



**ख़्वाजा मुईनुद्दीन चिश्ती भाषा विश्वविद्यालय, लखनऊ, उत्तर प्रदेश (भारत)**  
**Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)**

U.P. STATE GOVERNMENT UNIVERSITY,  
(Recognised Under Section 2(f) & 12(B) of the UGC Act, 1956 & B.Tech. Approved by (AICTE))

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## **Syllabus of B.A. (Bachelor of Arts)**

### **Department of Physical Education**

**As per**

**National Education Policy-2020**

**B.A. (NEP), Semester-I**

**Academic Session 2023-24**

**Department of Physical Education**

**Khwaja Moinuddin Chishti Language University Lucknow, U.P.**

**India**



**Programme Regulations/Ordinance of B.A.  
Department of Physical Education  
as per  
National Education Policy-2020**

**Abbreviations:**

S. No.	Abbreviation	Full Form
1	C	Credits
2	L	No. of Lectures/periods (One hour Lecture for theory & two hours lab for practical)
3	CIE	Continuous Internal Evaluation
4	UE	University Exam.
5	Th.	Theory paper
6	Prac.	Practical paper
7	UG	Under Graduation
8	PG	Post Graduation
9	MM	Maximum Marks
10	POs	Programme Outcomes
11	PSOs	Programme Specific Outcomes
12	COs	Course Outcome
13	GE	Generic Elective
14	SEC	Skill Enhancement Course
15	AECC	Ability Enhancement Compulsory Course

**1. Applicability:**

The regulations shall apply to the Bachelor in Physical Education Programme from the session 2021-22.

**2. Minimum Eligibility for Admission:**

Intermediate or equivalent examination from a recognized Board/ Institution including Madarsa Board of all States with minimum 45% marks in aggregate for General/OBC and 40% for SC/ST candidates.

(Any other additional requirement may also be specified from time to time)

**3. Programme Objectives:**

Physical education is not only concerned with the physical outcome that accrue from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in motor activities. Physical education discipline is to develop a comprehensive outlook of an individual with a strong civic position, moral qualities, sense of responsibility, and an independent, initiative, tolerant person who is able to successfully socialize and to use different forms of physical education and sports in daily life to protect his or her own health and promote effective professional activities. The overall objectives of bachelor's degree programme in Physical Education are;

- The acquisition and refinement of motor skills,
- To equip the students with the scientific knowledge of body response to various types of exercise.
- Maintenance of fitness for optimal health and well being,
- Attainment of knowledge and the growth of positive attitude towards physical activity and sports.
- Understanding the meaning of physical education for an individual development and improving general health for professional activity.
- Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising.
- Learning special knowledge, practical skills, which provide health protection, form compensatory process, correct present health abnormalities, provide mental



prosperity, development and improvement of psychophysical skills, form professional qualities of an individual.

- h. Body's adaptation for physical and mental workload and also at the increasing of the capability of physiological systems as well as raising of the resistance of immune defenses.
- i. Learning the methodology of formation and taking health exercises independently, the methods of self-control while exercising, hygiene rules and sound schedule for work and rest.
- j. Learning how to resist unfavorable factors and working conditions, decreasing fatigue during professional activities and raising the quality of results.

#### 4. Programme Outcomes:

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.

#### 5. Specific Programme Outcomes:

- a. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
- b. Students will develop practical, theoretical skills in Physical Education.
- c. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.
- d. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed., SSC, NET, SET ETC.

**Seats** -The total number of students to be admitted in the Courses shall be 60.

**Admission Policy**- Admissions shall be made on the basis of University norms. Reservation policy as per rules of KMCL University will be followed.

