

## **CERTIFICATE COURSE ON WHOLISTIC PERSONALITY DEVELOPMENT**

### **Syllabus**

#### **Unit-1 : Introduction, Foundations and Components of Wholistic Personality Development.**

Meaning Definition and Importance of Wholistic Personality, Meaning Definition and similarities & distinctions among Education, Health Education, Physical Education, Health, Fitness, Wellness, and Personality. Foundations of Personality – Chemical composition of human body, concept of relative sizes, units for measuring cellular organelle. Philosophy of Wholistic Personality Development : General and Individual's aspects. Meaning and Definition of Habit, behavior and their roles in Personality Development. Components of Wholistic Personality : Meanings, Definitions of and inter-relationship among components.

#### **Unit-2 : Concepts of Wholistic Personality Development.**

Self management skills; Societal Norms and their ill-effects on Holistic Personality; Steps of developing wholistic personality; Management of personality through homeostatic mechanism for promotion of personality; Role of Heredity, Environment and self-responsibility in personality development. Art of Switching off and switching on of genes for developing wholistic personality; Commitment to Application of knowledge existing; Time Management and Wholistic Personality – Daily schedule, To do lists, daily journal; Basic habits' excellence for wholistic personality development. Role of Physical Activity in developing components of holistic personality. Types of Physical Activity : Lifestyle activities and Exercise; Role of Physical Activity in Wholistic Personality Development.

#### **Unit-3 : Physical Personality Development (PPD).**

Meaning, definition and importance of physical personality development. Need of knowing personal strengths and weaknesses in physical personality development. Self assessment of Physical Personality from Health markers. Studying components of physical personality – physique, lifestyle, nutritional habits. Developing Physical Personality : Motivation to regular exercising; PAR-Q and its demonstrative knowledge; overcoming barriers to PA, Principles of Training for PPD, Exercise Program Design, Adherence to PA; Brief principles of nutrition & nutritional routines.

#### **Unit-4 : Psychological Personality.**

Meaning, definition and important of psychological personality. Components of psychological personality : MESS i.e. Mental Personality, Emotional Personality, Spiritual and Social Personality. Characteristics of Mental Personality. Types of Mental Personality – ABCD types of personality & OCEAN. Understanding Stress, Mind-Body interaction; Mental health & P.A.; Stress management Description of Relaxation Techniques. Types of Emotional Personality and emotional learning points. Self image, self-concept, Self efficacy, Self confident and role of self responsibility for PA and its impact on emotional personality. Meaning, Definition & Importance of Social personality. Components of Social Personality. Meaning, Definition and Importance of Spiritual Personality.

#### **Unit-5 : Extrinsic Personality : Temporal, occupational and Experimental (Growth Patterns knowledge).**

Meaning, definition and importance of growth and development, the elements of temporal personality. Meaning definition and importance of occupational personality. Foundations of financial literacy and competence for enjoying success in financial & wealthy requirements of well-being.

Meaning, definition and importance of extrinsic environment of man and environmental personality development. Requirements of my environmental personality.

**Practicals :**

1. BMI and its application for obesity.
2. Measurement of holistic personality of self and others.
3. Personality development prescription to type A, type B and type C mental personality people.
4. Application of HELP-HELP and MEN Acronyms.
5. Personal identity measurement from health variables.
6. Personality measurement from fitness and from wellness variables.
7. To demonstrate alum gargles : water cleaning of throat & nose.
8. To demonstrate right kind of breathing vs wrong routine breathing pattern.

**Note :** Question Paper will be divided into two part A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

**References Resource Books :**

1. Bernard, N. (2001). Turn off the Fat Genes. Harmony Books, USA.
2. Cohen, R. J. & M.E. Swerdlik (2002). Psychological Testing and Assessment. McGraw Hill, USA.
3. Covey, S. (2004). The 8<sup>th</sup> Habit . Franklin Covey Press, USA.
4. Edlin, G. & E. Golanry (2004). Health & Wellness. Jones and Bartlett Publishers, USA.
5. Hales, D. (2005). An Invitation to Health. Thomson Wadsworth, USA.
6. Jackson, A.W., J.R. Morrow, D.W. Hill and R.K. Dishman (2004). Physical Activity for Health & Fitness. Human Kinetics, USA.
7. Kansal, D.K (2011). Holistic Personality Development. Sports & Spiritual Science Publication, New Delhi (2 Press).
8. Peeke, P. (2006). The National Body Challenge. Hay House, Inc., USA.
9. Robbins, G., D. Powers and S. Burgers (2008). A Wellness Way of Life. McGraw Hill, USA.
10. Tortora, G.J. and S.R. Grabowski (2003). Principles of Anatomy & Physiology. John-Wiley & Sons, USA.
11. Vivekananda, S. (2007). Personality Development. Advaita Ashrama Publications, Kolkata, India.
12. Weinsberg R.S. and D. Gould (2003). Foundations of Sports & Exercise Psychology. Human Kinetics, USA.

**Evaluation Process :** Evaluation will be four-fold: (i) Theory Test scores, (ii) Assignments scores, (iii) Practical Tests scores and (iv) Internship Report.

**Fees :** Rs.8000 for P.E. graduates and Rs.10000 for others.

**Study Material:** Specific study material will also be prepared for the course to be provided to each student (Under Preparation).

**Laboratory Equipments Needed :** LDC Projector; Weighing Machines – Lever type and Portable; Anthropometer, Steel tape, Skinfold Caliper; Treadmill; Dynamometers, Microscope; Stop Watches; Stethoscopes; Sphigmomanometers; Holistic Personality Measurement Questionnaires.