



Indraprastha College for Women

University of Delhi

WORK PLAN FOR ODD SEMESTER – 2026

Course Name:	Generic Elective
Paper Title:	LIFESTYLE MANAGEMENT THROUGH PHYSICAL EDUCATION
Unique Paper Code:	2554000003
Semester:	5
Faculty(s):	Dr. Himani Malhotra
Year:	2026-27

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1.	The main objective of this course is to change the behaviour of each individual learner by developing awareness regarding positive lifestyle, physical fitness, weight management, food choices, and healthy practices to balance life.	1.	Introduction of Physical Education and lifestyle
		2.	Concept of Physical Education
		3.	Concept of lifestyle
		4.	Relationship Between Physical Education and Lifestyle
		5.	Meaning of health
		6.	Components of health
		7.	Factors affecting health
		8.	Factors affecting lifestyle
		9.	Unit I Revision
2		10.	Meaning & Definition of sustainable health practices
		11.	Importance of sustainable health practices
		12.	Key elements of sustainable lifestyle for healthy living
		13.	Causes of lifestyle diseases

		14.	Prevention of lifestyle diseases
		15.	Unit II Revision
3		16.	Short-term goals for positive lifestyle
		17.	Long-term goals for positive lifestyle
		18.	Dietary guidelines
		19.	Food pyramid
		20.	Dietary guidelines – practical meal choices
		21.	Sleep management
		22.	Physical activity and lifestyle goals
		23.	Unit III Revision
4		24.	Introduction to Mental Health
		25.	Factors Influencing Mental Health
		26.	Common Mental Health Disorders
		27.	Mental health and lifestyle factors
		28.	Physical exercise and mental wellbeing
		29.	Exercise for positive mental wellbeing
		30.	Holistic lifestyle Management
		31.	Integration of activity, nutrition, sleep and mental wellbeing
		32.	Unit IV Revision
		33.	Revision Units I–II
		34.	Revision Units III–IV
		35.	Questions discussion
		36.	Internal Assessment/Practical Preparation
		37.	Fitness/physical activity Programme-baseline
		38.	Fitness programme –implementation
		39.	Discussion on common lifestyle diseases
		40.	Practice on developing a fitness/ physical activity program for a healthy lifestyle
		41.	Practice on designing a management program
		42.	Practice on preparing a diet plan for a healthy lifestyle
		43.	Personal nutrition and fitness plan
		44.	Final practical assessment preparation
		45.	Overall Course Review

Unit	Contents/Syllabus
I	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
II	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
III	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
IV	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
S. No.	Name of Authors/Books/Publishers
1.	Anspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). “Wellness: Concepts and applications”. McGraw-Hill Companies.
2.	Caliendo, M. A. (1981). “Nutrition and preventive health care”. Macmillan.
3.	Hales, D. (2006). “An invitation to health”. Cengage Learning
4.	Hoeger, W. W. K., & Hoeger, S. A. (2007). “Fitness & Wellness. Belmont”, USA: Thomson Wadsworth
5.	Howley, E. T., & Franks, B. D. (1986). “Health/Fitness Instructor's Handbook”. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	0	2
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks

1	Internal Assessment		30
		• Assignment/Quiz/Project/Presentation	
		• Class Test	
		• Attendance	
2.	Continuous Assessment (Tutorial)		NA
		• Activity 1	
		• Activity 2	
		• Attendance	
3.	Practical		40
		• Continuous Assessment/File	
		• End Term Written/Practical Exam	
		• Viva	
4.	End Semester Examination		90
	Total		160