#### Course Content-

- **Core Courses I –IV Semester**- 3 Core Courses of 06 credit each [ $18 \times 4 = 72$  Credits]
- **Core Courses V –VI Semester**- 8 Core Courses of credit each [ $8 \times 6 = 48$  Credits]
- **Core Course-VII-VIII Semester**-8 Core Courses of credit each [ $8 \times 6 = 48$  Credits]
- **Minor Elective (Generic) I-IV Semester**-2 (paper) 1 in each year of any semester [ $4 \times 2 = 8$  Credits],
- **VII-VIII Semester**-1(paper) in any semester [ $4 \times 1 = 4$  Credits]

**Vocational/Skill Enhancement Course** I-IV Semester-1 paper in each semester ( $4 \times 3 = 12$  Credits)

- **Co-curricular (Qualifying)**- I –VI -1 paper in each semester ( $6 \times 0 = 0$  Credit)
- **Research Project I and II (Qualifying)** V and VI semester (0 Credits)
- **Research Project /Industrial Training VII and VIII semester** ( $4 \times 2 = 8$  Credits)
- **Total Credits - 184**

I Year -Certificate in faculty-46 Credits

II Year-Diploma in faculty-92 Credits

III Year-Bachelor in faculty-132 Credits

IV Year –Bachelor (Research in faculty)-184 Credits

**Teaching Pedagogy:** 60% Offline and 40% Online

**1. Number of subjects: 1**

**2. Number of papers:**

#### 2.1 Core Compulsory Papers:

In first two years, there shall be compulsory core papers of 18 credits in each semester with:

- Either one theory paper of 6 credits.
- Or one theory paper of 4 credits and one practical paper of 2 credits.

In the third year there shall be compulsory core papers of 24 credits in each semester



with:

- Either 4 theory papers of 5 credits each.
- Or 4 theory papers of 4 credit each and two practical paper of 2 credits.

## **2.2 Minor Elective:**

A course of 4/5/6 Credits can also be opted as an elective (Optional) course by the students in one year like I<sup>st</sup> year and II<sup>nd</sup> year in any even or odd semester who do not have this subject as major (main) subject but other subjects.

- Minor Elective Course Paper will be any subject (4/5/6 credits) and not the full subject
- Minor Elective Paper will be taken by the student from other subject/any Faculty (Own Faculty or Other Faculty). No pre-requisite will be required for this.
- It will be mandatory for the student to take a minor elective subject (one minor paper per year) in the first, second year (undergraduate). The university/college may allot the minor subject paper on the basis of available seats. Minor/Elective paper will not be compulsory in 5th and 6th year.
- Students can choose the available minor elective paper in even or odd semesters at their convenience.
- Minor elective paper will be selected from the subjects offered in the institute. The classes for the selected minor paper will be held at the same time as the classes of the same course conducted in the Faculty and examination will also be held at the same time.

## **Vocational/Skill Development Courses:**

- Every student at the undergraduate level will be required to undertake a skill development course of 3 credits in each semester of the first two years (four semesters) (four courses totaling 3x4 12 credits).
  - a. Co-Curricular Courses(Qualifying)**
- It will be mandatory for every graduate student to do one co-course in each semester of three years (six semesters).
- The student has to pass all these co-courses with 40 percent marks. Grades will be marked on the grade sheet of the student based on their marks, but they will not be included in the calculation of CGPA.
- b. Research Project /Industrial Training**
- Graduation/Post Graduation/PGDR level, every semester (fifth to eleventh) up to the semester). The student will have to do a small research project in the third year and a major research project in the fourth and fifth year. The nature of the research project in PGDR will be decided by the university as per Pre-Ph.D. course work
- A research project related to one of the two main subjects of the third year chosen by the student and the main subject of the fourth, fifth, sixth year will have to be done. This research project can also be interdisciplinary. This research project can also be in the form of industrial training/internship/survey work etc.
- The research project will be done under the direction of one teacher supervisor; co-supervisor can be taken from any industry/company/technical institute/research institute.
- At the end of the year, the student will submit a joint report of the research project done in both the semesters, which will be evaluated jointly by the supervisor and external examiner nominated by the university out of 100 marks at the end of the year.
- Grades will be marked on the grade sheet of based on research project of the students at graduation PGDR level and will be included in calculation of CGPA.
- Undergraduate (including research) and postgraduate students will be required to undertake a four-credit research project in each semester. The grades will be marked based on the project scores and they will be included in the calculation of CGPA.



