

CHAUDHARY RANBIR SINGH UNIVERSITY, JIND

Scheme of Examination for Undergraduate Programme

Subject: Health & Physical Education

as per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry-Exit, Internships and Choice Based Credit System implemented form session 2023-24

YEAR/ PROGRAMME	SEME STER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours	Max. Marks				
					Theory	Practical	Total		Theory		Practical		Total
									External	Internal	External	Internal	
1/BACHELOR' S CERTIFICATE	1	Core Course - 1 Major Core Course - 1	B23-Phy.Ed.-101	History and Foundation of Physical Education	3	1	4	5	50	20	20	10	100
		Major Core Course - 2	B23-Phy.Ed.-102	Heath Education	3	1	4	5	50	20	20	10	100
		Core Course Minor - 1	B23-Phy.Ed.-103	Olympics Movement	2	-	2	2	35	15	-	-	50
		Multidisciplinary course - 1	B23-Phy.Ed.-104	Fundamentals of Physical Education	2	1	3	4	35	15	20	5	75
	2	Core Course - 2 Major Core Course - 3	B23-Phy.Ed.-201	Basic Anatomy and Physiology	3	1	4	5	50	20	20	10	100
		Core Course Minor - 2	B23-Phy.Ed.-202	Asian and Commonwealt h Games	2	-	2	2	35	15	-	-	50
		Discipline specific Elective Course - 1	B23Phy.Ed.-203	Athletics - Track Events and Road races	3	1	4	5	50	20	20	10	100
		Multidisciplinary course - 2	B23-Phy.Ed.-204	Fundamentals of Yoga	2	1	3	4	35	15	20	5	75
		Skill Enhancement Course-2	B23-SEC-226	Self Defence	1	2	3	5	20	5	35	15	75

2/ BACHELOR'S DIPLOMA	3	Core Course - 3	B23-Phy.Ed.-301	Exercise Physiology	3	1	4	5	50	20	20	10	100
		Major Core Course - 4	B23-Phy.Ed.-302	Sports Psychology	3	1	4	5	50	20	20	10	100
		Multidisciplinary course - 3	B23-Phy.Ed.-303	Basics of Naturopathy	2	1	3	4	35	15	20	5	75
		Vocational - 1	B23-VOC-113	Basics of Physiotherapy Technique	3	1	4	5	50	20	20	10	100
		Value Added Course - 3	B23-VAC-302	Yoga and Meditation	1	1	2	3	20	5	20	5	50
	4.	Core Course - 4	B23-Phy.Ed.-401	Basics of Sports Fitness	3	1	4	5	50	20	20	10	100
		Major Core Course - 6	B23-Phy.Ed.-402	Sports Injuries and Rehabilitation	3	1	4	5	50	20	20	10	100
		Major Core Course - 8	B23-Phy.Ed.-403	Sports Nutrition	3	1	4	5	50	20	20	10	100
		Discipline specific Elective Courses -2	B23-Phy.Ed.-404	Athletics Field Events	3	1	4	5	50	20	20	10	100
Vocational - 2		B23-VOC-213	Training in Yoga Asanas	2	2	4	6	35	15	35	15	100	
3/ Degree	5	Core Course - 5	B23-Phy.Ed.-501	Sports Training	3	1	4	5	50	20	20	10	100
		Major Core Course - 9	B23-Phy.Ed.-502	Sports Sociology	3	1	4	5	50	20	20	10	100
		Major Core Course - 10	B23-Phy.Ed.-503	Sports Journalism	3	1	4	5	50	20	20	10	100
		Discipline specific Elective -2	B23-Phy.Ed.-504	Wellness and Life Style	3	1	4	5	50	20	20	10	100
	6	Core Course - 6	B23-Phy.Ed.-601	Organisation and administration	3	1	4	5	50	20	20	10	100
		Major Core Course - 11	B23-Phy.Ed.-602	Sports Medicine	3	1	4	5	50	20	20	10	100
		Major Core Course - 12	B23-Phy.Ed.-603	Stress	3	1	4	5	50	20	20	10	100

	Elective -4		Management									
	Discipline specific Elective - 5	B23- Phy.Ed.-604	Adapted Physical Education	3	1	4	5	50	20	20	10	100
	Vocational - 4	B23-VOC- 410	Sports for life	2	2	4	6	35	15	35	15	100

PROGRAMME LEARNING OUTCOMES (PLOs)

PLO – 1. Knowledge and Understanding: Acquire knowledge about the various aspects of human body and effect of exercise on the it. Develop understanding for holistic development through participation in physical activities and sports.

PLO – 2. Skills/Technical Skills: Acquire basic skills/techniques of various sports & games, fitness activities, yoga and self-defence. Ability to analyze the local and global impact of sports, games & physical activities on individuals, organizations and society.

PLO – 3. Application of Knowledge and skills: Apply the knowledge and skill in evaluation of posture, general health & wellness, general fitness and administration of various physical education and sport programs.

PLO – 4. Communication Skills: Ability to communicate effectively among a range of audiences/ stakeholders.

PLO – 5. Critical thinking: Ability to Identify, define the actual requirements, formulate, and analyze complex physical education and sports related problems to reaching substantiated conclusions.

PLO – 6. Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation of physical education and sports.

PLO – 7. Life-long Learning: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal of the society.

PLO – 8. Creativity: Acquire the ability to design, implement and evaluate process or program to meet desired needs in the field of physical education and sport at local, national and international level.

PLO – 9. Research Aptitude: Participation in sports and physical activity develops analytical skills, logical reasoning, and problem-solving abilities, which are crucial for research aptitude.

PLO – 10. Problem Solving: Apply the knowledge of basic sciences that is relevant and appropriate to physical education and sports leading to solution of complex sports related issues and problems.

1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)

Core Course – 1& Major Core Course – 1

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	History and Foundation of Physical Education		
CourseCode	B23-Phy.Ed.-101		
CourseType:	Core Course - 1 Major Core Course - 1		
Level of the Course	100 - 199		
Pre-requisite(ifany)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. Itisopenforall.		
Course LearningOutcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Aims, Objectives and scope of Physical Education. 2. Explain the historical development of Physical Education in India 3. Illustrate the basic knowledge ofbiological aspects of Physical Education 4. Tell thevarious Career opportunities in Physical Education and Sports. 		
	5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho Kho and Badminton.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100			Time: 3 Hours
Part I - Theory = 70			For End Term Exam
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	IntroductionofPhysicalEducation: <ul style="list-style-type: none"> • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives Physical Education • Scope of Physical Education. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science 		12

II	History of Physical Education in India: <ul style="list-style-type: none"> Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) Physical Education during Vedic period (2500 BC – 600 BC) Physical Education during Early Hindu Period(600 BC – 320 A.D) Physical Education during Later Hindu Period(320 A.D – 1000 A.D) Physical Education during Medieval Period (1000 A.D – 1757 A.D) Physical Education during British Period (Till 1947) Physical Education during After Independence 	12	
III	Biological Basis of Physical Education: <ul style="list-style-type: none"> Meaning of Growth and Development Meaning of Chronological Age, Anatomical age, Physiological age and Mental age Principles of Growth and development Difference between Growth and development Factor affecting Growth and development Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood. 	11	
IV	Career opportunities in Physical Education and Sports: <ul style="list-style-type: none"> Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others Qualifications and responsibilities as sports Event Managers, Technical Officials, Researcher and others Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts Career opportunities in various Central Govt, State Govt., Private Organizations and others Career opportunities in Manufacturing and Marketing sectors. Entrepreneurs opportunities in Physical Education and Sports. 	11	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment -20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.	
Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	15 Marks	15
II	Badminton: Court specifications, general rules and basic skills	15 Marks	15

