



## **Faculty of Humanities and Social Sciences**

### **Scheme of Examination and Syllabus for Under Graduate Programme**

**Under Multiple Entry and Exit, Internship  
and CBCS-LOCF as per NEP-2020**

**w.e.f. session 2024-25 (in phased manner)**

**Subject: Health and Physical Education**



**Guru Jambheshwar University of Science  
& Technology Hisar-125001, Haryana**

**(A+ NAAC Accredited State Govt. University)**



**Guru Jambheshwar University of Science and Technology**  
Hisar-125001, Haryana  
(‘A+’ NAAC Accredited State Govt. University)



**Name of the Programme: Bachelor of Arts**  
**Scheme of Examination for affiliated Degree College**  
According to National Education Policy-2020  
Subject: **Health and Physical Education**

SEMESTER-III								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	C24HPE301T	Sport Psychology	3	3	20	50	70	2.5
	C24HPE301P	Sport Psychology Lab	1	2	10	20	30	2
Minor Course/ Vocational Course	C24MIC310T	Physical Education and Sports	4	4	30	70	100	3
Multidisciplinary Course	C24MDC313T	Basics of Naturopathy	3	2	15	35	50	2.5
	C24MDC313P	Naturopathy Lab	1	2	10	15	25	2
Skill Enhancement Course	C24SEC310T	Exercise Physiology	2	2	15	35	50	2
	C24SEC310P	Exercise Physiology Lab	1	2	10	15	25	2
SEMESTER- IV								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam(Hrs)
Discipline Specific Course	C24HPE401T	Sports Nutrition	3	3	20	50	70	2.5
	C24HPE401P	Sports Nutrition Lab	1	2	10	20	30	2
Minor Course/ Vocational Course	C24VOC410T	Physical Education and Sports	2	2	15	35	50	2
	C24VOC410P	Physical Education and Physical Fitness	2	2	15	35	50	3
Value Added Course	C24VAC419T	Yoga and Meditation - I	2	2	15	35	50	2

**Program Outcomes:**

- PO1** To develop students understanding of human values, creativity, literature Arts and performance.
- PO2** To cultivate critical thinking skills through analysis of past perspectives and texts.
- PO3** To develop effective communication abilities through writing, speaking, and presentation on history.
- PO4** To develop students understanding of human Political values, efficiency, creativity and performance.

**Health and Physical Education  
Sports Psychology  
Discipline Specific Course (DSC) Semester- III**

**Course Code: C24HPE301T**  
**45 Hrs. (3 Hrs./Week)**  
**Credit: 3**  
**Exam Time: 2.5 Hrs.**

**External Marks: 50**  
**Internal Marks: 20**  
**Total Marks: 70**

**Note:** The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. the students shall be required to attempt 4 questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

**Objectives:** *The aims of this course are to enable the student to describe the sports psychology and explain various dimensions of sports psychology, explain the laws of learning and its implications in motor learning, illustrate the concept of motivation and its implications in sports, tell the various dimensions of personality and its implications in sports.*

**Unit-I**

**INTRODUCTION OF SPORTS PSYCHOLOGY**

- Meaning and definition of Psychology and Sport Psychology
- Brief History of Sports Psychology
- Branches of Sports Psychology
- Importance of Sports Psychology in Physical Education and Sports
- Psychological Factors affecting Sports Performance

**Unit-II**

**LEARNING**

- Meaning and definition of learning
- Laws of learning and its implications in sports
- Meaning of motor skills learning, Principles of motor skill learning
- Meaning of learning curve, Types of learning curve
- Characteristics of learning curve
- implications of learning curve and physical education and sports

**Unit-III**

**MOTIVATION**

- Meaning and Definition of motivation
- Importance of motivation in Physical Education and Sports
- Types of motivations: Intrinsic and Extrinsic
- Methods of Motivation applicable in Physical Education and Sports
- Meaning and Definition of Personality, Characteristics of Personality
- Dimensions of Personality, Meaning of Personality Traits and its effects on Sports Performance, Factors affecting Development of Personality

### **Sports Psychology Lab (Semester III)**

**Course Code: C24HPE301P**

**30 Hrs. (2 Hrs./Week)**

**Credit: 1**

**Exam Time: 2 Hrs.**

**External Marks: 20**

**Internal Marks: 10**

**Total Marks: 30**

Prepare any two practical, first Practical is compulsory.

1. Assess the personality traits of college students through any one questionnaire 1- Big Five Personality, 2 - Eysenck Personality, questionnaire, (EPQ)
2. Assess Motivation Level of College Students through questionnaire.  
(B R Chauhan questionnaire)
3. Assess the learning through verbal learning test.

#### **BOOKS SUGGESTED:**

1. John D Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
2. Mlroslaw Vauks & Bryant Cratty (1999). Psychology and the superior Athlete. London:
3. The Macmillan Co.
4. S. K. Mangal and Shubhra Mangal (2023) Sports Psychology: Concepts and Applications. Abingdon, Oxon, New York, NY
5. Mugdha Bavare (2024) Sports Psychology
6. John Perry (2024) Sport Psychology: A Complete Introduction London: Hodder and Stoughton

#### **Learning Websites and Portal:**

1. Introduction to Psychology Course [https://onlinecourses.swayam2.ac.in/cec25\\_hs44/preview](https://onlinecourses.swayam2.ac.in/cec25_hs44/preview)
2. Psychology of Personality and Individual Differences: Theory and Applications  
[https://onlinecourses.nptel.ac.in/noc25\\_hs67/preview](https://onlinecourses.nptel.ac.in/noc25_hs67/preview)
3. Student Psychology [https://onlinecourses.swayam2.ac.in/ntr25\\_ed28/preview](https://onlinecourses.swayam2.ac.in/ntr25_ed28/preview)
4. Yoga and Positive Psychology for Managing Career and Life  
[https://onlinecourses.nptel.ac.in/noc25\\_mg75/preview](https://onlinecourses.nptel.ac.in/noc25_mg75/preview)

#### **Course Outcome:**

After completing this course, the learner will be able to:

CO1. At the end of the course the students would be able to: COI Describe the meaning and definition of Sport Psychology and history of Sports Psychology.

CO2 Explain the Importance of Sport Psychology in Physical Education and Sports.

CO3 Explain the Branches of Sports Psychology

CO4 Tell the Psychological Factors affecting Sports Performance

CO5 Assess the Personality traits and motivation level of College Students.

**Health and Physical Education  
Physical Education and Sports  
Minor Course (MIC) Semester-III**

**Course Code: C24MIC310T**

**60 Hrs. (4 Hrs./Week)**

**Credit: 4**

**Exam Time: 3 Hrs.**

**External Marks: 70**

**Internal Marks: 30**

**Total Marks: 100**

**Note:** The maximum time duration for attempting the paper will be of two hours. The examiner is required to set 5 questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question Number 1.

**Objective:** *to be able to describe the meaning and principles of naturopathy, illustrate the basic knowledge of various types of yoga and explain the basic knowledge of various types of hydrotherapy.*

**Unit-1**

**Importance of Physical Education**

- Definition, Importance, and Scope of Physical Education
- Need of Physical Education in Modern Society
- Effect of Inactivity on Individual. Physical health consciences and mental health consciences

**Unit- II**

**Games and Sports as Men's Cultural Heritage**

- Define Culture, Game, and Sports.
- Games and Sports as Men's Cultural Heritage
- Role of Games and Sports in National and International Integration

**Unit-III**

**Physical Fitness**

- Define Physical Fitness, types of physical fitness
- Components of Physical Fitness.
- Energy Systems and Exercise & Fitness and Exercise

**Unit-IV**

**Public Relationship in Physical Education**

- Principles and Needs for a public Relation Program in Physical Education.
- Student Leadership: Meaning, Elements and significance.
- Training and recognition of student Leaders.