### 3. Credit and credit determination:

- One credit paper of theory will carry one hour/week of teaching assignments; means 15 hours of teaching assignments in 15 weeks of a semester will be done.
- One credit paper of Practical/Internship/Field Work etc. will consist of two hours/per week teaching assignments i.e. 30 hours of practical/internship/field work etc. in 15 weeks of a semester. In computing the workload of the teacher, the workload of one hour of theory will be equal to the workload of two hours of practical/internship/field work etc.
- All credit related work will be done through "State Level Academic Bank of Credit", the guidelines of which will be issued separately.
- A student can obtain a one-year certificate with a minimum of 46 credits, a two-year diploma with a minimum of 92 credits, and a three-year bachelor's degree with a minimum of 132 credits. Beyond this, students can pursue a four-year bachelor's (including research) degree with a minimum of 184 credits, a master's degree with a minimum of 232 credits, and a PGDR with a minimum of 248 credits can take. Once the credits are used, the student will not be able to use the credits for those papers again. For example, if a student obtains a certificate after one year using 46 credits, then his credits will be treated as expenses. If he wants to take Diploma after some years, he will either surrender his original certificate to the University and re-credit 45 credits to the account or re-credit new 46 credits and on the basis of which the second year (actual third year can earn 92 (46+46) credits and can take diploma. Similar arrangement will be there for the coming years also. If the student studies continuously and does not take certificate/diploma, then he can take the degree on the basis of 132 credits. You can get a degree.
- If a competent student will obtain the required credits for the degree in less time, then there will be a facility of gap on obtaining minimum credits, but the degree will be granted only after three years. During the interval he will be free to do any work.
- Earned credit will be in the form of certificate. In case of change of faculty or subject in second year. Category and not a diploma, because in order to obtain a diploma, he must obtain the necessary credits in the same subject.
- In the same faculty in which the student will obtain at least 60 percent credit in three years. He will be given a degree and according to the rules in the university, the facility of admission in postgraduate will be given.
- If the student is not able to obtain at least 60 percent of the total credits of the three major subjects in three years in any one of the faculty major, then he will be awarded the degree of Bachelor of Liberal Education and he will be awarded the degree of Bachelor of Liberal Education. in which the prerequisite of any subject at the graduation level will not be required.
- If any eligible student can re-credit his/her credit by taking certificate/diploma and he/she fails in the next examination, he/she can get the certificate/diploma again by using the credits re-credited.

### 4. Credit system:

- A 4 credit **theory course/paper** will have four Lectures/periods (of one hour) in a week. In one full semester the course will be covered in 60 Lectures.
- Similarly, a six credit **theory course/paper** will have six Lectures/periods (of one hour) in a week. In one full semester the course will be covered in 90 Lectures.
- A Two credit **practical course/paper** will have two Lab periods (of two hours each) in a week. In one full semester the course will be covered in 30Lab periods (60hours).
- Similarly, a four credit **practical course/paper** will have four Lab periods (of two hours each) in a week. In one full semester the course will be covered in 60 Lab periods (120 hours).

### 5. Attendance and credit determination:



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- It will be necessary to take the exam for credit validation. Credits will be incomplete without the exam.
- In order to take the examination, 75 percent attendance will be mandatory as per the earlier rules.
- If a student qualifies for the examination on the basis of attendance in the class, but is unable to take the examination due to any reason, he/she can take the qualifying examination at a later date. He will not need to take classes again.