<p>InternalAssessment:10 Marks</p> <p>Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Game)</p>	<p>End TermExam: 20 Marks</p> <p>Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Game)</p>
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PartC-Learning Resources

- Suggested Readings:
- Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
- BevinsonPerinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
- Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
- Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
- Charles C. Cowell & William L. France.(1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd . Daryaganj, New Delhi. (2013).
- Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000).
- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014).
- Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)

Major Core Course - 2

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	Health Education		
CourseCode	B23-Phy.Ed.-102		
CourseType	Major Core Course - 2		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Course only for students studying Physical Education as Major subject		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the concept of Health and Health Education. 2. Explain the concept of Occupational Health 3. Illustrate the basic knowledge of various Communicable Diseases 4. Acquire basic knowledge about the Communicable Diseases 5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100			Time: 3 Hours
Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			For End Term Exam
Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
Instructions for Paper- Setter:			
The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	IntroductionofHealth and Health Education: <ul style="list-style-type: none"> • Meaning and definition of Health • Meaning and definition of Health Education • Objectives of Health Education • Dimensions of Health Education • Scope of Health Education • Principles of Health Education. • Need of Health Education in modern society. 		12
II	Occupational Health <ul style="list-style-type: none"> • Meaning and definition of Occupational Health • Scope of Occupational Health 		12

	<ul style="list-style-type: none"> Principles of Occupational Health. Scope of Occupational Health Factors responsible for Occupational Health Hazards and Diseases: Physical Hazards, Chemical Hazards, Biological Hazards, Mechanical Hazards, Psycho – Social Hazards. Occupational diseases caused by Physical and Chemical factors 		
III	Communicable Diseases <ul style="list-style-type: none"> Meaning of Communicable Diseases Name of various Communicable Diseases Meaning, Causes, symptoms and Treatment of HIV/ AIDS Meaning, Causes, symptoms and Treatment of Hepatitis A, B and C Meaning, Causes, symptoms and Treatment of Tuberculosis and Chicken Pox Meaning, Causes, symptoms and Treatment of COVID-19 	11	
IV	Non - Communicable Diseases <ul style="list-style-type: none"> Meaning of Non-Communicable Diseases Name of various Non-Communicable Diseases Meaning, Causes, symptoms and Treatment of various types cardiovascular disease Meaning, Causes, symptoms and Treatment of various types of Typhoid and Attention Deficit Hyperactivity Disorder (ADHD) Meaning, Causes, symptoms and Treatment of Type I and Type II Diabetes Meaning, Causes, symptoms and Treatment of Arthritis 	10	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.	
Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	BMI: Calculation of BMI, Categories of BMI	5 - Marks	8
II	Calculation of Peak Expiratory Flow with Spirometer, Analysis of Peak Expiratory Flow	5 - Marks	8
III	Measurement of Pulse Rate and Blood Pressure	5 - Marks	7
IV	Measurement of Oxygen Saturation level, its interpretation	5 - Marks	7

	<p>InternalAssessment:10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)</p>	<p>UniversityExam(UE): 20 Marks Evaluation through Skill ofhandling the instrument / Demonstration/ Viva Voce/ Practical Record File(5 Marks for Each Unit)</p>
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PartC-Learning Resources

SuggestedReadings:

- Sharma, V.K, Health & Physical Education Saraswati House Pvt. Ltd. Daryaganj, New Delhi.(2013).
- Bucher Olsen and Willgoose; The Foundation of Health Prentice Hall inc.Englewood Fliffs,New Jersey,(1976).
- Turner S and Smith, School Health and Health Education, The C.V. Mos by Company St.Loius (1961).
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
- Kang G.S. Deol N.S. An introduction to Health and Physical Education 21st century.Patiala (2008).
- Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana, 2015

1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Minor Core Course - 1

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	Olympic Movement		
CourseCode	B23-Phy.Ed.-103		
CourseType	Minor Core Course - 1		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Course only for students studying Physical Education as Major subject		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the concept of Olympic Movement and Ancient Olympics. 2. Acquired basic knowledge about Modern Olympics. 3. Describe the various Types of Olympics. 		
Credits	Theory	Practical	Total
	2	Nil	2
Contact Hours	2 hours per week	Nil	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)		Time: 2 Hours For	
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III& IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Origin of Olympic Movement <ul style="list-style-type: none"> • Philosophy of Olympic movement • The significant stages in the development of the Ancient Olympic movement • Politics and Religion of Ancient Olympics, Opening ceremony, Different Events of Ancient Olympics, Participants of Various events, Prizes for winners, • Decline and Termination of the ancient Olympics 		10
II	Modern Olympic Games <ul style="list-style-type: none"> • Revival of Olympic Games • Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem • Opening ceremony, Closing ceremony, medal ceremony • Olympic Protocol for member countries • Indian Performance in Modern Olympics 		10

III	<p>Different Olympic Games</p> <ul style="list-style-type: none"> • Paralympics Games: Brief History and symbols. Its relation with other Olympics • Winter Olympics: Brief History and symbols. Its relation with other Olympics • Youth Olympic Games: Brief History and symbols. Its relation with other Olympics • Indian Performance in Modern Paralympics, Winter and Youth Olympics. 	10
<p>Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment -15 Marks + End Term Exam -35 Marks)</p>		
<p>Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4 Seminar/ Assignment/ Quiz/class test, etc. = 4 Mid Term Test = 7</p>		<p>End Term Exam: 35 Marks Time = 2 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 10 Marks.</p>
<p>Part B - Learning Resources</p>		
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • Ajmer Singh, Jagdish Bans, Jagtar Singh Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers. • Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner Osborne, M. P. (2004). • Magic Tree House Fact Tracker: Ancient Greece and the Olympics: A Nonfiction Companion To Magic Tree House: Hour of the Olympics. New York: random house books for young readers. 		

1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Multidisciplinary Course - 1

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	Fundamentals of Physical Education		
CourseCode	B23-Phy.Ed.-104		
CourseType	Multidisciplinary Course - 1		
Level of the Course	100 - 199		
Pre-requisite(ifany)	12 th pass from any streams (Arts/Science/ Commerce). It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Aims, Objectives and scope of Physical Education. 2. Illustrate the basic knowledge biological aspects of Physical Education 3. Tell the various Career opportunities in Physical Education and Sports. 4. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75			Time: 2 Hours
Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			For End Term Exam
Part II - Practical = 25 (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)			
PartB-Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Physical Education: <ul style="list-style-type: none"> • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives of Physical Education • Professional Courses in Physical Education and Sports. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science 		10

II	Biological Basis of Physical Education: <ul style="list-style-type: none"> • Meaning of Growth and Development • Meaning of Chronological Age, Anatomical age, Physiological age and Mental age • Principles of Growth and development • Difference between Growth and development • Factors affecting Growth and development • Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood. 	10	
III	Career opportunities in Physical Education and Sports: <ul style="list-style-type: none"> • Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. • Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others • Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others • Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. • Qualifications and responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts • Career opportunities in various Central Govt, State Govt., Private Organizations and others • Career opportunities in Manufacturing and Marketing sectors. • Entrepreneur opportunities in Physical Education and Sports. 	10	
Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Internal Assessment: 15 Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4 Seminar/Assignment/Quiz/class test, etc. = 4 Mid Term Test = 7	End Term Exam: 35 Marks Time = 2 hrs. One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.		
Part II – Practical Maximum Marks: 25 (Internal Assessment - 5 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	10 Marks	15
II	Badminton: Court specifications, general rules and basic skills	10 Marks	15
Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File		University Exam (UE): 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File: (10 Marks for each Sports)	
Part C - Learning Resources			

Suggested Readings:

- Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
- Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
- Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
- Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
- Charles C. Cowell & William L. France.(1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd . Daryaganj, New Delhi. (2013).
- Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000).
- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014).
- Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

**2nd Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)**

Core Course – 2&Major Core Course - 3

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Basic Anatomy and Physiology		
CourseCode	B23-Phy.Ed.-201		
CourseType:	Core Course - 2 Major Core Course - 3		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Student who has opted Core Course – 1 in 1 st Semester		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Anatomy,Physiology and structure of Cells. 2. Explain the structure of Joints and Muscular System 3. Illustrate the basic knowledge about Anatomy,Physiology of Circulatory and Digestive Systems of human body 4. Explainthe Anatomy,Physiology of Respiratory and Excretory Systems of human body 		
	5. Identify name and locations of bones, muscles and organs of various systems of human body.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100			Time: 3 Hours For End Term Exam
Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Anatomy and Physiology <ul style="list-style-type: none"> • Meaning and Definition of Anatomy and Physiology. • Importance of Anatomy and Physiology in Physical Education and sports • Cell: Structure, Properties and functions • Meaning of Cell, Tissues, Organs and System. • Bone: Meaning and types • Skeletal System: Structure and functions of Skeletal System. • Axial and Appendicular Skelton 		12

II	Joints and Muscular System <ul style="list-style-type: none"> • Meaning of Joints, Types of Joints • Types of Synovial Joints present in human body • Meaning of Muscle, Types of muscles present in human body • Gross Structure of Skeletal Muscle, • Structural Classification of Skeletal muscles. 	10
III	Circulatory System and Digestive System <ul style="list-style-type: none"> • Constituents of blood and Function of blood • Structure of the heart • Types of Blood Circulation: Systemic, Pulmonary and Coronary, • Organs of Digestive System • Structure and functions of the digestive system, • Process of Food absorption, Name and functions of various digestive juices and enzymes 	12
IV	Respiratory System and Excretory System <ul style="list-style-type: none"> • Organs of Respiratory system and their functions. • Structure of Respiratory system • Exchange of gases in the lungs and tissues, • Organs of Excretory System kidneys and skin • Parts and Functions of the urinary system • Structure and functions of Skin. 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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**Part II – Practical
(Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Identification of Name and location of Human Bones on Skelton and Chart	10 Marks	10
II	Identification of Name and location of Major Muscles of Human Body on Model and Chart	10 Marks	10
III	Identification of Name and Location of organs of various systems: Circulatory, Digestive, Respiratory and Excretory on Models and Charts	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File	University Exam (UE): 20 Marks Evaluation through Viva Voce/ Practical Record File:	

PartC-Learning Resources

- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,(2010).
- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

**2nd Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)**

Core Course Minor - 2

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Asian and Commonwealth Games		
CourseCode	B23-Phy.Ed.-202		
CourseType:	Core Course Minor - 2		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Course only for students studying Physical Education as Major subject		
Course LearningOutcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the concept of Commonwealth Games. 2. Acquire basic knowledge about Asian Games. 3. Describe the Indian's performance in Various Commonwealth and Asian Games 		
Credits	Theory	Practical	Total
	2	0	2
Contact Hours	2 hours per week	0	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam– 35 Marks)			Time: 2 Hours For End Term Exam
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III& IV. Units I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Commonwealth Games <ul style="list-style-type: none"> • Meaning of Commonwealth Games • Brief History of Commonwealth Games • Symbol of Commonwealth Games, Mascots of Commonwealth Games • Countries that participate in the Commonwealth Games • Queen's Baton Relay, Opening and closing ceremony, Anthems of Commonwealth Games 		10
II	Asian Games <ul style="list-style-type: none"> • Meaning of Asian Games • Brief History of Asian Games • Symbol of Asian Games, Mascots of Asian Games • Countries that participate in the Asian Games • Opening and closing ceremony • Indian Performance in the Commonwealth Games 		10

III	Different Olympic Games <ul style="list-style-type: none"> • Main features of Commonwealth games organized in India • Main features of Asian games organized in India • Indian Performance in the various Commonwealth Games • Indian Performance in the various Asian Games 	10
Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment -15 Marks + End Term Exam -35 Marks)		
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4 Seminar/ Assignment/ Quiz/class test, etc. = 4 Mid Term Test = 7		End Term Exam: 35 Marks Time = 2 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.
Part B - Learning Resources		
<ul style="list-style-type: none"> • Ajmer Singh, Jagdish Bans, Jagtar Singh Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers. • Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi. • Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi. • Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi. 		

2nd Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Multidisciplinary course - 2

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Fundamentals of Yoga		
CourseCode	B23-Phy.Ed.-204		
CourseType:	Multidisciplinary course - 2		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Itisopenforall.		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the aims, objectives and principles of Yoga. 2. Illustrate the basic knowledge various types of yoga 3. Explain principles of various types of Asanas and Paranayams. 4. Perform various types of basic Asanas and Paranayams 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam– 35 Marks) Part II - Practical = 25 (Internal Assessment - 5 Marks + End Term Exam– 20 Marks)			Time: 2 Hours For End Term Exam
PartB-Contentofthe Course			
Instructions for Paper- Setter:			
The question paper will consist of Four Units I, II, III& IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Yoga <ul style="list-style-type: none"> • Meaning and Definition of Yoga • Aims and Objectives of Yoga • Traditional & Historical Development of Yoga • The Yoga Sutra: General Consideration • Need and Importance of Yoga in Modern Society • Misconceptions about Yoga 		10
II	Foundation of Yoga <ul style="list-style-type: none"> • The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi • Yoga in theBhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga • Brief introduction of Hath Yoga. 		10

III	Asanas and Paranayam <ul style="list-style-type: none"> • Meaning of Asanas, Classifications of Asanas • Principles of Asanas • Meaning of Paranayam, Different Types of Paranayams • Principles of Paranayams. • Meaning of Shatkarm and types of Shatkarms 	10
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Suggested Evaluation Methods:
Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam - 35 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4 Seminar/ Assignment/ Quiz/class test, etc. = 4 Mid Term Test = 7	End Term Exam: 35 Marks Time = 2 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.
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Part II – Practical
Maximum Marks: 25 (Internal Assessment - 5 Marks + End Term Exam - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Asanas: Ten Basic Asanas	10 Marks	15
II	Paranayams: Anulomvilom, Suryabehadan, Bhastrika, Shitali and Shitkari.	10 Marks	15
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	End Term Exam: 20 Marks Demonstration of Asana and Paryanama = 5 Marks for each Evaluation through performance in Viva Voce/ Practical Record File: 10 Marks	

