar/Webinar	YES
Practical Exercises	YES
Group Activities	YES

7. Research, Technology Skills, and Project-based Learning Developed in Students

RESEARCH SKILLS	TECHNOLOGICAL SKILL	PROJECT-BASED LEARNING
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8. Skill, Knowledge and value-added after the Course

Analytical Competency	✓			
Problem-solving competence	✓	✓		
Leadership		✓		
Time management	✓			
Team Work/ Collaboration Skills	✓	✓		

Communication Competence				
IT Skill				
Critical Thinking	✓	✓		
Entrepreneurial/ Job	✓	✓		
Any Other, Specify				
Overall Development after Course	✓	✓	✓	

9. Employment and Placement Opportunities after Course Completion

Students are employed in various schools and fitness instructors, yoga trainers etc.

10. Overall Analysis

(Course learning outcomes based on learning outcomes mentioned in the beginning of each course)

- These courses will help students to imbibe physical activities as life long learning activities.
- The skills learned during these courses will help students to maintain a positive lifestyle.
- The students are better able to deal with the stressors of their daily life.
- The various forms of fitness helps in widening the horizons of students.

11. Action Taken Report

12. Mentor and Mentee for Overall Course Outcome

MENTOR- DR. RASHMI GUPTA, DR. MANISH KUMAR VATS

MENTEE- STUDENTS OF GE (HONS.) 1 SEM, II SEM, III SEM

13. Does the Outcome support the Program Goals?

Yes

14. Does the outcome describe what the program intends for students to know (Cognitive), think (Affective, Attitudinal), or (Behavioural, Performance)?

Yes

15. Do you have or can you create an activity to enable students to learn and demonstrate the desired outcome?

YES.

- Physical fitness training schedule has been developed by students.
- Fitness assessment by students of family and friends.

16. Can the results from assessing this outcome be used to make decisions on how to improve the program?

Yes

17. Extra Remarks and Students Feedback

18. Attach the Students List of the Course: GE in B.A.(H) Courses
Name of Paper-

NAME OF THE PAPER/SUBJECT: YOGA AND STRESS MANAGEMENT

PAPER CODE:12555101

Name of Paper-

NAME OF THE PAPER/SUBJECT: OBESITY MANAGEMENT

PAPER CODE:12555261

S.NO	Roll No.	Name
1	21002513004	Charu
2	21002513057	Varsha
3	21002513031	Riya Pundir
4	21002513055	Vaishali
5	21002513054	Thanmai Kumaram
6	21002513027	Priyadarshani
7	21002513052	Sweta Rathor
8	21002532030	Shagufta
9	21002532021	Nazia
10	21002532013	Laxmi
11	21002532004	Jahnvi Deb
12	21002532034	Visha Sharma
13	21002504011	Divya
14	21002504019	Kashish Garg
15	21002504040	Vishakha
16	21002504009	Divyanshi Behl
17	21002504039	Vanya Sindwani
18	21002504036	Tanishka
19	21002504015	Gunjan
20	21002504022	Kiran Kumari
21	21002504017	Karishma Gupta
22	21002504010	Divya
23	21002504018	Karuna
24	21002504025	Mansi
25	21002504006	Apurva Rai
26	21002504034	Shristy Kumari

27	21002504005	Anushka
28	21002504027	Parul
29	21002593017	Nisha Kanojia

NAME OF THE PAPER/SUBJECT: AEROBICS TRAINING

PAPER CODE:12555324

S.NO.	EXAM ROLL NO.	COLLEGE ROLL NO.	NAME
1	20002532039	2004022	Yogita
2	20002532028	2004023	Ritu
3	20002532042	2004029	Afsana
4	20002532020	2004033	Nimisha Jha
5	20002532010	2004034	Kanika
6	20002532037	2004037	Sonali
7	20002532009	2004050	Kajal
8	20002532019	2004051	Neha
9	20002532013	2004054	Kunjika
10	20002532041	2004061	Emmanuella Appiah Darkowaah
11	20002513010	2002013	Priyanshi sharma
12	20002513024	2002038	Anchal
13	20002513019	2002025	Diya Jalal
14	20002513027	2002041	Bhumika atri
15	20002513007	2002007	lucky Sindhu
16	20002513017	2002022	Preeti Kumari
17	20002513028	2002042	Ipsita
18	20002593025	2003033	Vidhi

19	20002593013	2003018	Isha
20	20002593028	2003036	Rekha Sharma
21	20002593007	2003010	Srishti Tripathi
22	20002504030	2006060	Vyoma karana
23	20002504004	2006119	Ashmita
24	20002504010	2006038	Laxmi
25	20002504006	2006011	Himanshi
26	20002504026	2006117	Swati

NAME OF THE TEACHER- DR. RASHMI GUPTA

DR. MANISH KUMAR VATS

DATE: