

SYLLABUS FOR B.A. PHYSICAL EDUCATION
(As Per National Education Policy-2020)
FOR THE SESSION 2021-22 ONWARD



CH. CHARAN SINGH UNIVERSITY, MEERUT

OBJECTIVES

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG.

Department of Higher Education U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICAL EDUCATION

Year	Sem	Paper No.	Course Code	Paper Title	Theory/ Practical	Credits
1	I	1	E020101T	ELEMENTS OF PHYSICAL EDUCATION	THEORY	4
1	I	2	E020102P	FITNESS AND YOGA	PRACTICAL	2
1	II	1	E020201T	SPORTS ORGANISATION AND MANAGEMENT	THEORY	4
1	II	2	E020202P	SPORTS EVENT AND TRACK & FIELD	PRACTICAL	2
2	III	1	E020301T	ANATOMY & EXERCISE PHYSIOLOGY	THEORY	4
2	III	2	E020302P	HEALTH AND PHYSIOLOGY	PRACTICAL	2
2	IV	1	E020401T	SPORTS PSYCHOLOGY AND RECREATIONAL ACTIVITIES	THEORY	4
2	IV	2	E020402P	SPORTS PSYCHOLOGY	PRACTICAL	2
3	V	1	E020501T	ATHLETIC INJURIES AND PHYSIOTHERAPY	THEORY	4
3	V	2	E020502T	KINESIOLOGY AND BIOMECHANICS IN SPORTS	THEORY	4
3	V	3	E020503P	PHYSIOTHERAPY & SPORTS	PRACTICAL	2
3	V	4	E020504P	RESEARCH PROJECT	PROJECT	3
3	VI	1	E020601T	RESEARCH METHODS	THEORY	4
3	VI	2	E020602T	PHYSICAL EDUCATION FOR DIVYANG	THEORY	4
3	VI	3	E020603P	RESEARCH AND SPORTS	PRACTICAL	2
3	VI	4	E020604P	RESEARCH PROJECT	PROJECT	3

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER I/ PAPER I

Program/Class: Certificate	Year: First	Semester: First
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020101T	Course Title: Elements of Physical Education	
<p>Course Outcomes: The physical education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.</p>		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<p>Ancient Wisdom in Physical Education, Sports and yoga: Introduction: Physical Education</p> <ul style="list-style-type: none"> • Meaning, definition and importance of physical education. • Scope, aim and objective of Physical education. • Importance of Physical education in Modern era. • Relationship of physical education with general education <p>Yoga</p> <ul style="list-style-type: none"> • Patanjli yoga sutra. 	07
II	<p>Sociological Foundation:</p> <ul style="list-style-type: none"> • Meaning, Definition and importance of sports Sociology • Culture and sports • Socialization and sports • Gender and Sports. 	07
III	<p>History:</p> <ul style="list-style-type: none"> • History and development of Physical education in India: pre and post independence. • Eminent person of Sports – Major Dhayan Chand, K.D. Jadhav, Abhinav Bindra, Karnam Malleshwari, Sushil Kumar, Bijendra Singh, Rajyavardhan Singh Rathore, Yogeshwar Datt, Vijay Kumar, Gagan Narang, Marry Kom, Saina Nehwal, P. V. Sindhu, Anuj Kumar, Alka Tomar & Sanjeev Kumar. • National awards of India – Rajeev Gandhi Khel Ratan Awards, Arjun Award, Major Dhyanchand Award, Dronacharya Award, Maulana Abul Kalam Azad Trophy, • Sports schemes of India 	06
IV	<p>Olympic Games , Asian Games and Commonwealth Games:</p> <ul style="list-style-type: none"> • Olympics Movement: Ancient Olympic, Modern Olympic, Revival, Aims, Objectives, Spirit, Torch Relay, Flag, Motto, Opening and Closing Ceremonies. • Asian Games. 	08

	<ul style="list-style-type: none"> • Commonwealth Games. 	
V	Health Education: <ul style="list-style-type: none"> • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals and importance of Health Education. • Role of Different Agencies in Promoting Health (WHO, UNICEF). • Meaning of Nutrients, Nutrition, and Balance Diet • Health and drugs 	08
VI	Wellness and Life Style <ul style="list-style-type: none"> • Importance of wellness and life style. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management. • Obesity and Weight Management. 	08
VII	Fitness : <ul style="list-style-type: none"> • Meaning, Definition and types of fitness • Component of physical fitness • Factor affecting physical fitness • Development and maintenances of fitness 	08
VIII	Posture: <ul style="list-style-type: none"> • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flat foot, Claw Foot (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position. 	08

Suggested readings:

- Barrow Harold M., “Man and movements principles of Physical Education”, 1978.
- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Dynamics of fitness. Madison: W.C.B. Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- McGlynn, G., (1993)
- Kamlesh M.L., “Physical Education, Facts and foundations”, Faridabad P.B. Publications.
- Krishana Murthy V. and Paramesara Ram, N. “Educational Dimensions of Physical. Education”, 2nd Revised edition, Print India, New Delhi 1990.
- Singh, S.N. (2019). Sharirik Siksha Ke Sidhant Evam Aadhar, Khel Sahitya Kendra, Daryaganj, New Delhi
- Methodology of training. by – Harre
- Ravaness R.S., “Foundation of Physical Education”, Houghton Millin Co. Boston USA (1978)
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Science of sports training. by - Hardayal Singh
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)

This course can be opted as an elective by the students of following subjects: • **Open for all**

Continuous Evaluation Methods: (CIE)**INTERNAL ASSESSMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER I/ PAPER II

Program/Class: Certificate	Year: First	Semester: First
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020101P	Course Title: FITNESS & YOGA	
Course Outcomes: Yogas very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about and Aerobics and Gymnasium classes which will help students to excel in the fitness industry.		
Credits: 02		Elective
Max. Marks : 25 + 75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"> • Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics. • Diet chart & measurement of BMI 	15
II	PART – B	
	<p>INTRODUCTION OF YOGA:</p> <ul style="list-style-type: none"> • Historical aspect of yoga. • Definition, types, scopes & importance of yoga. • Yoga relation with mental health and value education. • Yoga relation with Physical Education and sports. <p>ASANAS:</p> <ul style="list-style-type: none"> • Definition of Asana, differences between asana and physical exercise. • Suraya-Namaskar, 02 Standing Asanas, 02 – Sleeping (Supine Position) Asanas, 02 – Sitting Asanas <p>PRANAYAMA:</p>	15

	<ul style="list-style-type: none"> ● Difference and classification of pranayama. ● Difference between pranayama and deep breathing. ● Anulom, Viem. 	
Suggested Readings: <ul style="list-style-type: none"> ● ACSM’s Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. ● Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) ● Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. ● Flyod, P.A.,S.E. Mimms andC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. ● Pandey, K.G. (2011). Sharirik Siksha Evam Khel , Shri Gyan Sagar Publication, Meerut 		
This course can be opted as an elective by the students of following subjects: Open for all		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> ● IGNOU ● Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. ● Rajarshi Tandon open University. 		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER II/ PAPER I

Program/Class: Certificate	Year: First	Semester: Second
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020201T	Course Title: Sports organization and Management	
Course Outcomes: This course is designed to give real time exposure to students in the area of organizing an event/ sports. The students will also learn about store management, purchasing and budget making.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES

I	Introduction: <ul style="list-style-type: none"> • Meaning, concept and definition of sports management. • Nature and scope of sports management. • Aims and objectives of sports management. • Principles of sports management. 	07
II	Event Management <ul style="list-style-type: none"> • Meaning and concept of event management • Planning and management of sports event. • Role of sports event manager. • Steps in event management: <ul style="list-style-type: none"> • Planning, • Executing • Evaluating 	08
III	Budget <ul style="list-style-type: none"> • Meaning, Definition, Preparation, Principals of making Sports Budget. • Basics of Sports Event Accounting. 	07
IV	<ul style="list-style-type: none"> • Format of Budget Preparation. • Preparing the Departmental Financial Plan and estimate. • Expenditure management. 	08
V	Organization <ul style="list-style-type: none"> • Meaning and definition of Organization. • Need and importance of Organization. • Principles of Organization. • Structure and functions of S.A.I., University Sports Council and A.I.U. 	07
VI	Supervision <ul style="list-style-type: none"> • Meaning and Definition • Principals of Supervision • Techniques of supervision in sports management. • Methods of supervision. • Role of a coach/manager. 	07
VII	Facilities Equipment <ul style="list-style-type: none"> • Procedure to purchase sports goods and equipment. • Procedure of Stock entry & Write Off. • Storing and distribution. • List of Consumable and Non- Consumable sports goods and equipment. • Care and maintenance of Equipment. 	08
VIII	Job Opportunities <ul style="list-style-type: none"> • Physical Educational professional, career avenues and professional preparation. • Clients and Sponsorship with respect to Players/ Teams 	08
Suggested Readings:		
<ul style="list-style-type: none"> • Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," • MC Grow Hill publication, Now York (US) 2002 • Hert, Renis(1961) New Patterns of Management, McGraw Hill,. • Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers 		

<p>Dubuque (US) 1991</p> <ul style="list-style-type: none"> • Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991 • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut • Sandhu, K. Sports Dynamics: Psychology, Sociology and Management. • Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya marg.2005), • Marketing: An Introduction, New York: Prentice Hall
<ul style="list-style-type: none"> • This course can be opted as an elective by the students of following subjects: Open for all
<p>Suggested Continuous Evaluation Methods: INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p>
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. • Rajarshi Tandon open University.

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER II/ PAPER II

Program/Class: Certificate	Year: First	Semester: Second
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020202P	Course Title: Sports Event and Track & Field	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
	<ul style="list-style-type: none"> • To make a plan for organizing an event. • To organize an Interclass Competition (Intramurals) of any games with in the wall. • To prepare a budget plane for interclass competition as Intramural • Make a Sample Time Table for college. • Prepare the list of Consumable and Non- Consumable items. • Prepare a Biodata/ Vita/ curriculum vitae. 	15
	PART – B	
	Track & Field : <ul style="list-style-type: none"> • Measurements. • Marking. 	15

	<ul style="list-style-type: none"> ● Rules. ● Officials. ● Regulatory Governing Bodies. ● Championship/ Meet - National and International. ● World and National Records. 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> ● Parkhouse, Bonnie L., "The management of Sports – if foundation and application," Mosby publication, St. Louis (US), 1991 ● Bucher, Charles A. and Krotee, March L., "Management of Physical Education and Sport," MC Grow Hill Ppublication, Now York (US) 2002 ● Horine, Larry," Administration of Physical Education and Sport programs. WM-C Brown Publishers ● Dubuque (US) 1991 ● Kotler,P and G Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo. ● Hert, Renis(1961) New Patterns of Management, McGraw Hill,. ● Sandhu, K. Sports Dynamics: Psychology, Sociology and Management. ● Singh, S. N. (2019). Khelo Ke Niyam, Khel Sahitya Kendra, Daryaganj, New Delhi ● Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya ● Marg. (2005), Marketing: An Introduction, New York: Prentice Hall. 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Suggested Continuous Evaluation Methods:</p> <p>INTERNAL ASSESMENT (25 Marks)</p> <p>Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.</p> <p>PRACTICAL ASSESMENT (75 Marks)</p> <p>Practical – 50 VIVA – 15 Record book charts etc – 10</p>		
<p>Course prerequisites: There is no any prerequisites only students physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> ● IGNOU ● Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad. ● Rajarshi Tandon open University. 		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER III/ PAPER I

Program/Class: Certificate	Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020301T	Course Title: Anatomy and Exercise Physiology	
Course Outcomes Course outcomes: students can be able to understand human structure and function as well as effects of exercise on various human body systems.		
Credits : 04		Elective

Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	INTRODUCTION : <ul style="list-style-type: none"> ● Meaning Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports ● Brief introduction of Cell, Tissue, Organ and system 	06
II	TISSUE <ul style="list-style-type: none"> ● Types of Tissue ● Connective & Epithelial Tissue 	07
III	SKELETAL SYSTEM: <ul style="list-style-type: none"> ● Structural and functional classification of bones. ● Types of joints ● Effects of Exercise on Muscular System 	08
IV	MUSCULAR SYSTEM: <ul style="list-style-type: none"> ● Types of Muscle ● Structural and functional classification of Muscles. ● Types of joints ● Effects of Exercise on Muscular System 	08
V	CIRCULATORY SYSTEM: <ul style="list-style-type: none"> ● Structure and function of human heart ● Circulation of blood ● Effects of exercise on circulatory system 	08
VI	RESPIRATORY SYSTEM : <ul style="list-style-type: none"> ● Structure and function of respiratory system ● Effects of exercise on respiratory system ● The effects of altitude on the respiratory system. 	08
VII	DIGESTIVE SYSTEM: <ul style="list-style-type: none"> ● Structure and function of digestive system ● Importance of Digestive system. ● Mechanism of Digestive System. 	08
VIII	GENERAL PHYSIOLOGICAL CONCEPTS : <ul style="list-style-type: none"> ●Vital Capacity-VC ● Second Wind ● Oxygen Debt ● Fatigue ● Types of Fatigue ● Blood Pressure 	07
Suggested Readings: <ul style="list-style-type: none"> ● ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. ● Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) ● Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. ● Flyod, P.A.,S.E. Mimms andC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson,Wadsworth, Belmont, California, USA. 		

- Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press).
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).
- Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications).
- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Singh, S. N. (2019). Sharir Rachna Evam Vyayam Kriya Vigyan, Khel Sahitya Kendra, Daryaganj, New Delhi
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons.
- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin.
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill

This course can be opted as an elective by the students of following subjects: **Open for all**

Continuous Evaluation Methods (CIE)

INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Course Prerequisites: **There is no an prerequisites but students are to be physical & medically Fit.**

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER III/ PAPER II

Program/Class: Certificate	Year: Second	Semester: Third
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020302P	Course Title: Health and Physiology	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART - A	
I	<ul style="list-style-type: none"> • Draw and label any two-body system. • Prepare an Model of any one System. • Measuring height, weight, waist circumference and hip circumference, calculation of waist-Hip ratio. • Learn to Measure Blood Pressure by Sphygmomanometer. 	15

PART - B		
II	Chose any one individual sports as per given Annexure-A with following activity: <ul style="list-style-type: none"> • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports 	15
Suggested Readings: <ul style="list-style-type: none"> • ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. • Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) • Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. • Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA. • Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A. • Jain, J. (2004) Khel Dawaon Ka (New Delhi : Delhi University Press). New York, USA. • Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill • Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). • Koley, Shyamal (2007), Exercise Physiology — A Basic Approach (New Delhi: Friends Publications). • Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi. • Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India. • Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi. • Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston. • Singh, S. N. (2019). Sharir Rachna Evam Vyayam Kriya Vigyan, Khel Sahitya Kendra, Daryaganj, New Delhi • Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons. • William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin. • Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill • Livingstone 		
This course can be opted as an elective by the students of following subjects: Open for all		
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc - 10		
Course prerequisites: There is no any prerequisites only students physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and 		

Abroad.

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SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER IV/ PAPER I

Program/Class: Certificate	Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020401T	Course Title: Sports Psychology and Recreational Activities	
Course Outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.		
Credits : 04	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week):L-T-P: 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none">• Meaning, Importance and scope of sports psychology• General characteristics of various stages of growth and development.• Psycho-sociological aspects of human behavior in relation to physical education.	06
II	PERSONALITY: <ul style="list-style-type: none">• Meaning and definition of personality, characteristics of personality.• Dimensions of personality, personality and sports performance	08
III	LEARNING: <ul style="list-style-type: none">• Nature of learning, theories of learning.• Law of learning, plateau in learning, transfer of learning	08
IV	MOTIVATION : <ul style="list-style-type: none">• Nature of motivation, factors influencing motivation.• Motivational techniques and its impact on sports performance.	08
V	PLAY: <ul style="list-style-type: none">• Meaning of Play• Definition of play• Various Theories of play	08
VI	RECREATION : <ul style="list-style-type: none">• Meaning and importance of recreation in physical education• Principles of recreation in physical education• Areas, classification and ways of recreation.• Use of leisure time activities and their educational values.	08
VII	TRADITIONAL GAMES OF INDIA: <ul style="list-style-type: none">• Meaning.• Types of Traditional Games-• Gilli- Danda, Kanche, Stapu, Gutte, Posampa, Pitthoo, Vish Amrit	07

	<ul style="list-style-type: none"> • Importance/ Benefits of Traditional Games. • How to Design Traditional Games. • Development of Personalities by the help of Traditional Games.of 	
VIII	INTRAMURALS: <ul style="list-style-type: none"> • Meaning. • Importance. • Conducting Extramural Competitions. 	07
Suggested Readings: <ul style="list-style-type: none"> • Alliance, A. (1999). Physical Best Activity Guide, New Delhi, • Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA. • Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub. • Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: UniversalBook. • Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub. • Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub. • Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi. • Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi. • Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi. • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut • Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi. • Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi. • Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi. • Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi. 		
This course can be opted as an elective by the students of following subjects: Open for all		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in • India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER IV/ PAPER II

Program/Class: Certificate	Year: Second	Semester: Fourth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020402P	Course Title: Recreational Games & their Psychological Benefits	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures – Tutorials – Practicals (in hour per week) L-T-P :0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	<ul style="list-style-type: none"> • Make a Model/ Chart of any one Traditional games • Organize a recreational activity at college level and write a report on it. • Design a Traditional/ Recreational games with new ideas. 	15
	PART – B	
II	<p>Chose any one Team Games as per given Annexure- A with following activity:</p> <ul style="list-style-type: none"> • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports 	15
<p>Suggested Readings:</p> <p>1. Anand OP(2001) Yog Dwara Kaya kalp, Sewasth Sahitya prakashan, Kanpur</p> <p>2. Martin, GL(2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada</p>		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE)</p> <p>INTERNAL ASSESMENT (25 Marks)</p> <p>Written Test – 10 marks</p> <p>Assignment/ Research Based Project - 10 marks</p> <p>Attendance – 5 marks</p> <p>Research Orientation of the student.</p> <p>PRACTICAL ASSESSMENT (75 Marks)</p> <p>Practical – 50</p> <p>VIVA – 15</p> <p>Record book charts etc – 10</p>		
<p>Course prerequisites: There is no any prerequisites only students physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER V/ PAPER I

Program/Class: Certificate	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020501T	Course Title: Athletic Injuries and Physiotherapy	
Course Outcomes: Students can be able to understand Athletic Injuries and Athletic Care and Rehabilitation.		
Credits : 04	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	Athletic Injuries and Athletic Care. <ul style="list-style-type: none"> • Concept and Significance. • Factors causing Injuries. • General Principles of Prevention of Injuries. 	06
II	Rehabilitation - <ul style="list-style-type: none"> • PRICER- Prevention, Rest, Ice, Compression, Elevation, Rehabilitation • DRABC- Danger, Response, Airways, Breathing, Circulation. • First aid – meaning, definition. • Importance of First aid. • Back Pain & Neck Pain and their Rehabilitation. 	08
III	Common Sports Injuries I : SOFT TISSUE INJURIES: Sprain, Strain, Contusion, Abrasion , Blister, Concussion, Abrasion, Laceration, Hematoma <ul style="list-style-type: none"> • First Aid of Soft Tissue Injuries • Bandages for Soft Tissue Injuries • Taping and Supports 	08
IV	Common Sports Injuries II: BONE & JOINT INJURIES: <ul style="list-style-type: none"> • Fracture • Dislocation • First Aid of Bone & Joint Injuries • Bandages for Bone & Joint Injuries • Taping and Supports 	08
V	Physiotherapy- <ul style="list-style-type: none"> • Definition • Guiding principles of physiotherapy. • Importance of physiotherapy . Massage-	08

	<ul style="list-style-type: none"> • Meaning • Types and Importance. 	
VI	Hydrotherapy- <ul style="list-style-type: none"> • Meaning and Importance. • Different methods of giving Hydrotherapy 	08
VII	Treatment modalities- <ul style="list-style-type: none"> • Introduction an understanding of treatment modalities through Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy, ultra sound. 	07
VIII	Therapeutic Exercise- <ul style="list-style-type: none"> • Meaning, Definition. • Importance. • Muscle Strengthening through Active and Passive Exercise. • Therapeutic value with Yoga asanas for rehabilitation and strengthening of the muscles. 	07

Suggested Readings:

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA.
- Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai.
- Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.
- Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, mcgraw Hill, New York.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Hoeger, W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
- Jain, J. (2004) Khel Dawaon Ka (New Delhi: Delhi University Press).
- Singh, S.N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.
- Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers).
- Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.
- Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press).

This course can be opted as an elective by the students of following subjects: **Open for all**

Continuous Evaluation Methods (CIE)

INTERNAL ASSESSMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Course prerequisites: **There is no any prerequisites only student physical and medically fit.**

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and

Abroad.
• Rajarshi Tandon open University.

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER V/ PAPER II

Program/Class: Certificate	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code: E020502T	Course Title: Kinesiology and Biomechanics in Sports	
Course Outcomes students can be able to understand various aspects of Kinesiology and Biomechanics in Sports and able to apply in sports activities.		
Credits : 04		Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none"> • Meaning, Definitions, Aims, Objective. • Importance of Kinesiology for games and sports. 	06
II	<ul style="list-style-type: none"> • Kinesiological Fundamental Movements. • Center of Gravity. • Line of Gravity. 	08
III	<ul style="list-style-type: none"> • Planes and Axes • Types of muscles contraction. 	08
IV	Location & Action of Muscles at Various Joints: - i) Upper extremity – Shoulder Joint , Elbow Joint iii) Lower extremity – Hip joint, Knee Joint	08
V	BIOMECHANICAL CONCEPT: INTRODUCTION: Friction: <ul style="list-style-type: none"> • Meaning, Definitions and Types. • Newton’s Law of Motion 	08
VI	FORCE AND LEVERS: FORCE: <ul style="list-style-type: none"> • Meaning • Definitions • Types • Application to sports activities. LEVERS: • Meaning • Definition • Uses of them in the Human body. 	08
VII	KINENIAMTICS:	07

	<ul style="list-style-type: none"> • Meaning of Kinematics. • Types- Linear and Angular • Speed, Velocity, Acceleration, Distance, Displacement. 	
VIII	KINETICS: <ul style="list-style-type: none"> • Meaning of Kinetics • Types- Linear and Angular. • Mass, Weight, Force, Momentum and Pressure. 	07
Suggested Readings: <ul style="list-style-type: none"> • Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA. • Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA. • Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA. • Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA. • Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey. • McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA. • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut • Oatis, C.A. (2008). Kinesiology.2nd Ed. Lippincott, Williams & Wilkins, USA. 		
This course can be opted as an elective by the students of following subjects: Open for all		
Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Course prerequisites: There is not any prerequisites only students physical and medically fit..		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER V/ PAPER III

Program/Class: Certificate	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020503P	Course Title: Physiotherapy and sports	
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-2		

UNIT	TOPICS	NO. OF HOURS
	PART - A	
I	<ul style="list-style-type: none"> • Practice for Bandaging. • Practice for massage techniques. • Demonstration of Therapeutic Exercise. • A visit to Physiotherapy lab. • Write a Brief Report on the visit of the lab. 	15
	PART - B	
II	<p>Chose any one Individual Games as per given Annexure-A with following activity:</p> <ul style="list-style-type: none"> • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports Techniques and skills of selected game/sports 	15
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. • Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago, USA. • Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. • Fahey, T.D., M.P. Insel and W.T. Rath (2006), Fit & Well: Core Concepts and Labs in Physical Fitness, Mgraw Hill, New York. • Koley, Shymal(2007) Exercise Physiology – A basic Approach, friends publication New Delhi • Pande, P. K. (1987) Outline of Sports Medicine (New Delhi: Jaypee Brothers). • Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA. • Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi • Schindler, J.A. (2003) How to Live 365 Days a Year (Boston: Running Press). 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc - 10</p>		
<p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

B. A. Physical Education/ Semester V/Research Project/ Paper IV

Program/Class: Degree	Year: Third	Semester: Fifth
SUBJECT : PHYSICAL EDUCATION – PROJECT		
Course Code: E020504P	Course Title: Research Project	
Course Outcomes:		
<ul style="list-style-type: none"> • Learn to Prepare Questionnaire. • Learn to write research report. 		
Credits: 03	Compulsory	
Max marks: 25+75	Min Passing Marks: 10+25	
Unit	Topic	No. of Lectures
I	<ul style="list-style-type: none"> • Chose a topic from your theory syllabus and Prepare a Questionnaire with 20 Questions for your collage students. • Chose any one sports/ games for your syllabus and conduct an interview for your collage students • Student has to learn to prepare research report. 	45
Suggested readings: http://heecontent.upsdc.gov.in/Home.aspx		
This course can be opted as an elective by the students of following subjects: only for physical education students		
Suggested Continuous Evaluation Methods:		
<ul style="list-style-type: none"> • Seminar/Assignment/ report. • Test • Research orientation of the student. • Quiz • Attendance 		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI / PAPER I

Program/Class: Certificate	Year: Third	Semester: Sixth
SUBJECT : Physical Education - Theory		
Course Code: E020601T	Course Title: Research Methods	
Course Outcomes: Students can be able to understand Research methods in Sports and Physical Education.		
Credits: 04	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures – Tutorials _ Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF HOURS
I	INTRODUCTION: <ul style="list-style-type: none"> • Definition, Meaning of Research. • Need and Importance of Research in Physical Education 	06

	<p>and sports.</p> <ul style="list-style-type: none"> • Scope of Research in Physical Education and sports. 	
II	<p>Type of research</p> <ul style="list-style-type: none"> • Basic Research • Applied Research • Action Research 	08
III	<p>Research Problem:</p> <ul style="list-style-type: none"> • Meaning of the term • Formation of Research problem • Limitation and D Limitation • Location and Criteria of Selection of Problem. 	08
IV	<p>Hypothesis:</p> <ul style="list-style-type: none"> • Meaning of research Hypothesis. • Meaning of Null Hypothesis. 	08
V	<p>Survey of Related Literature:</p> <ul style="list-style-type: none"> • Literature sources. • Library Reading. • Need for Surveying related literature. 	08
VI	<p>Survey Studies:</p> <ul style="list-style-type: none"> • Meaning of Survey • Scope of survey in Research. 	08
VII	<p>Questionnaire and Interview:</p> <ul style="list-style-type: none"> • Meaning of Questionnaire and Interview. • Construction and development of Questions. • Procedure of conducting Interview. 	07
VIII	<p>Research Report:</p> <ul style="list-style-type: none"> • Meaning of Research Report. • Qualities of a good research report. • How to write Research Report 	07

Suggested Readings:

- Author"s guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd.
- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon Ltd.
- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.

<ul style="list-style-type: none"> Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publication
This course can be opted as an elective by the students of following subjects: Open for all
Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.
Course prerequisites: There is not any prerequisites only student physical and medically fit.
Suggested equivalent online courses: <ul style="list-style-type: none"> IGNOU Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. Rajarshi Tandon open University.

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI/ PAPER II

Program/Class: Certificate	Year: Third	Semester: Sixth
SUBJECT : Physical Education -Paper 2		
Course Code: E020602T	Course Title: Physical education for DIVYANG	
Course Outcomes: This subject will help the students to understand the needs of the disabled (DIVYANG) people and make them ready to tackle any situation which comes in front of them while dealing disabled people. This subject can also teach Inclusion in sports for adapted people.		
Credits : 04	Elective	
Max. Marks : 25+75	Min. Passing Marks : 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 4-0-2		
UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION: <ul style="list-style-type: none"> Meaning and Definition. Aims and Objective. Need and Importance of Physical Education. Adapted Physical Education 	06
II	Physical Disabilities: <ul style="list-style-type: none"> Causes of Mental Retardation Functional Limitations. 	08
III	Mental Retardation: <ul style="list-style-type: none"> Causes. Characteristics. Functional Limitations. 	08
IV	Outdoor Activities: <ul style="list-style-type: none"> Outdoor program for the disabled. Rhythmic and Dance Activities. 	08

V	<ul style="list-style-type: none"> • Aquatic Activity Program for disables. 	08
VI	Rehabilitation: <ul style="list-style-type: none"> • Functional and Occupational rehabilitation of Divyang Students • Psychological Rehabilitation of Divyang Students 	08
VII	Programs: <ul style="list-style-type: none"> • Personality Development Program for DIVYANG. • Social Welfare Program for Disabled 	07
VIII	Inclusion in sports for Adapted People: <ul style="list-style-type: none"> • Recreational sports/ games for Divyang Students • Competitive sports/ games for Divyang Students 	07
<ul style="list-style-type: none"> • Suggested Readings: • C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet- Promoting the Health). • Barton, L. (1993) „Disability, empowerment and physical education“, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press. • Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers. • K, DePauw & S. Gavron, (2005). Disability and Sport. (2n.d Ed) Illinois: Human Kinetics. • R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.:World Bank,). • Sport England (2000) Young People with a Disability and Sport. London: Sport England. 		
This course can be opted as an elective by the students of following subjects: Open for all		
Suggested Continuous Evaluation Methods: INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks		
Course prerequisites: There is no any prerequisites only students physical and medically fit		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI/ PAPER III

Program/Class: Certificate	Year: Third	Semester: Sixth
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code: E020603P	Course Title: Research and Sports	
Course Outcomes: Students can be able to understand Research methods in Sports and Physical Education.		
Credits : 04		Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25

Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 0-0-2		
UNIT	TOPIC	NO. OF LECTURES
I	PART - A	15
	Paralympic Committee of India (PCI) <ul style="list-style-type: none"> • History • Aims and Objective. • Learn about any one Para-sports – Cycling, Badminton, Athletics, Sitting Volleyball • Para-competition. 	
II	PART - B	15
	Learning the advanced skill of selected team games: <ul style="list-style-type: none"> • History and development of selected game/sports • Lay out and measurement of selected game/sports • Rules and regulation of selected games/sports • Specific exercise for selected game/sports • Techniques and skills of selected game/sports 	
Suggested Readings: <ul style="list-style-type: none"> • ACSM’s Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. • Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) • Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. Flyod, P.A.,S.E. Mimms andC. • Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson,Wadsworth, Belmont, California, USA. 		
This course can be opted as an elective by the students of following subjects: Open for all		
Suggested Continuous Evaluation Methods: INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment - 10 marks Attendance – 5 marks PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc - 10		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		
Suggested equivalent online courses:		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VI/RESEARCH REPORT/ PAPER IV

Program/Class: Degree	Year: Third	Semester: Sixth
SUBJECT : Physical Education- Project		
Course Code: E020604P	Course Title: Research Project	
Course outcomes: It will help the learner to understand the basic problems of school going students related to sports and Physical Education and finding their solution with the help of analyzed data.		
Credits: 03	Compulsory	
Max. Marks : 25 + 75	Min. Passing Marks: 10+25	
UNIT	TOPICS	NO. OF HOURS
I	<ul style="list-style-type: none"> • To conduct a survey or interview of primary or secondary government school students for the interest towards physical education and sports programs. • Analyze the data and submit a detailed report and a presentation. • The student will work in groups in completing the project but will write the final paper individually 	45
Suggested Readings:		
Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx		
This course can be opted as an elective by the students of following subjects: Open for all		
Suggested Continuous Evaluation Methods:		
<ul style="list-style-type: none"> • Making a video of survey or interview and present it.(20 marks) • Attendance (5marks) 		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		

Format for syllabus development of Skill development course

Title of course-	Yoga and Correctives
Nodal Department of HEI to run course	Physical Education Department
Broad Area/Sector-	Healthcare, Yoga & Physiotherapy
Sub Sector-	Yoga and Physiotherapy
Nature of course - Independent / Progressive	Independent
Name of suggestive Sector Skill Council	FICCI
Aliened NSQF level	IV
Expected fees of the course –Free/Paid	INR 2000
Stipend to student expected from industry	INR 500
Number of Seats-.....	20
Course Code-.....	Credits- 03 (1 Theory, 2 Practical)
Max Marks...100..... Minimum Marks...40	
Name of proposed skill Partner (Please specify, Name of industry, company etc for Practical /training/ internship/OJT	FICCI, NamoGange Trust, People Foundation, AICPE, Patanjali University
Job prospects-Expected Fields of Occupation where student will be able to get job after completing this course in (Please specify name/type of industry, company etc.)	Occupational Therapy, Physiotherapy Centers, Post Surgery Therapy & Rehabilitation Centers.

Syllabus

	Topics	General/ Skill component	Theory/ Practical/ OJT/ Internship/ Training	No of theory hours (Total-15 Hours=1 credit)	No of skill Hours (Total-60 Hours=2 credits)
Unit no I	Fundamental concepts	Mentioned in the syllabus		2	2
Unit no II	Introduction to Human Body and systems	Mentioned in the syllabus		1	2
Unit no III	Yoga and Ayurveda	Mentioned in the syllabus		1	2
Unit no IV	Yoga and Naturopathy	Mentioned in the syllabus		1	2
Unit no V	Meaning, Causes, symptoms and therapeutic value of Yoga practices in following disorders	Mentioned in the syllabus	Hospital, Aayush Centers	4	30
Unit no VI	Breathing	Mentioned in the syllabus		1	2
Unit no VII	Anatomy	Mentioned in the syllabus		1	2
Unit no VIII	Biochemistry	Mentioned in the syllabus		1	2
Unit no IX	Treatment Modalities	Mentioned in the syllabus	Rehabilitation Centers	3	16
Unit no X	Practical	Mentioned in the syllabus	Hospital, Aayush Centers, Rehabilitation Centers	30	60 TOTAL

Suggested Readings: Mentioned in the syllabus

Suggested Digital platforms/ web links for reading- Mentioned in the syllabus

Suggested OJT/ Internship/ Training/ Skill partner- Mentioned in the syllabus

Suggested Continuous Evaluation Methods: Mentioned in the syllabus

Course Pre-requisites:

- No pre-requisite required, open to all
- To study this course, a student must have the subject Bioscience & Arts... in class/12th/ certificate/diploma.
- If progressive, to study this course a student must have passed previous courses of this series.

Suggested equivalent online courses: Mentioned in the syllabus

Any remarks/ suggestions: Required proper infrastructure, funds for operation and support from authority for understanding the need of course.

Notes:

- Number of units in Theory/Practical may vary as per need
- Total credits/semester-3 (it can be more credits, but students will get only 3credit/ semester or 6credits/ year
- Credits for Theory =01 (Teaching Hours = 15)
- Credits for Internship/OJT/Training/Practical = 02 (Training Hours = 60)

Skill development course Yoga and Correctives



(Session 2021-22)

**KM MAYAWATI GOVT GIRLS PG COLLEGE BADALPUR
GAUTTAM BUDHA NAGAR U.P N.C.R REGION
INDIA**

Objective:

To learn about philosophy of yoga education and significance of corrective Exercise for fostering healthy natural life.

1. General Objectives of the Course:

1. To enable student to become competent and committed professionals willing to perform as Yoga trainer.
2. To make student to use competencies and skills needed for becoming an effective Yoga trainer.
3. To enable student to understand the types of the Yoga.
4. To acquaint student with the practical knowledge of Yoga Sana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama
5. To enable student to prepare the Yoga program.
6. To popularize yoga and corrective education among the masses.
7. Promoting health awareness towards holistic approach of health.
8. To promote preventive and correctives measures for sound health.
9. To promote healthy citizenry.
10. To know advanced levels of yoga education and rehabilitation

2. Duration of the Course:

The duration of the course shall be of four months. (75 contact hours ,1 credit theory + 2 credit practical, Total 3 credits) Each working day shall consist of one hour of Practical work /theory.

4. Eligibility for Admission:

Any Candidate who has passed XII std. or any other equivalent examination will be eligible for the admission to the Certificate Course in Yoga and corrective. Provided other conditions of admissions are fulfilled.

5. Medium of Instruction and Examination:

- a. Medium of Instruction will be Hindi and/or English and question papers shall be set in Hindi& English.
- b. The Certificate Course consists of Theory, and practical training. The Theory paper is of 50 marks. And practical of 50 marks. Based on MCQ.

6. Eligibility for appearing at Certificate Course examination:

Student teachers should keep the terms with at least 90% attendance. She should Complete all the practical and other work expected in all parts of the syllabus.

Total Seats: 20 Seats.

Syllabus

Unit no 1**Fundamental concepts****2 Hour**

1. Definition Aim and objectives of Human life according to Indian philosophy, Purusharth,
2. Concept of Pancha Koshas, Chakras, Aura, Nadies, Kundalini
3. Contribution in Yoga by Osho, Swami Rama, Maharishi Mahesh Yogi, Swami Sivananda Sarswati.
4. Concept and impact of Yoga regarding – Gyan (True and ultimate knowledge),
5. Awareness, Inner vision, Siddhis, Five Pranas and Chitta- control. Role of Ashtanga Yoga Yamas, Niyama's, Asana, Pranayama and Dhyana, Dharana, Pratyahara
6. Effects of Yogic practices on various mental abilities and disorders like
7. Learning, problem solving, concentration, Frustration, Conflict, and depression.

8. Tackling ill-effects of Frustration: Anxiety and Conflict through modern and Yogic Methods, Meditation Techniques Surya namaskar

Unit no 2 Introduction to Human Body and systems: 1 Hour

In brief with special reference to Respiratory, Digestive, Muscular and Nervous systems. Endocrinal system: -Nature of B.M.R., Fatigue, Immunity, Defense mechanism, Resistance power. Human Bio-chemistry Sugar level, Cholesterol, Fat, Urea their significance and related tests.

Unit no 3 Yoga and Ayurvedic: - 1 Hour

Its relationship, similarities, and differences, Ayurvedic concept of Yoga. Ayurveda concept of Tridoshas, Dhatus and Malas. Yogic Impact on their healthy nature.

Unit no 4 Yoga and Naturopathy: - 1 Hour

Its relationship, similarities and differences, Naturopathic concept of foreign matter, un-natural living style and Yoga impact on it.

Unit no 5 Meaning, Causes, symptoms and therapeutic value of Yoga practices in following disorders: - 4 Hour.

- I. Digestive disorders: Obesity, Indigestion, Gastric/ acidity problem, constipation. Piles.
- II. Respiratory and cardio-vascular disorders: Asthma, cold, High/low blood Pressure.
- III. Hormonal and Skelton disorders: Diabetes, Thyroid's imbalance, cervical spondylosis, backache, sciatica, arthritis.
- IV. Yogic concept of Holistic Health, Role of various Yogic practices on health at the level of body, mind, and soul. Stress – its causes, symptoms, consequences on body and mind and yogic management of stress.
- V. Exploration of Yoga: Yogic events- seminars, conferences, yoga centers, yoga Magazines, yoga higher education. Hi-tech in yoga.
- VI. Yogic Therapy through Traditional Understanding.
- VII. Stress Management: Modern and Yogic perspectives

Unit no 6 Breathing 1 Hour

- a. Bandhas and Mudras Introduction to Kriyas, Mudras and Bandhas in brief.
- b. **Asanas Asana** - Definition and Classification, Similarities, and dissimilarities between Asana and Exercise
- c. **Pranayama** - Definition and Classification. Difference between pranayama and deep breathing. Importance of Rechaka, Kumbhaka, Puraka.
- d. **Kriyas Pranayama** - Definition and Classification. Difference between pranayama and deep
(Corrective)

Unit no 7 Anatomy 1 Hour

1. Osteology and myology, functional anatomy, kinesiology and anthropology.
2. Neuroanatomy-Brain, spinal cord, Autonomic nervous system
3. Cardiovascular system, Respiratory system
4. Histology of bone, cartilage, muscles, nerves.

Unit no 8 BIOCHEMISTRY 1 Hour

General metabolism and nutrition, acid Base balance, kerb cycle Principles of applied physics which avoid injury

Unit no 9

Treatment Modalities

3 Hour

used in physical medicine-general properties and detailed clinical uses of each.

- a) Heat-general physiological properties and mode of action as agent, indication and contraindication, forms of heat therapy –superficial and deep heating including treatment techniques. Emphasis will be given to infrared, Hydrocollator, Paraffin wax bath, convection heating devices, short wave diathermy, microwave diathermy and ultrasonic therapy.
- b) Cold as a therapeutic agent
- c) Ultraviolet radiation
- d) Therapeutic electricity
- e) Hydrotherapy
 - a. Clinical use of massage, manipulation, stretching and traction.
 - b. Prescription of exercise therapy and other supportive measures
 - c. Disability evaluation
 - d. Sports medicine, drugs, rehabilitation of injured athlete
 - e. Rehabilitation management of cases with various systemic disorders neuromuscular
 - f. disability (paralysis, cerebral palsy, spinal cord injuries, muscular dystrophies)
 - g. Orthopedic disability, cardiovascular disability, pulmonary disability
 - h. Urological problems
 - i. Rehabilitation of patients with diseases of back pain
 - j. Rehabilitation of patients with diseases of neck pain
 - k. Rehabilitation of patients with diseases of burns
 - l. Rehabilitation of patients with spondylitis

Practical Training

PRACTICALS: 60 Hour

8 Hour

Basic concept of effect of exercise, naturopathy, massages, and diet which can cure the disease, injury, deformity.

Curative concept

16 Hour

- a) **Jal Neti** –SuterNeti, VamanDhauti, Kapalbhathi (Vayu / Vaatkaram), Trataka, Pawan-mukat-series Exercise, Suryanamaskaar,
- b) **Standing Poses:** Taad – Trikon – Katichakarkon, Tiryank-taad
- c) **Supine laying Poses:** Shav –Uttanpad –Sarvang – Ardhmatsay – Hal – Naditaan.
- d) **Prone Pose:** Makar – Sarp – Ardhshalabh –Dhanur.
- e) **Sitting Poses:** Vajar, Padam – Janushiras –Vakar – Bhadar – Sidh – Sukh.
- f) **Pranayama:** Correct Breathing Exercise, Anulome-vilom, Surya-bhedhan, Ujjayee, Sheetli, Sheetkari and Bhramari.
- g) **Bandhas :** Trio Bandhas Mudras : Vipritkarni, Kaki, Taragi, Shambvi, Chin, Gyan (Jnana)
- h) **Meditation :** Mindful, Vipasan, Jyotirbindhu and Yog-nindra.

ASANAS:**30 Hour**

1. Shrishasana
2. Crocodile Practices (Four variations)
3. Pavanmuktasana
4. Naukasana
5. Iparitakarani
6. Sarvangasana
7. Matsyasana
8. Halasan
9. Karnapidasana
10. Bhujangasana
11. Shalabhasana
12. Sarpasana
13. Dhanurasana
14. Vakrasana
30. Ugrasana
32. Janushriasana
34. Muktasana
36. Guptasana
38. Uttanamandukasana
40. Padangusthasana
42. Bhadrasana
44. Ekpadaskandhasna
46. Chakrasana (Backward)
48. Tadasana
50. Utkatasana
52. Vatayanasana
54. Shirh-padangusthasana
56. Padmasana
58. Swastikasana
60. Makarasana
15. Ardha-Matsyendrasana
16. Paschimatanasana
17. Supta Vajrasanai
18. Yoga Mudra
19. Simhasana
20. Gomukhasana
21. Matsyendrasana
22. Mayurasana
23. Kukkutasana
24. Uttana Kurmasana
25. Ushtrasana
27. Padma – Bakasana
28. Baddha –padmasana
29. Akarmadhanurasana
31. Parvatasana
33. Tolangulasana
35. Virasana
37. Sankatasana
39. Vrishabhasana
41. Garbhasana
43. Kapotasana
45. Chakrasana (Sideward)
47. Virkshasana
49. Pada - hastasana
51. Natarajasana
53. Garudasana
55. Vajrasana
57. Siddhasana
59. Shavasana
61. Brahmamudra

B. PRANAYAMA**2 Hour**

1. Anuloma-viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari
7. Suryabhedana
8. Chandrabhedana
9. Murccha
10. Plavini

C. BANDHAS AND MUDRAS**2 Hour**

1. Jalandhara Bandha
2. Uddiyana Bandha
3. Jicha Bandha
4. Mula Bandha

D. KRIYAS**2 Hour**

1. JalaNeti
2. Sutra Neti
3. Dhauti (Vamana, Danda, Vastra)
4. Nauli
5. Kapalabhati
7. Trataka

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2. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasi das Publishers.
3. Iyengar, B.K.S. (2005). Light on life. Oxford, Pan Macmillan Ltd.
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5. Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.
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7. King, Richard. (2000). *Indian Philosophy: An Introduction to Hindu and Buddhist Thought*. New Delhi, Maya Publishers Pvt.
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9. Krishnananda, Swami. (2009). *Yoga Meditation and Japa Sadhana*. Tehri Garhwal, The Divine Life Society.
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12. Nagendra, H.R. (1993). *Yoga in Education*. Banglore, Vivekananda Kendra.
13. Nagendra, H.R. (1993). *Yoga in Education*, Banglore, Vivekanande Kendra.
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35. Osho. (2009). *Autobiography of a Spiritually Incorrect mystic*. Noida, Gopsons Papers Ltd.
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47. Osho. (1996). *The Psychology of the Esoteric*. Delhi, Adarsh Printers.
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Weblinks: Arhanta Yoga Ashrams: Yoga Teacher Training & Certification <https://www.arhantayoga.org>
The Yoga Institute: Yoga Teacher Training & Classes In Mumbai
<https://theyogainstitute.org>

Morarji Desai National Institute of Yoga (MDNIY)
<http://www.yogamdniy.nic.in>

Courses in Yoga and Naturopathy | Ministry of Ayush | GOI
<https://main.ayush.gov.in>

YCB Certified Yoga teacher - Under Ayush ..
<https://www.aogyayogshala.com>

Traditional Yoga at KaivalyaDhama – Lonavala
<https://kdham.com>

Suggested internship and Skill partner: FICCI, NamoGange Trust, People Foundation, AICPE & Patanjali University

Suggested equivalent online courses: Sthapana, Yoga Foundation
Yoga instructor course: Course on Principles of Ayurveda, Diploma in Physiotherapy, Bachelor of Physiotherapy, B.Sc. in Physiotherapy

Medical Certificate

TO WHOM IT MAY CONCERN

Dated: _____*

This is to certify that MS/Mr. _____ Daughter/Son of Sh. _____
_____ have been found after relevant medical examination fit
to follow the certificate Course of Yoga education and corrective as prescribed by the kmgpgc Badalpur G b
Nagar.

Practitioner's Regd. No. _____

Signature & Seal

* The certificate should not be more than 15 days old at the time of admission.

The following criteria will be followed with regards to the evaluation of the course.

- ❖ Below 45% marks: Not recommended.
- ❖ 45% to below 50 % marks: Third Division
- ❖ 50 % to below 60 % marks: Second Division
- ❖ 60 % and above: First Division
- ❖ 75% and above: Distinction

**SYLLABUS FOR PHYSICAL EDUCATION
(MINOR SUBJECT)
(As Per National Education Policy-2020)
FOR THE SESSION 2021-22 ONWARD**



CH. CHARAN SINGH UNIVERSITY, MEERUT

OBJECTIVES

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports, yoga and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. As far as minor subjects are concerned the two subjects 'Health: Personal & Environmental' and 'Yoga for All' are opted which will be helpful to the students to be aware about health. In these subjects students will study about personal health, environmental health and yoga. Personal Health is the ability to take charge of your health by making conscious decisions to be healthy. Environmental Health focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters healthy and safe communities. Yoga usually involves some combination of the following: postures and poses (asanas), regulated breathing (pranayama), and meditation and relaxation (samyama). It reduces stress, conflicts, improves concentration, improves posture, develops core muscles. Students will definitely be able to discharge duties towards themselves and society through this subject.

Department of Higher Education U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

MINOR SUBJECTS – PHYSICAL EDUCATION

Course Code	Paper Title	Theory/ Practical	Credits
-	HEALTH: PERSONAL & ENVIRONMENTAL	THEORY	4
-	HEALTH: PERSONAL & ENVIRONMENTAL	PRACTICAL	2
-	YOGA FOR ALL	THEORY	4
-	YOGA	PRACTICAL	2

SYLLABUS FOR MNOR SUBJECTS

FIRST PAPER: PHYSICAL EDUCATION

SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:	Course Title: Health : Personal & Environmental	
Credits : 04		General Elective
<p>Course Outcomes: Students can be able to understand various aspects of health with respect to personal and environmental. In this subject students will study about personal health, environmental health. Personal Health is the ability to take charge of your health by making conscious decisions to be healthy. Environmental Health focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters healthy and safe communities.</p>		
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Tutorials-Practical (in hours per week): -TLP:4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	HEALTH & HEALTH EDUCATION <ul style="list-style-type: none"> • Meaning & Definition of Health Education • Aim, objective and Principles of Health Education • Scope & Importance of Health Education • Meaning & Definition of Health • Dimensions of Health 	06
II	NUTRIATION, NUTRIENTS AND DIET <ul style="list-style-type: none"> • Meaning & Definition of Nutrition, Nutrients & Diet • Basic Nutrition Guidelines • Sources of Nutrients : Macro & Micro Nutrients • Adulteration & Malnutrition • Balance Diet & Preparation of Dietary Chart 	07
III	HEALTH PROBLEMS <ul style="list-style-type: none"> • Obesity & their Management • Personal and Environmental Hygiene • Environmental Sanitation • Care of Skin, Eyes, Ears, Teeth & Nose • Brief Introduction to Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution 	08
IV	DISEASES : COMMUNICABLE & NON COMMUNICABLE <ul style="list-style-type: none"> • Meaning & Definition of Disease, Congenital Disease & Acquired Disease • Meaning & Definition of Communicable & Non Communicable Disease • Communicable Diseases (Contagious & Non Contagious) - Viral Diseases & Bacterial Diseases, 	08

	<ul style="list-style-type: none"> • Non Communicable Diseases – Blood Pressure, Diabetes 	
V	POSTURE AND POSTURAL DEFFORMITIES <ul style="list-style-type: none"> • Meaning & Definition of Posture • Causes of Bad posture • Postural Deformities & their Correctives Exercises & Yogasanas 	08
VI	FIRST AID <ul style="list-style-type: none"> • Meaning & Definition of First Aid • Qualities of First Aider • Dressing & Bandages for Wound, Soft Tissue Injury, Bone Injury & Joints Injury • Hand Washing & Hygiene • Dealing with an Emergency like Cardiac Arrest- Resuscitation (Basics) • Fast Evacuation Techniques • Transport Techniques 	07
VII	PSYCHOLOGICAL & MENTAL HEALTH <ul style="list-style-type: none"> • Meaning & Definition of Mental Health • Mental Health Problems in the India • Mental Health First Aid Action Plan • Understanding Depression and Anxiety Disorders 	08
VIII	ENVIRONMENTAL HEALTH <ul style="list-style-type: none"> • Definition, Scope, Need and Importance of Environmental Health. • Concept of Environmental Health • Tree Plantation, Plastic Recycling & Probation of Plastic Bag / Cover. • Celebration World Environment Day and it's Importance 	08

Suggested Readings:

- Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York.
- Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States
- Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OXZSDP, A division of Reed Educational and Professional publishing Ltd. New Delhi
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- Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur
- Pearce, Evelyn C. (1997). Anatomy & Physiology for Nurses, Jaypee Brothers, New Delhi
- Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi

- Verma, K. K.(1996). Health & Physical Education,Tandon Publication, Ludhiana
- Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness,Churchill Livingstone Elsevier

This course can be opted as an elective by the students of following subjects: **Open for all**

Continuous Evaluation Methods: (CIE)

INTERNAL ASSESMENT (25 Marks)

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

Suggested equivalent online courses:

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.
- Rajarshi Tandon open University.

FIRST PAPER PRACTICAL : PHYSICAL EDUCATION

Program/Class: Certificate	Year:	Semester:
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:	Course Title: Personal & Environmental Health	
Course Outcomes: Students can be able to understand various aspects of health with respect to personal and environmental in a practical manner.		
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Practical (in hours per week):L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	PART – A	
I	PERSONAL HEALTH: <ul style="list-style-type: none"> • First Aid for -Sprain, Fracture, Burn & Drowning • Measurement of Blood Pressure & Sugar • Measurement of BMI • Prepare chart for percentage of the students having Flat Foot, Claw Foot & Normal Foot College students 	15
	PART – B	
II	ENVIRONMENTAL HEALTH: <ul style="list-style-type: none"> • Procedure for waste management – Biodegradable & Non Biodegradable • Procedure for rain water harvesting • Way to prevent us from Communicable Diseases 	15

	<ul style="list-style-type: none"> • Tree Plantation • Application of 3R's- Reduce, Reuse, Recycle 	
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • Berube David M. (2021). Pandemic Communication and Resilience, • Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York. • Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States • Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OXZSDP, A division of Reed Educational and Professional publishing Ltd. New Delhi • Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur • Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi • Verma, K. K.(1996). Health & Physical Education, Tandon Publication, Ludhiana • Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness, Churchill Livingstone Elsevier • Manuel Cardoso Castro Rego, F., Morgan, P., Fernandes, P.M., Hoffman, C. (2021). Fire Science 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10</p>		
<p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SECOND PAPER THEORY: PHYSICAL EDUCATION

SUBJECT : PHYSICAL EDUCATION - THEORY	
Course Code:	Course Title: Yoga for All
<p>Course Outcomes: Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about yogasanas, pranayama and rehabilitation aspects of yoga.</p>	

Credits :04		General Elective
Max. Marks : 25+75		Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week):L-T-P: 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	INTRODUCTION OF YOGA <ul style="list-style-type: none"> • Concept , Meaning and Definition of Yoga • Aims and objectives of yoga • Scope of yoga • Importance of yoga 	06
II	TYPES OF YOGA <ul style="list-style-type: none"> • Karma yoga • Raj yoga • Bhakti yoga, Gyan yoga • Hatha yoga , Jap yoga , Lay yoga 	07
III	ASHTANG YOGA <ul style="list-style-type: none"> • Introduction & Ashtang yoga • Yama ,Niyam • Asana, Pranayam • Pratyahara • Dhayana • Samadhi 	08
IV	YOGASANA <ul style="list-style-type: none"> • Meaning of Asana • Importance of Asana • Rules of Asana practice • Warming-up for Asana (Sukashma Vayayam) 	08
V	SURYA NAMASKAR <ul style="list-style-type: none"> • Introduction of Suryanamaskar • Position of Suryanamaskar with mantra • Importance of Surya namaskar • Surya namaskar practice 	08
VI	PRANAYAMA <ul style="list-style-type: none"> • Meaning of Pranayama • Meaning of Purak, Kumbhak & Rechak • Importace of Pranayama • Bhastrika, Kapalbhati, Anulom-Vilom • Shitli, Shitkari, Ujjayi pranayama • Bhramri Pranayama 	07
VII	REHABILITATION ASPECTS OF YOGA <ul style="list-style-type: none"> • Pain release therapy by Asana • Tention, Depression, Migraine • Anxiety • Increase vital capacity by pranayama • Increase co-ordination and memory by pranayama 	08
VIII	YOGA PALN	08

	<ul style="list-style-type: none"> • Yoga plan for children • Yoga plan for adult • Yoga plan for adulthood • Yoga plan for women • Meditation 	
Suggested Readings: <ul style="list-style-type: none"> • Kumar, Kamakhya (2011), Yog Mahavigyan, Standard publication, New Delhi • Singh, A. (2004). Sharirik SikshaTatha Olympic Abhiyan, Kalyani Publishers, Rajendra Nagar, Patiyala • Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi • Swami Karmanand Saraswati (2013). Rog Aur Yog (2013), Yog Publication Trust, Munger • Swami, Kuvalyananda (2012). Asanas, Kaivalyadhama, Lonavala, Pune • Swami, Satyanand Saraswati (2006). Asana, Pranayam, Mudra Bandh, Yog Publication Trust, Munger • Pandey, K.G. (2011). Sharirik Siksha Evam Khel, Shri Gyan Sagar Publication, Meerut • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut • Yoga, (2006), Vivekanad Kendra prakashan trust, Trilpiken • Swami, Satyanand Saraswati (2013). Surya Namaskar, Yog Publication Trust, Munger 		
This course can be opted as an elective by the students of following subjects: Open for all		
Continuous Evaluation Methods: (CIE) INTERNAL ASSESSMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.		
Suggested equivalent online courses: <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

SECOND PAPER PRACTICAL: PHYSICAL EDUCATION

Program/Class:	Year:	Semester:
SUBJECT : PHYSICAL EDUCATION - PRACTICAL		
Course Code:	Course Title: Yoga	
Credits: 02	General Elective	
Course Outcomes: Yoga is very helpful in prevention of many diseases and students will learn about it in a practical manner. These practical deals with practical knowledge about yogasanas and pranayama.		
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Tutorial-Practical (in hours per week):L-T-P: 0-0-2		

UNIT	TOPICS	NO. OF HOURS
	PART - A	
I	<ul style="list-style-type: none"> • Practices of Suksham Vyayam • Standing Asanas – Vrikshasana, Tadasana • Sitting Asanas – Padmasana, Vrijasana, Paschimuttanasana • Laying Asanas (Supine Position) – Halasana, Sarvangasana, Naukasana • Prone Position Asanas – Bhujanagasana, Dhanurasana, Navasana 	15
	PART – B	
II	<ul style="list-style-type: none"> • Suryanamaskar with Mantra • Practices of Pranayama – Bhastrika, Kapalbhathi, Anulom-Vilom, Bhramri • Practices of Om Chanting (Om Jaap) 	15
<p>Suggested Readings:</p> <ul style="list-style-type: none"> • Kumar, Kamakhya (2011), Yog Mahavigyan, Standard publication, New Delhi • Singh, A. (2004). Sharirik SikshaTatha Olympic Abhiyan, Kalyani Publishers, Rajendra Nagar, Patiyala • Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi • Swami Karmanand Saraswati (2013). Rog Aur Yog (2013), Yog Publication Trust, Munger • Swami, Kuvalyananda (2012). Asanas, Kaivalyadhama, Lonavala, Pune • Swami, Satyanand Saraswati (2006). Asana, Pranayam, Mudra Bandh, Yog Publication Trust, Munger • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut • Yoga, (2006), Vivekanad Kendra prakashan trust, Trilpiken • Swami, Satyanand Saraswati (2013). Surya Namaskar, Yog Publication Trust, Munger 		
<p>This course can be opted as an elective by the students of following subjects: Open for all</p>		
<p>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student. PRACTICAL ASSESSMENT (75 Marks) Practical – 50 VIVA – 15 Record book charts etc – 10</p>		
<p>Course prerequisites: There is no any prerequisites only student physical and medically fit.</p>		
<p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • IGNOU • Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad. • Rajarshi Tandon open University. 		