Part C - Learning Resources

- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust

2nd Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Discipline Specific Elective Course - 1

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Athletics Track Events		
CourseCode	B23-Phy.Ed.-203		
CourseType:	Discipline Specific Elective Course - 1		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Candidate have taken Physical Education as Major Course		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Athletics Events and Governing Bodies of Athletics 2. Illustrate the basic knowledge about Sprints, Hurdles and Relay race events. 3. Describe the rules and regulations of Middle and Long Distance races and 3,000m Steeplechase. 4. Explain the rules and regulations of Marathon and Walking Events 5. Demonstrate the techniques of crouch start and Baton Exchange. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV& V. Unit I, II, III& IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Athletics <ul style="list-style-type: none"> • Brief History of Athletics • National and International Governing bodies of Athletics • Events of Athletics for Men and Women • Marking of Athletics track 200m • Marking of Athletics Track 400m 		12

II	Sprints, Hurdles and Relay race events <ul style="list-style-type: none"> Basic Rules of Sprints events: 100m, 200m and 400m Basic Rules of Hurdle events: 100m, 110m and 400m Basic Rules of Relay races: (4×100) and (4×400) Specification of starting blocks, Baton and Shoes used athletes in these events. Famous Indian Athletes of Sprint and Hurdle events 	11
III	Middle and Long Distance races and 3,000m Steeplechase <ul style="list-style-type: none"> Basic Rules of Middle distance races: 800m and 1500m. Basic Rules of Long Distance Races: 3000m, 5000m and 10000m Basic Rules of Steeplechase: 3000m Specifications of Hurdle and water jumps in steeplechase Famous Indian Athletes of Middle & Long Distance races and 3,000m Steeplechase 	11
IV	Marathon and Walking Events <ul style="list-style-type: none"> Distance of Marathon, Walking and other road races, Basic rules of Marathon Race Basic Rules of Walking Events: 20 km and 50 km Basic technique of walking. Basic rules of Cross-Country races organized at university level. Famous Indian Athletes of Marathon and walking events 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Technique Crouch Start	10 Marks	10
II	Techniques of Baton Exchange	10 Marks	10
III	Basics of Track Marking (200m/400m)	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Demonstration of Skill/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Practical demonstration of skill of crouch start and Baton exchange: 5 Marks for each Evaluation through Viva Voce/ Practical Record File: 10 Marks	

Part C - Learning Resources

- Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book.
- Arnheim D., & William E Prentice. (1978). Athletic Training. St. Louis: Mosby Year Book.
- Authors Guide (2018) IAAF Competition Rules 2018-2019, Monaco Cedex: IAAF Publishing.
- George Immanuel. (1997). Track and Field Event layout and Marking. Chennai:
- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Josse, P, Moprtensen., & John, M,Copper. (1998). Track and Field for Coach and Athlete. St.Louis: C.V.Mosphy Company.
- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New Delhi
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.

2nd Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Skill Enhancement Course-2

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Self Defence		
CourseCode	B23-SEC-226		
CourseType:	Skill Enhancement Course-2		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Open for all		
Course LearningOutcomes (LOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Learn the principles of Self Defence and analyzes of various situations 2. Acquire the knowledge of strikes, Defensive Maneuvers, locking and chocking techniques. 3. Acquire the skills of improvising self-defence tools and various senior based techniques 		
Credits	Theory	Practical	Total
	1	2	3
Contact Hours	1 hours per week	4 hours per week (Size of practical group = 20 students)	5
Max. Marks: 75 Part I - Theory = 25 (Internal Assessment - 5 Marks + End Term Exam – 20 Marks) Part II - Practical = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 1 Hours For End Term Exam
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of three Units I, II and III. Units I and II will have two questions from their respective Units of the Syllabus and will carry 5 marks each. Unit III will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Self Defence: <ul style="list-style-type: none"> • Meaning of self-defence& personal safety and its significance in everyday life. • Basic principles of Self-defence and mindset required for effectiveself-defence. • Meaning of Situational Awareness, Techniques of observing and assessing one's surroundings, recognizing potential threats and techniques of avoiding dangerous situations. • Meaning of Self-defence Tools, everyday objects as improvised self-defence tools. 		07

II	Practical aspects of Self Defence: <ul style="list-style-type: none"> • Fundamental strikes: Punches, Kicks, Knee strikes and Elbow Strikes. • Meaning of Defensive Maneuvers, Meaning and Techniques for blocking, parrying and evading attacks to neutralize threats. • Meaning of Joint Locks, Chokes and Escapes, types joint Locking and choking techniques. • Meaning and techniques of escaping from holds. • Basics of self-defence when on the ground and defending against ground attacks. 	08
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Suggested Evaluation Methods:

Maximum Marks: 30 (Internal Assessment - 5 Marks + End Term Exam - 20 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 5 Marks Class presentation/Seminar/ Assignment/Quiz/class test, etc. = 5	End Term Exam: 20 Marks Time = 1 hr One question of 5 marks from each Units I to II = 10 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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**Part II – Practical
(Internal Assessment - 15 Marks + End Term Exam – 35 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Improvised Self-Defence Tools: Technique of utilizing everyday objects as improvised self-defence tools and understanding their effectiveness.	10 Marks	20
II	Scenario-based Techniques: Techniques for defending against grabs, chokes, and bear hugs.	20 Marks	20
III	Techniques of self defence against common weapons such as Knife, sticks, and firearms.	20 Marks	20

Internal Assessment: 15 Marks Evaluation through Demonstration of Skill/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 35 Marks Evaluation through demonstration of technique = 30 Marks Viva Voce/ Practical Record File = 5 Marks
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Part C - Learning Resources

- Steve Collins (2012) Self Defence: Techniques And Tactics. Kindle Edition.
- <https://ymaa.com/sites/default/files/book/sample/FightBack.9781594394935.pdf>
- <https://www.kravmaga-women-protect.fr/images/Techniques-de-Self-Defense-Special-Femmes-anglais.pdf>
- Dueep J. Singh, (2015) Self Defence for Women: Tips, Techniques and Methods to Protect Yourself. Mendon Cottage Books.

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Core Course – 3 & Major Core Course - 4

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	3 rd Semester		
Name of the Course	Exercise Physiology		
CourseCode	B23-Phy.Ed.-301		
CourseType:	Core Course -3 Major Core Course -4		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Candidate who has opted Physical Education as Major		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Exercise Physiology, Body Composition and types of muscle contractions 2. Explain the effect of exercise on the various aspects of Skelton muscles 3. Illustrate the effects of various aspects of circulatory system 4. Tell thevarious Effects of exercise on the various capacities and volumes of lung. 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Football and Boxing/Wrestling/Judo 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam– 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam– 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question..			
Unit	Topics		Contact Hours
I	IntroductionofExercise Physiology <ul style="list-style-type: none"> • Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism • Importance of Exercise Physiology in Physical Education • Types of muscular Contractions: Isometric, Isotonic and Isokinetic • Meaning of Body Composition, Components of Body Composition • Effect of Exercises on the body composition. 		11

II	Muscular System and Exercise <ul style="list-style-type: none"> Gross Structure of the Skeletal Muscle Functions of Muscular system Properties of slow-twitch and fast-twitch muscle fibers Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy. Effect of exercises and training on the muscular system 	11
III	Cardiovascular System and Exercise <ul style="list-style-type: none"> Meaning and functions of Cardiovascular System Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood pressure and Cardiac Hypertrophy Conduction System of the Heart Blood circulation in the Heart, Blood Supply to the Heart Effect of exercises and training on the Cardio vascular system. 	12
IV	Respiratory System and Exercise: <ul style="list-style-type: none"> Meaning of Lung Volumes: Inspiratory Reserve Volume, Expiratory reserve volume, Tidal Volume and Residual Volume Meaning of Lung capacities: Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity. Mechanism of Breathing Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues Effect of exercises and training on the respiratory system. 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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**Part II – Practical
(Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Football: Court specifications, general rules and basic skills	15 Marks	15
II	Wrestling/Judo/Boxing: Ring/Mat specifications, general rules and basic skills	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Sports/Game)	University Exam (UE): 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Sports/Game)	

Part C - Learning Resources

- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics.

Philadelphia: Sanders College Publishing.

- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.
- N Kumar (2003). Play and Learn Football. K.S.K. NewDelhi.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K.Delhi.
- N Kumar (2003). Play and Learn Football. K.S.K. NewDelhi.

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Major Core Course - 5

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	3 rd Semester		
Name of the Course	Sports Psychology		
CourseCode	B23-Phy.Ed.-302		
CourseType:	Major Core Course - 5		
Level of the Course	100-199		
Pre-requisite(ifany)	Candidate who has opted Physical Education as Major		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe the Sports Psychologyand explain various dimensions of sports psychology. 2. Explain the laws of learning and its implications in motor learning 3. Illustrate the concept of motivation and its implication in sports 4. Tell thevarious dimensions of personality and its implication in sports. 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kabaddi and table tennis. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100			Time: 3 Hours
Part I - Theory = 70			For End Term Exam
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	IntroductionofSports Psychology <ul style="list-style-type: none"> • Meaning and definition of Psychology and Sports Psychology • Importance of Sports Psychology in Physical Education and sports • Branches of Sports Psychology • Psychological factors effecting sports performance • Brief History of Sports Psychology. 		11
II	Leaning <ul style="list-style-type: none"> • Meaning and definition of Learning • Laws of learning and its implications in sports • Meaning of Motor Skill learning, Principles of Motor Skill Learning • Meaning of Learning Curve, Types of Learning Curve 		11

	<ul style="list-style-type: none"> • Characteristics of Learning Curve • Implications of learning Curve in Physical Education and Sports. 	
III	Motivation <ul style="list-style-type: none"> • Meaning and definition of Motivation • Importance of Motivation in Physical Education and Sports • Types of Motivations: Intrinsic and Extrinsic • Methods of motivation applicable in Physical Education and Sports • Drive theory of Motivation 	11
IV	Personality: <ul style="list-style-type: none"> • Meaning and definition of Personality • Characteristics of Personality • Dimensions of Personality • Meaning of Personality traits and Its effects on sports performance • Factors affecting development of personality 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Kabaddi: Court specifications, general rules and basic skills	15 Marks	15
II	Table tennis: General rules and basic skills	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Sports/Game)	End Term Exam: 20 Marks Evaluation through performance in Skill / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Sports/Game)	

Part C-Learning Resources

- John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prentice Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Miroslaw Vauks & Bryant Cratty (1999) . Psychology and the Superior Athlete. London: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi. Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
- Verma V (1999). Sport Psychology & All Round Development. Sport Pub. New Delhi.
- Wann DL (1997). Sport Psychology. Prentice Hall. New Jersey.
- Kumar, Dharmander. (2018). Kabaddi and Its Playing Techniques. Writers Choice, New Delhi.
- Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S. Pub

- Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, NewDelhi.

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Multidisciplinary course - 3

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	3 rd Semester		
Name of the Course	Basics of Naturopathy		
CourseCode	B23-Phy.Ed.-303		
CourseType:	Multidisciplinary course - 3		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Itisopenforall.		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the meaning and principles of Basics of Naturopathy 2. Illustrate the basic knowledge of various types of yoga 3. Explain the basic knowledge of various types of Hydrotherapy. 4. Able to Perform Surya Namaskar, Jal Neti and Rubber Neti. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75 Part I - Theory = 50 (Internal Assessment - 15 Marks + External – 35 Marks) Part II - Practical = 25 (Internal Assessment - 5 Marks + External – 20 Marks)			Time: 3 Hours For End Term Exam
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III& IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Naturopathy <ul style="list-style-type: none"> • Meaning and Definition of Naturopathy • Philosophy of Naturopathy • Principles of Naturopathy • Misconceptions about Naturopathy, • Relationship of Naturopathy with Yoga 		10
II	Mudtherapy <ul style="list-style-type: none"> • Meaning and Definition of Prithvi Tatva. • Principles of Mudtherapy. • Importance of Prithvi Tatva. • Different techniques of Mudtherapy and their benefits. • Uses of Mudtherapy in different illness. 		10

III	Hydrotherapy <ul style="list-style-type: none"> • Meaning and Definition of Jal Tatva. • General Principles of Hydro-therapy • Importance of Jal Tatva. • Different techniques of Hydrotherapy and their benefits • Uses of Hydrotherapy in different illness 	10
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Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment -15 Marks + External -35 Marks)

Internal Assessment: 15 Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4 Seminar/ Assignment/Quiz/class test, etc. = 4 Mid Term Test = 7	University Exam (UE): 35 Marks Time = 2 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.
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Part II – Practical

Maximum Marks: 25 (Internal Assessment - 5 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Surya Namaskar : 12 Counts	10 Marks	15
II	Shatkarma: Rubber Neti and Jal Neti	10 Marks	15
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	University Exam (UE): 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File: (10 Marks for each)	

Part C-Learning Resources

- History & Philosophy of Naturopathy – Dr. S. J. Singh
- Philosophy of Nature Cure – Dr. Henri Lindlhai.
- Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic
- Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095
- Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by
- Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-
- 13:978-8131908457. Rational Fasting (Ehret's Health Literature) Mass Market Paperback – Import, Jun 1971 by
- Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Vocational Course - 2

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	3 rd Semester		
Name of the Course	Basics of Physiotherapy Technique		
CourseCode	B23-Phy.Ed.-113		
CourseType:	Vocational Course - 2		
Level of the Course	100 - 199		
Pre-requisite(ifany)	It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Understand the concept and principles of Physiotherapy and Gross and Microscopic Structure of Skelton muscle 2. Acquire knowledge about the major muscles and main joints of human body 3. Develop an understanding about the nervous system and various mechanism of tissue healing 4. Explain concept of injuries Rehabilitation and Therapeutic Exercises 5. Assess the Range of motion on all joints. Manually test muscle. Apply basic electrical components in electrotherapeutic equipments on various muscles. Give massage to various muscles of upper limb, lower limb and back. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)		Time: 3 Hours For End Term Exam	
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of First Aid <ul style="list-style-type: none"> • Meaning and definition of Physiotherapy • Purpose of Physiotherapy, Principles of Physiotherapy • Meaning of Anatomy and Physiology • Gross and Microscopic Structure of Skelton muscle • Nervous and blood supply to muscle • Structural and Functional Classification of Skelton Muscles 		10