**6. Continuous Internal Evaluation(CIE):**

- Continuous internal evaluation will be performed by the teacher concerned.
- It is proposed that CIE be kept at present, at 30% of total assessment in a Theory paper. It can be increased in steps up to 50% over a period of time.
- The practical papers in all semesters will have 30% CIE and 70% UE, conducted at the end of the semester by one internal examiner and one external examiner appointed by the University.

**7. Marking system:**

- All papers will be of total Maximum Marks 100, including both CIE and UE.
- Maximum Marks 25 will be allotted to CIE and 75 (50UE+20 Practical) in paper and Research project.
- Maximum Marks 25 will be allotted to CIE and 75 UE in Research project.
- The practical papers in all semesters will have conducted at the end of the semester by one internal examiner and one external examiner appointed by the University.



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**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	ELEMENTALS OF PHYSICAL EDUCATION	THEORY	4
		2	E020102P	FITNESS AND YOGA	PRACTIAL	2
		3	E020103T	HEALTH AND FITNESS (MINOR)	THEORY	4
		4	E020104T	YOGA AND HOLISTIC LIFE [SKILL DEVELOPMENT COURSE (SDC)]	THEORY	3
		5		ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)-1	THEORY	2
Total Credit						



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**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: Elementals of Physical Education	
<b>Course Objectives:</b> Enable students to		
<ul style="list-style-type: none"><li>• Understand the meaning, need and scope of physical education and sports.</li><li>• To know about eminent personalities of India.</li><li>• Analyze the historical review of physical education in India.</li><li>• Understand the meaning of health and relationships among the various aspects of health.</li><li>• Analyze the principles of health education.</li></ul>		
<b>Course Outcomes:</b> 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.		
Credits:4	Maximum Marks:25+75	Min. Passing Marks:10+25
Total no. of lectures-tutorials-practical (in hours per week):4-0-0		
Unit	TOPIC	NO. OF LECTURES
I	<b><u>Ancient Wisdom in Physical Education, Sports and yoga:</u></b> <ul style="list-style-type: none"><li>• Patanjli yoga sutra.</li><li>• Ghrand Sanhita</li></ul> <b><u>Introduction:</u></b> <ul style="list-style-type: none"><li>• Meaning, definition and concept of physical education.</li><li>• Scope, aim and objective of Physical education.</li><li>• Importance of Physical education in Modern era.</li><li>• Relationship of physical education with general education</li></ul>	07
II	<b><u>Sociological Foundation:</u></b> <ul style="list-style-type: none"><li>• Meaning, Definition and importance of sports Sociology.</li><li>• Culture and sports.</li><li>• Socialization and sports,</li><li>• Gender and sports.</li></ul>	07
III	<b><u>History:</u></b> <ul style="list-style-type: none"><li>• History and development of Physical education in India: pre and post independence.</li><li>• History of physical education in ancient Greece, Rome and Germany.</li><li>• Eminent person of physical education, awards, schemes.</li></ul>	06
IV	<b><u>Olympic Games , Asian Games and Commonwealth Games:</u></b> <ul style="list-style-type: none"><li>• Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies.</li><li>• Asian Games</li><li>• Commonwealth Games.</li></ul>	08
V	<b><u>Health Education:</u></b> <ul style="list-style-type: none"><li>• Meaning, Definition and Dimensions of Health.</li><li>• Meaning, Definition, objectives, Principals and importance of Health Education.</li><li>• Role of Different Agencies in Promoting Health (WHO, UNICEF).</li><li>• Meaning of Balance Diet and Nutrition and its elements.</li><li>• Health and drugs</li></ul>	08
VI	<b><u>Wellness's Life Style</u></b> <ul style="list-style-type: none"><li>• Importance of wellness and life style.</li><li>• Role of Physical Activity Maintaining Healthy Life Style.</li><li>• Stress Management.</li></ul>	08



