

Syllabus of Physical Education Subject-MDC

Syllabus of Interdisciplinary Courses (IDC) in Physical Education for MDC (Theory)

Semester-1/2/3

Course-IDC; Paper Code: PE-MD-IDC1-1-Th / PE-MD-IDC2-2-Th/ PE-MD-IDC3-3-Th
(Marks-50; Credit-2)

PAPER: YOGA AND WEIGHT MANAGEMENT

UNIT -1: Introduction of Yoga

- 1.1 Meaning and Concept of Yoga
- 1.2 Aim and objectives of Yoga
- 1.3 History and origin of Yoga
- 1.4 Need and Importance of Yoga in daily life.

UNIT -II: Methods of Yoga

- 2.1 Concept of Astanga Yoga and its steps
- 2.2 Asana, Pranayam, and Meditation
- 2.3 Dos and Don'ts on Yoga practice
- 2.4 Effects of Yoga on body and mind.

UNIT-III: Introduction of Weight Management

- 3.1 Meaning and concept of weight management.
- 3.2 Factors affecting weight management programme.
- 3.3 Concept of B.M.I.(Body Mass Index) and assessment of weight status from BMI.
- 3.4 Obesity-meaning, causes and solution. Health risks associated with Obesity.

UNIT-IV: Steps of Planning of Weight Management

- 4.1 Concept of Nutrition and healthy diet.
- 4.2 Role of diet and exercise in weight management programme.
- 4.3 Concept of daily calorie intake and expenditure for weight management.
- 4.4 Planning of weight management programme for Overweight and Obese persons.

Reference Books:

1. Sil, P. (2023), Sports Nutrition and Weight Management; Classique Books. Kolkata.
2. Brown, F.Y. (2000). How to use yoga. Delhi: Sports Publication.
3. Gharote, M.L. & Ganguly, H, (1988). Teaching methods for yogic practices. Lonawala: Kaixydamoe.
4. Kayal, R. (2020), Yoga Siksha, Classique Books, Kolkata
5. Shankar, G. (1998). Holistic approach of yoga. New Delhi: Aditya Publishers. Shekar, K.C. (2003)
6. Yoga for health. Delhi: KhelSahitya Kendra.
7. K Roy & S Mitra; Ethics & Values Different Perspectives; Bethun college & Mohota Publishing House, Kolkata
8. Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful Weight loss maintenance, Obesity (Silver Spring). 15(12),3091- 3096.
9. Fink, III. Burgoon, LA. And Mikesky, AE. Practical application in Sports Nutrition; Jones and Bartlett Publishers, Boston, USA.