II	Bones and Joints: <ul style="list-style-type: none"> • Basic Anatomy of Bones, Name and location of various bones present in the human body. • Types of bones present in human body. • Meaning of Joint, Types of joints, • Types of Synovial joint, Structure of Synovial Joint • Name and locations of various muscles: Sternocleidomastoid muscle, Latissimus Dorsi, Deltoid, Biceps, Triceps and Pectoralis Major, Trapezius, Rhomboid Major, Rectus Abdominal, Hamstrings group of Muscles, Quadriceps group of Muscles, Gastrocnemius Muscle. • Ligaments of Shoulder, Hip, Elbow and Knee, joints 	11
III	Basics of Nervous System and Healing of tissues <ul style="list-style-type: none"> • Classification of nervous system • Nerve – structure, classification, microscopic structure of Neurons • Simple reflex arc. • Resting membrane potential & Action potential their ionic basis • Classification of injuries: Soft tissue and Hard tissue • Meaning of PRICE, Physiology of PRICE • Mechanism of healing: Nervous tissue, Muscle and Bones 	12
IV	Introduction to Rehabilitation and Therapeutic Exercises: <ul style="list-style-type: none"> • Meaning of rehabilitation • Guiding principles of rehabilitation of injuries • Description of Thermo therapy: Hot bag, Contrast bath and Whirlpool bath. • Description of Hydrotherapy: Cryotherapy, Ice pack, Ice wrap and Ice massage • Description of Electro therapy: Short wave diathermy, Infrared therapy and Ultrasound therapy. • Meaning and principles of therapeutic Exercises • Various therapeutic Exercises for Spine, Neck, Shoulder and Hip joint 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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**Part II – Practical
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Range of motion (PROM, AROM, AAROM) exercises to all joints, Measurement of joint range using goniometer, Manual muscle testing of individual muscles	10 Marks	10
II	Identify basic electrical components in electrotherapeutic equipments, Stimulation of motor points, stimulation of individual	10 Marks	10

	muscle and group muscle,		
III	Coordination exercises, balancing exercises, General and local Relaxation techniques, Suspension exercise to all major joints. Massage – upper limb, lower limb, back and neck.	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)	

PartC-Learning Resources

- The authorized manual of St. John Ambulance, St. Andrew's Ambulance association and the British red cross society, First Aid manual, 9th edition, Dorling Kindersley, London
- American college of emergency physicians, First Aid manual, 5th edition, Dorling Kindersley, London
- B.D. Chaurasia, Human Anatomy-Volume 1, 2, 3 CBS Publishers & Distributors.
- Philip Jevon, Emergency care and First Aid for Nurses, A practical guide, Churchill Living Stone, 2007
- Snell RS. Neuroanatomy: a review with questions and explanations. Little, Brown; 1992 Jan.
- Chaurasia BD. Human anatomy Volume- I, II & III, CBS Publisher; 2004. Singh Vishram Textbook of Anatomy Head, Neck, and Brain; Volume III;2014
- Gardiner MD. The principles of exercise therapy. G. Bell;1957.
- Kisner C, Colby LA, Borstad J. Therapeutic exercise: Foundations and techniques. Fa Davis; 2017 Oct18
- Hollis M. Massage for therapists: a guide to soft tissue therapy. Wiley-Blackwell; 2009.
- Hollis M, Cook PF, editors. Practical exercise therapy. Wiley-Blackwell;1999.
- Practical Exercise therapy, Margaret Hollis, Phyllis Fletcher Cook Wiley
- Norkin CC, White DJ. Measurement of joint motion. A guide to goniometry. 1995
- Levangie PK, Norkin CC. Joint Structure and function: a comprehensive analysis. 3rd. Philadelphia: FA. Davis Company.2000.
- Houghlum PA, Bertoti DB. Brunnstrom's clinical kinesiology. FA Davis;2011.
- World Health Organization; Global Strategy on Diet, Physical Activity and Health
- McArdle WD, Katch FI, Katch VL. Exercise physiology: nutrition, energy, and human performance. Lippincott Williams & Wilkins;2010.
- Kennedy-Armbruster C, Yoke M. Methods of group exercise instruction. Human Kinetics; 2014.

3rd Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25 (IHS from session 2023-24))

Value Added Course - 3

PartA -Introduction			
Subject:	Health & Physical Education		
Semester	3 rd Semester		
Name of the Course	Yoga and Meditation		
CourseCode	B23-VAC-302		
CourseType:	Value Added Course - 3		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Itisopenforall.		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the aims, objectives and principles of Yoga. 2. Illustrate the basic knowledge various types of yoga 3. Explain principles of various types of Asanas and Paranyamas. 4. Perform various types of basic Asanas and Paranyamas 		
Credits	Theory	Practical	Total
	2	0	2
Contact Hours	2 hours per week	0	2
Max. Marks: 50		Time: 2 Hours	
Part I - Theory = 50		For End Term Exam	
(Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Yoga <ul style="list-style-type: none"> • Meaning and Definition of Yoga • Aims and Objectives of Yoga • Traditional & Historical Development of Yoga • The Yoga Sutra: General Consideration • Need and Importance of Yoga in Modern Society • Misconceptions about Yoga 		10
II	Foundation of Yoga <ul style="list-style-type: none"> • The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi • Yoga in the Bhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga • Brief introduction of Hath Yoga. 		10
III	Meditation: <ul style="list-style-type: none"> • Introduction to Meditation • Basic principles of meditation • Benefits of Meditation., Obstacles in Meditation • Relationship of Concentration and meditation • Trataka, Ujjayi and OM Meditation 		10

Suggested Evaluation Methods:**Maximum Marks: 50 (Internal Assessment- 15 Marks + End Term Exam-35 Marks)****Internal Assessment:**

Continuous Comprehensive Evaluation (CCE): 15 Marks
Class presentation = 4
Seminar/ Assignment/Quiz/class test, etc. = 4
Mid Term Test = 7

End Term Exam: 35 Marks Time = 2 hrs

One question of 10 marks from each Units I to III = 30 Marks.
Five Questions short answer from entire syllabus = 5 × 1 Marks = 10 Marks.