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	<ul style="list-style-type: none"><li>• Obesity and Weight Management.</li><li>• Prevention of Disease through Behavioral Modifications.</li></ul>	
<b>VII</b>	<b><u>Fitness :</u></b> <ul style="list-style-type: none"><li>• Meaning &amp; Definition and types of fitness.</li><li>• Component of physical fitness.</li><li>• Factor affecting physical fitness.</li><li>• Development and maintenances of fitness.</li></ul>	08
<b>VIII</b>	<b><u>Posture:</u></b> <ul style="list-style-type: none"><li>• Meaning, Definition of Posture.</li><li>• Importance of Good Posture.</li><li>• Causes of Bad Posture.</li><li>• Postural Deformities (causes and remedial exercise).</li><li>• Fundamental Movements of Body Parts.</li><li>• Anatomical standing position.</li></ul>	08
<b>Suggested readings:</b> <ul style="list-style-type: none"><li>• Barrow Harold M., "Man and movements principles of Physical Education", 1978.</li><li>• Difiore, J.(1998). Complete guide to postnatal fitness. London: A &amp; C Black,.</li><li>• Dynamics of fitness. Madison: W.C.B Brown.</li><li>• General methods of training. by - Hardayal Singh</li><li>• Giam, C.K &amp;The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. McGlynn, G., (1993)</li><li>• Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications.</li><li>• Krishana Murthy V. and Paramesara Ram, N. "Educational Dimensions of Physical. Education", 2nd Revised edition, Print India, New Delhi 1990.</li><li>• Methodology of training. by – Harre</li><li>• प ांडेय , प्रीति, श रीररक शशक्ष सांकलन , " खेल सांस्कृति प्रक शन " ,क नपुर</li><li>• पटेल , श्री कृष्ण ,श रीररक शशक्ष , " अग्रव ल पब्ललशर " , आगर , 2014-15</li><li>• Ravanes R.S., "Foundation of Physical Education", Houghton Millin Co.Boston USA (1978)</li><li>• Science of sports training. by - Hardayal Singh</li><li>• Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.</li><li>• शसहा , अजमेर, श रीररकशशक्ष औरओलापकअशिय न, " कल्य णीपब्ललशर" , नईदिल्ली, साशोधिि2006.</li><li>• Track &amp; Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)</li><li>• शसहा , होशशय र, श रीररकशशक्ष क इतिह स, " लक्ष्यपब्ललके शन " , नईदिल्ली, 2013</li><li>• शसहा , बलजीि, श रीररक शशक्ष के आ र, " स्पोर्ट्स पब्ललके शन", नई दिल्ली, 2008</li><li>• कमलेश, एम् एल , श रीररक शशक्ष के मूल िर , " स्पोर्ट्स पब्ललके शन", नई दिल्ली , िृीय सांस्करण 2014</li></ul>		
<b>Continuous Internal Evaluation: (CIE)</b> <b>INTERNAL ASSESMENT (30 Marks)</b> Written Test – 10 marks Assignment/Research Based Project - 10 marks Attendance – 05marks		
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"><li>• IGNOU</li><li>• Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.</li><li>• Rajarshi Tandon open University.</li></ul>		