**Books:**

1. Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
2. Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
3. Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
4. Sharma, V.K. Health & Physical Education, Saraswati House Pvt. Ltd. Daryaganj, New Delhi. (2013).

**Course Outcome:**

After completing this course, the learner will be able to:

CO1. Explain the need of Physical Education in modern society and Effect of Inactivity on Individual.

CO2. Learn the games and sports as Men's cultural Heritage and Role of Games and Sports in National and International Integration.

CO3. Grasp the Knowledge of Physical Fitness, Components of Physical Fitness and Physical Literacy for Self

CO4. Gain the Knowledge about Exercise Physiology and Energy Systems.

**Health and Physical Education  
Basics of Naturopathy  
Multi-Disciplinary Course (MDC) Semester-III**

**Course Code: C24MDC313T**  
**30 Hrs. (2 Hrs./Week)**  
**Credit: 2**  
**Exam Time: 2 Hrs.**

**External Marks: 35**  
**Internal Marks: 15**  
**Total Marks: 50**

**Note:** The maximum time duration for attempting the paper will be of two hours. The examiner is required to set 5 questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question Number 1.

**Objective:** *Able to describe the meaning and principles of naturopathy, illustrate the basic knowledge of various types of yoga and explain the basic knowledge of various types of hydrotherapy.*

**Unit-I**

**INTRODUCTION TO NATUROPATHY**

- Meaning and Definition of Naturopathy
- Philosophy of Naturopathy
- Principles of Naturopathy
- Misconceptions about Naturopathy
- Relationship of Naturopathy with Yoga

**Unit-II**

**MUDTHERAPY**

- Meaning and Definition of Prithvi Tatva
- Principles of Mud Therapy
- Importance of Prithvi Tatva
- Different Techniques of Mud Therapy and their Benefits
- Uses of Mud Therapy in Different Illnesses

**Unit-III**

**HYDROTHERAPY**

- Meaning and definition of JalTatva
- General Principles of Hydrotherapy
- Importance of JalTatva
- Different Techniques of Hydrotherapy and their Benefits
- Uses of Hydrotherapy in Different Illnesses

**Naturopathy Lab (Semester III)**

**Course Code: C24MDC313P**  
**30 Hrs. (2 Hrs./Week)**  
**Credit: 1**  
**Exam Time: 2 Hrs.**

**External Marks: 15**  
**Internal Marks: 10**  
**Total Marks: 25**

1. Use of mud therapy for digestive issues, eye problems, joint and muscle problems
2. Jal Neti, Vaman
3. Rehabilitation through hydrotherapy.

**BOOK SUGGESTED:**

1. Textbook of Natural Medicine by Joseph E. Pizzorno and Michael T. Murray (2012)
2. Naturopathic Medicine by Pamela Snider and Judyth Reichenberg-Ullman (2012)
3. Foundations of Naturopathic Medicine by Pamela Snider and Judyth Reichenberg-Ullman (2018)
4. The Naturopathic Nutrition Handbook by Amy Rothenberg (2015).

**Learning Websites and Portal:**

1. Physical Activity (Yoga) [https://onlinecourses.swayam2.ac.in/aic22\\_ge09/preview](https://onlinecourses.swayam2.ac.in/aic22_ge09/preview)
2. Vocational: Yoga Teachers Training Programme  
[https://onlinecourses.swayam2.ac.in/nos25\\_ge01/preview](https://onlinecourses.swayam2.ac.in/nos25_ge01/preview)
3. Yoga for Ego Management Course [https://onlinecourses.swayam2.ac.in/aic25\\_ge01/preview](https://onlinecourses.swayam2.ac.in/aic25_ge01/preview)

**Course Outcome:**

After completing this course, the learner will be able to:

- CO1. On the successful completion of the course "Basics of Naturopathy" students will develop a strong foundation of the therapies. Philosophy and Principles of Naturopathy. Relationship of Naturopathy with Yoga.
- CO2. Students understand various aspects of mud therapy and importance of Prithvi Tatva. Knowledge about different techniques of Mud Therapy and their benefits. Uses of Mud therapy in different illness.
- CO3. Students understand the general principles of hydrotherapy. Importance of Jal Tatva. Different Techniques of hydrotherapy and their benefits. Uses of hydrotherapy in different illness.
- CO4. Students practices the Surya Namaskar and Shat Karma.