Part C-Learning Resources

- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctrines and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust

4th Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Core Course – 4 & Major Core Course - 6

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Basics of Sports Fitness		
CourseCode	B23-Phy.Ed.-401		
CourseType:	Core Course – 4 Major Core Course - 6		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Candidate have taken Physical Education as Major Course		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe meaning, importance and norms of Physical Fitness. 2. Illustrate meaning, principles and methods of warming up. 3. Explain meaning, principles and methods of cooling down. 4. Describe the health related and skill related components of fitness 5. Demonstrate the techniques of measuring strength, flexibility, agility and hand eye coordination. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam– 20 Marks)			Time: 3 Hours For End Term Exam
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV& V. Unit I, II, III& IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Physical Fitness <ul style="list-style-type: none"> • Meaning and Definition of Physical Fitness • Benefits of Physical Fitness in Sports and daily life • Meaning and Types of Aerobic and Anaerobic activities • Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities • WHO guidelines and recommendations of Physical Activitiesfor children under 5 yearsof age, Children and adolescents aged 5-17 years and Adults aged 18–64 years. 		11
II	Warming Up <ul style="list-style-type: none"> • Meaning and definition of Warming up • Principles of Warming up • Physiological and Psychological benefits of Warming up • Types of warming up • Methods of Warming up 		11

III	Cooling Down <ul style="list-style-type: none"> • Meaning and definition of Cooling Down • Principles of Cooling Down • Physiological and Psychological Benefits of Cooling Down • Procedure for Cooling Down • Types of Cooling Down 	11
IV	Components of Physical Fitness: <ul style="list-style-type: none"> • Meaning of Health-related components of Physical fitness: (i) Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance, (iv) Body Composition(v) Flexibility. • Meaning of Skill Related Fitness Components: (i) Agility, (ii) Balance, (iii) Neuro Muscular Adaptations and Coordinative abilities, (iv) Speed, (v) Strength (vi) Reaction Time. 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	i) Measuring Hand Grip and Leg & Back Strength by Dynamometer ii) Measuring Flexibility by Sit and Reach Test	(5+5) 10 Marks	10
II	i) Hand eye Coordination Test	10 Marks	10
III	Measuring Agility by LUS Agility Obstacle Course	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File/ score of test	End Term Exam: 20 Marks Evaluation through Demonstration of technique/ Viva Voce/ Practical Record File/ score of test	

Part C - Learning Resources

- Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black,.
- Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
- Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.
- David K. Miller & T. Earl Allen (1989), Fitness, A life time commitment, Surjeet Publication Delhi.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. Bedford row, London 1998
- Uppal A.K (1992), Physical Fitness, Friends Publications (India),
- Warner W.K. Oeger & Sharon A. Hoeger (1990) Fitness and Wellness, Morton Publishing Company.
- Elizabeth & Ken day (1986), Sports fitness for women, B.T. Batsford Ltd, London.
- Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.
- <https://www.who.int/news-room/fact-sheets/detail/physical-activity>.

4th Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Discipline Specific Elective Course - 2

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Athletics Field Events		
CourseCode	B23-Phy.Ed.-404		
CourseType:	Discipline Specific Elective Course - 2		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Candidate has taken Physical Education as Major Course		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe the about Athletics field events and rules, technique and specification of Javelin throw event. 2. Illustrate the basic rules, technique and specification of Discus Throw and Shot-put events. 3. Describe the rules, technique and specification of Long Jump and Triple Jump events. 4. Describe the rules, technique and specification of High Jump. 5. Demonstrate the techniques of Long Jump, shot-put and javelin throw. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
Instructions for Paper- Setter:			
The question paper will consist of Five Units I, II, III, IV & V. Unit I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Athletics Field Events and Javelin throw: <ul style="list-style-type: none"> • Various Categories of Field events • Dimensions of Javelin throw sector, Specifications of Javelin in various categories • Basic rules of Javelin throw, Basic rules of conduction Javelin throw event. • Basic technique of Javelin throw • National, Olympics and World records in Javelin throw Men & Women. 		11

II	Discus Throw and shot put <ul style="list-style-type: none"> • Dimensions of Discus Throw and Shot-put sector, Specifications of Discus and Shot-put for various categories • Basic rules of Discus Throw and Shot-put, Basic rules of conduction Discus Throw and Shot-put event. • Basic technique of Discus Throw and Shot-put • National, Olympics and World records in Discus Throw and Shot-put Men & Women. 	11
III	Long Jump and triple Jump <ul style="list-style-type: none"> • Dimensions of long Jump and triple Jump: Landing Pit, runway and takeoff board. • Basic rules of Long Jump and triple Jump, Basic rules of conduction Long Jump and triple Jump event. • Basic technique of Long Jump and triple Jump • National, Olympics and World records in Long Jump and triple Jump Men & Women. 	11
IV	High Jump <ul style="list-style-type: none"> • Dimensions of High Jump: Landing Pit, Runway, and Cross bar • Basic rules of High Jump, Basic rules of conduction High Jump event. • Basic technique of High Jump, Technique of resolving tie in high jump • National, Olympics and World records in High Jump Men & Women. 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Techniques of Shot-put	10 Marks	10
II	Techniques of Long Jump	10 Marks	10
III	Techniques of Javelin throw	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through Demonstration of technique/ Viva Voce/ Practical Record File:	

Part C - Learning Resources

- Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book.
- Arnheim D., & William E Prentice. (1978). Athletic Training. St. Louis: Mosby Year Book.
- Authors Guide (2018) IAAF Competition Rules 2018-2019, Monaco Cedex: IAAF Publishing.
- Authors Guide (2002) Rules of Games and Sports, New Delhi : YMCA Publishing House.

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- George Immanuel.(1997).Track and Field Event layout and Marking. Chennai:
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.
- Josse, P, Moprtsen., & John, M,Copper. (1998). Track and Field for Coach and Athlete. St.Louis:
C.V.Mosphy Company

4th Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Major Core Course - 8

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Sports Nutrition		
CourseCode	B23-Phy.Ed.-403		
CourseType:	Major Core Course - 8		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Candidate has taken Physical Education as Major Course		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe basic concept of Balanced diet. 2. Illustrate basic concept of Macro Nutrients. 3. Explain basic requirement and sources of vitamins. 4. Describe basic requirement and sources of Minerals. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
Instructions for Paper- Setter:			
The question paper will consist of Five Units I, II, III, IV& V. Unit I, II, III& IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Sports Nutrition <ul style="list-style-type: none"> • Meaning and Definition of Nutrition and Sports Nutrition • Meaning of Calories, Macro Nutrients, Micro Nutrients • Meaning of Basal Metabolic Rate (BMR) and its role in body • Meaning of Balanced diet, Components of Balanced diet • Factor affecting Balanced diet 		10
II	Macro Nutrients: <ul style="list-style-type: none"> • Carbohydrate: Meaning, Sources and Functions in Body • Fat: Meaning, Sources and Functions in Body • Protein: Meaning, Sources and Functions in Body • Ratio of Carbohydrate, Fat and Protein required in Balanced diet for Normal Adult. • Ratio of Carbohydrate, Fat and Protein required in Balanced diet for Sports persons of different categories. 		11