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

Program /Class: Certificate		Year: First	Semester: First
Subject: Physical Education- Practical			
Course code: E020102P		Course Title: Fitness and Yoga	
<b>Course Outcomes:</b> Yoga is 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	TOPIC		NO. OF HOURS
	Part-A		
I	<ul style="list-style-type: none"><li>Learn and demonstrate the techniques of warm-up, general exercise and cooling down</li><li>Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics.</li><li>Diet chart &amp; measurement of BMI</li></ul>		15
	Part-B		
II	<b>INTRODUCTION OF YOGA:</b> <ul style="list-style-type: none"><li>Historical aspect of yoga.</li><li>Definition, type’s scopes &amp; importance of yoga.</li><li>Yoga relation with mental health and value education.</li><li>Yoga relation with Physical Education and sports.</li></ul> <b>ASANAS:</b> <ul style="list-style-type: none"><li>Definition of Asana, differences between asana and physical exercise.</li><li>Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasan, Padmasana, Shavasana, Makrasana, Dhanurasana, Tadasana.</li></ul> <b>PRANAYAMA:</b> <ul style="list-style-type: none"><li>Difference and classification of pranayama.</li><li>Difference between pranayama and deep breathing.</li><li>Anulom, Vilom.</li></ul>		15
<b>Suggested Readings:</b> <ul style="list-style-type: none"><li>ACSM’s Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.</li><li>Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)</li><li>Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.</li><li>Flyod, P.A.,S.E. Mimms andC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</li></ul>			
This course can be opted as an elective by the students of following subjects: <b>Open for all</b>			
<b>Continuous Internal Evaluation: (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks, Assignment/Research Based Project-10 marks & Attendance–05marks <b>PRACTICAL ASSESSMENT ( 75 Marks)</b> Practical/Skill Test –50, VIVA – 15 & Record book charts etc –10			
Course prerequisites: <b>There is no any prerequisites only student physical and medically fit.</b>			
<b>Suggested equivalent online courses:</b> <ul style="list-style-type: none"><li>IGNOU</li><li>Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</li><li>Rajarshi Tandon open University.</li></ul>			



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**SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER I/II (FIRST YEAR)**  
**MINOR PAPER-I**

Program /Class: Certificate		Year: First	Semester: First/Second
SUBJECT: PHYSICAL EDUCATION- THEORY			
Course code: E020204T		Course Title: Health and Fitness	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>• The student will be able to value the knowledge and skills required to preserve community health and well-being.</li><li>• To understand different tests in Physical Education.</li><li>• To acquire the knowledge of various tests regarding Physical fitness, motor and health related fitness.</li><li>• Employ the knowledge about concept of holistic health through fitness and wellness.</li></ul>			
<b>Course Outcomes:</b> <p>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.</p>			
Credits:4	Maximum Marks: 25+75		Min. Passing Marks:10+25
Total no. of lectures-tutorials-practical (in hours per week):4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<ul style="list-style-type: none"><li>• Health: Meaning, definition and Dimensions of health.</li><li>• Meaning, definition and importance of Balanced Diet.</li><li>• Role of international organizations (WHO, UNICEF).</li><li>• Effects of exercises on health.</li></ul>		15
II	<ul style="list-style-type: none"><li>• Fitness: Meaning, Definition &amp; Types of Fitness</li><li>• Components of Fitness.</li><li>• Means of Fitness development – aerobic and anaerobic exercises.</li><li>• Factors influencing fitness (Age, Sex, Climate &amp; Diet).</li></ul>		15
III	<b>Test for Fitness Components:</b> <ul style="list-style-type: none"><li>• Strength Test: Kraus Weber Test</li><li>• Speed: 50 metres run, Leg Power: Sargent Jump</li><li>• Flexibility: Sit &amp; Reach Test, Abdominal Endurance-Sit-Ups</li><li>• Agility: Shuttle Run (4*10 yards)</li></ul>		15
IV	<b>Test for General Motor Fitness &amp; Organic functions</b> <ul style="list-style-type: none"><li>• Standing Broad Jump</li><li>• Medicine Ball Put</li><li>• Six Minutes Walk Test</li><li>• Rockport Test.</li></ul>		15
<b>SUGGESTED READINGS</b> <ul style="list-style-type: none"><li>• Singh, A., Bains, J., Gill, J.S., Barar, R.S., Rathee, N.K. et al. Essential of Physical Education, New Delhi Kalyani Publication, 2003.</li><li>• Mangal S.K. and Chandra, P.C. (1979) Health and Physical Education, Ludhiana: Tandon Brothers Publication.</li><li>• Difiore, J.(1998). Complete guide to postnatal fitness. London: A &amp; C Black,.</li><li>• Giam, C.K &amp; The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G.</li><li>• Medical Book. Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.</li><li>• Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.</li><li>• Harrison H. Clarke.: Application of Measurement to health &amp; physical education prentice Hall Inc. Englewood Cliffs N. J. (1976-1987).</li></ul>			
<b>Continuous Internal Evaluation (CIE):</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test–10 marks Assignment/ Research Based Project-10 marks Attendance–05 marks			
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit</b>			