III	Micro Nutrients: Vitamins <ul style="list-style-type: none"> • Meaning of Vitamins, Types of Vitamins: Fat soluble and water Soluble • Sources, Functions in body and Daily requirements: Fat soluble Vitamins: A, D, E, and K • Sources, Functions in body and Daily requirements: Water soluble Vitamins: Vitamin C and B vitamins (B₁, B₂, B₃, B₅, B₆, B₇, B₉ and B₁₂) • Disorders in body due to the deficiencies of different Vitamins. 	12
IV	Micro Nutrients: Minerals <ul style="list-style-type: none"> • Sources, Functions in body and Daily requirements of Calcium, Phosphorus Potassium, Sodium, Chloride, Magnesium, Iron, Zinc and Iodine. • Disorders in body due to the deficiencies of Minerals • Dietary requirements before and after exercise 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Calculation of BMR for Men and Women	15 Marks	15
II	Designing of Basic Diet Plan: ratio of Carbohydrate, fat and protein in various meals	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks Evaluation through Viva Voce/ Practical Record File (10 Marks for Each)	

Part C - Learning Resources

- Asker Jeukendrup and Michael Gleeson (2004) Sports nutrition Human Kinetics, inc
- Nieman, D.C., and B.K. Pederson (2000) Nutrition and Exercise Immunology. CRC press: Boca Raton, FL.
- Kathleen.c. Niedert, Nutrition care of the older adult, A handbook for nutrition throughout the continuum of care; third edition.
- Lal PR (2009) Handbook of Sports Nutrition, Friends Publication.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.
- Heather Hedrick fink, Lisa A. Burgoon, Alan E. Mikey, (2006), Practical Application in sports Nutrition, Jones and Barlett.
- Ronni Chernoff, Geriatric Nutrition : The health professionals hand book; 4th edition.
- Wardlaw, Smith. Contemporary Nutrition: A Functional Approach. 2nd ed: 2012. McGraw Hill.
- Williams, Melvin. Nutrition for health, fitness and sports. 2004. McGraw Hill

4th Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Major Core Course - 7

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Sports Injuries and Rehabilitation		
CourseCode	B23-Phy.Ed.-402		
CourseType:	Major Core Course - 7		
Level of the Course	100 - 199		
Pre-requisite(ifany)	Candidate has taken Physical Education as Major Course		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe meaning, reasons and classification of sports Injuries. 2. Illustrate meaning, Causes, Symptoms, First Aid and Treatment of common sports injuries 3. Explain Rehabilitation of Sports Injuries through Thermo therapy, Hydrotherapy, Electrotherapy andCryotheraphy. 4. Describe the protective equipment used in different sports. 		
	<ol style="list-style-type: none"> 5. Explain the rules and regulations of Volleyball & Chess. Demonstrate the skills of Volleyball and Chess 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV& V. Unit I, II, III& IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Sports Injuries <ul style="list-style-type: none"> • Meaning and Definition of Sports Injuries • Causes of Sports injuries • Principles of injury prevention • Classification of sports Injuries: Soft tissue and Hard tissue Injuries • Meaning and benefits of P R I C E, • Meaning of Acute Injury and Overuse injuries 		11

II	Common Sports Injuries: <ul style="list-style-type: none"> • Meaning, Causes, Symptoms, First Aid and Treatment of common sports injuries: Contusion, Abrasion, Sprain, Strain and Punctured wounds. • Meaning, causes, symptoms and treatment of Fractures and Dislocation • Types of Fractures 	11
III	Rehabilitation of Sports Injuries: <ul style="list-style-type: none"> • Meaning of Rehabilitation • Aims, Objectives and Guiding principles of rehabilitation of sports injuries • Brief description of Contrast bath, Whirlpool bath, Cryotherapy, Short wave diathermy, Infrared therapy and Ultrasound therapy. • Meaning, Aims and Objectives of therapeutic exercise 	11
IV	Protective Equipments Used in Sports: <ul style="list-style-type: none"> • Meaning of Protective Equipments • Protective equipments of Ball games: Hockey, Football, Basketball and Cricket. • Protective equipments of Racket games: Badminton and Lawn Tennis, • Protective equipments of Combative Sports: Boxing, Wrestling and Judo • Protective equipments of Weight Lifting and Gymnastics. 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Volleyball: Court specifications, general rules and basic skills	15 Marks	15
II	Chess: Board specifications and general rules	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Sports/Game)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Sports/Game)	

Part C - Learning Resources

- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.
- Reed (2007) Sports Injuries – Assessment and Rehabilitation,
- W.B.Saunders. Richard B. Birrer (2005) Sports Medicine for the primary care Physician, CRC Press
- Authors Guide (2002) Rules of Games and Sports, New Delhi : YMCA Publishing House.
- Kenny, B. and Gregory, C. (2006). Volleyball : Steps to Success. Human Kinetics, USA.
- The National Alliance for Youth Sports (2009). Coaching Volleyball. For Dummies Publishers, USA.
- Saggar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East

Kilbride: Thomson Litho Ltd.

- James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C.V. Mosby company.
- Morris, B. Mellin. (1989). Sports Injuries and Athletic Problems. New Delhi: Surjeet Publication.
- Pande. (1998). Sports Medicine. New Delhi: KhelShitya Kendra
- The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine. Australia: Tittel Blackwell scientific publications.

4th Semester Subject: Health & Physical Education

(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24)

Vocational - 2

PartA - Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Training in Yoga Asanas		
CourseCode	B23-VOC-213		
CourseType:	Vocational - 2		
Level of the Course	100 - 199		
Pre-requisite(ifany)	It is open for all		
Course LearningOutcomes (CLOs):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe the aims, objectives and philosophy of yoga. 2. Explain the philosophy behind various schools of yoga 3. Explain the various types of yoga, pranayama, Shatkarmas, Bandhas and Mudras. 4. Demonstrate various simple and advance asanas. 5. Able to perform Rubber and Jal Neti 6. Able to perform various types of Paranyamas 		
Credits	Theory	Practical	Total
	2	2	4
Contact Hours	2 hours per week	4 hours per week (Size of practical group = 20 students)	6
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 50		For End Term Exam	
(Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Part II - Practical = 50			
(Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of five Units I, II, III and IV. Units I, II& III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Yoga <ul style="list-style-type: none"> • Meaning and Definitions of Yoga • Philosophical aspect of Yoga, • Aim and Objectives of Yoga. • Principles of Yoga, Misconceptions and clarifications of Yoga • Relationship of yoga with Education and Sports 		10
II	Schools of Yoga and its brief Introduction. <ul style="list-style-type: none"> • Meaning of Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga and Yantra Yoga, • Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, • Contributions to yoga by Swami Ramakrishna, Swami Vivekananda, 		10

	, Maharishi Mahesh yogi, Swami Dayanand Saraswathi and B.K.S Iyengar.		
III	Parts of Yoga: <ul style="list-style-type: none"> Asana: Meaning, types and Principles. Pranayama: Meaning, types and principles. Shatkarmas: Meaning, types and principles. Bandh & Mudra: Meaning, types and principles. 	10	
Suggested Evaluation Methods: Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam - 35 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.	
Part II – Practical (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Basic Asanas = At least 15 Advance asanas = 5	10 + 5 Marks	20
II	Rubber Nati , Jal Neti	10 Marks	20
III	Pranayamas: Anulom-vilom , Bhramari, Ujjayi , Kapalbhathi and Bhastrika	10 Marks	20
	Internal Assessment: 15 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 35 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)	
Part C - Learning Resources			
<ul style="list-style-type: none"> Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA. Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA. Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA. Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi. Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra • Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust. Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust Swami Swatma Ram: Patanjali Yoga Sutra Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust 			