**ख्वाजा मुईनुद्दीन चिश्ती भाषा विश्वविद्यालय, लखनऊ, उत्तर प्रदेश (भारत)**  
**Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)**

U.P. STATE GOVERNMENT UNIVERSITY,  
(Recognised Under Section 2(f) & 12(B) of the UGC Act, 1956 & B.Tech. Approved by (AICTE))

**SYLLABUS FOR B. A. PHYSICAL EDUCATION SEMESTER I (FIRST YEAR)**  
**SKILL DEVELOPMENT COURSE (SDC) - PAPER-I**

Program /Class: Certificate		Year: First	Semester: First
SUBJECT: PHYSICAL EDUCATION- THEORY			
Course code: E020305T		Course Title: YOGA AND HOLISTIC LIFE	
<b>Course Outcomes:</b> <ul style="list-style-type: none"><li>• Understand the basic Concepts of Yoga.</li><li>• Apply the principles of Yoga to live healthy and active life style.</li><li>• Promote the awareness of health through yoga.</li><li>• Analyze the techniques and of body posture to bring out healthy change.</li><li>• Develop the knowledge through practice, participate and organize.</li></ul>			
Credits:3	Max. Marks:25+75		Min. Passing Marks:10+25
Total no. of lectures-tutorials-practical (in hours per week):4-0-0			
Unit	TOPIC		NO. OF LECTURES
I	<ul style="list-style-type: none"><li>• Introduction and Philosophy of Yoga</li><li>• Purpose of Yoga</li><li>• Science awareness and Inadequate Science Practice of Yoga</li><li>• Eight Limbs of Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.</li></ul>		15
II	<ul style="list-style-type: none"><li>• Phase of Yoga - The Body - Entry phase - Static phase and the Exit phase.</li><li>• Effect of Yogasanas - Stretching, Pressure Effect, Gravitation Effect, Relaxation and Mental Experience.</li><li>• The Breath - Kinds of Breathing - Exhalation - The flow in the Nostrils and Posture in Yogic Breathing –</li><li>• The Mind -Concentration of Asanas - Performance - Static phase on Breath and on the body as a whole.</li></ul>		15
III	<ul style="list-style-type: none"><li>• Techniques and Practice of Yogasanas.</li><li>• Important facts and Precautions.</li><li>• Warming up and Preliminary Exercises for Neck, Eyes, Shoulders, Back, Abdominal Muscles, Legs, Feet and Hands.</li><li>• Technique of Yogasana posture - Do's and Don't's.</li></ul>		15
IV	<ul style="list-style-type: none"><li>• Beneficial Effects of Yogasana.</li><li>• Time Schedule for Practising Yogasanas and Pranayama.</li><li>• Yoga Stretching and Pranayama for competitive players</li><li>• Physiological Aspects - Physical and Mental Relaxation.</li></ul>		15
<b><u>SUGGESSTED READINGS</u></b> <ul style="list-style-type: none"><li>• Erling Peterson, ‘Yoga step by step’.</li><li>• Indra Devi, ‘Yoga for you’.</li><li>• Rasalind Widdowson, ‘Yoga made Easy’</li><li>• M. Rajan, ‘Yoga Stretching and Relaxation for Sportsmen’.</li><li>• M. Narayana Menon, ‘Yogasanas For Health and Longevity’.</li><li>• Rameshwar Dass Gupta, ‘Daily Yog’</li></ul>			
<b>Continuous Internal Evaluation (CIE):</b> <b>INTERNAL ASSESMENT (25 Marks)</b> Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance –05 marks			
Course prerequisites: <b>There is no any prerequisites only students physical and medically fit</b>			