**Health and Physical Education  
Exercise Physiology  
Skill Enhancement Course (SEC) Semester III**

**Course Code: C24SEC310T**  
**30 Hrs. (2 Hrs./Week)**  
**Credit: 2**  
**Exam Time: 2 Hrs.**

**External Marks: 35**  
**Internal Marks: 15**  
**Total Marks: 50**

**Note:** The maximum time duration for attempting the paper will be of two hours. The examiner is required to set 5 questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question Number 1.

**Objective:** *To develop understanding of various systems and their functioning. Course Learning Outcomes: after completing the course, the students will be able to understand the different systems of human body, identify and describe the different organs of the human body and its regulation.*

**Unit-I**

**INTRODUCTION OF EXERCISE PHYSIOLOGY**

- Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism
- Importance of Exercise Physiology and Physical Education
- Types of Muscular Contractions: Isometric, Isotonic and Isokinetic
- Meaning of Body Composition, Components of Body Composition
- Effect of Exercises on the Body Composition

**Unit-II**

**MUSCULAR SYSTEM AND EXERCISE**

- Gross Structure of the Skeletal Muscle
- Functions of Muscular System
- Properties of Slow Twitch and Fast Twitch Muscle Fibers
- Meaning of Aerobic Activity, and Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy
- Effect of Exercises and Training on the Muscular System

**Unit-III**

**CARDIOVASCULAR SYSTEM AND EXERCISE**

- Meaning and Functions of Cardiovascular System
- Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood Pressure and Cardiac Hypertrophy
- Conduction System of the Heart
- Blood Circulation in the Heart, blood supply to the heart
- Effect of Exercises and Training on the Cardiovascular System



## Exercise Physiology Lab (Semester III)

**Course Code: C24SEC310P**  
**30 Hrs. (2 Hrs./Week)**  
**Credit: 1**  
**Exam Time: 2 Hrs.**

**External Marks: 15**  
**Internal Marks: 10**  
**Total Marks: 25**

### Practical

1. Measure Blood Pressure / Identification of name and location of major muscles of human body on modal and chart.
2. Cardio- respiratory test (3- minute step test)

### BOOK SUGGESTED:

1. Exercise Physiology: Nutrition, Energy, and Human Performance by William D. McArdle, Frank I. Katch, and Victor L. Katch (2019).
2. Physiology of Sport and Exercise by W. Larry Kenney, Jack H. Wilmore, and David L. Costill (2018).
3. Exercise Physiology: Theory and Application to Fitness and Performance"\* by Scott K. Powers and Edward T. Howley (2018).

### Learning Websites and Portal

- Anti-doping Awareness in Sports: [https://onlinecourses.nptel.ac.in/noc25\\_hs105/preview](https://onlinecourses.nptel.ac.in/noc25_hs105/preview)

### Course Outcome:

After completing this course, the learner will be able to:

- CO1. Get the knowledge about exercise physiology, importance of exercise physiology in physical education. Types of muscular contraction. Meaning of body composition and components of body composition. Effect of exercise on the body composition.
- CO2. Understand the gross structure and functions of skeletal muscles. Properties of slow twitch fibers and fast twitch fibers. Knowledge about aerobic and anaerobic activities, muscle tone, muscle hypertrophy and atrophy. Effects of exercise and training on muscular system.
- CO3. Grasp the major knowledge about meaning and function of cardiovascular system. Knowledge about stroke volume, cardiac output, heart rate, blood pressure and cardiac hypertrophy. Conduction system of heart. Blood circulation in heart and blood supply to the heart. Effect of exercise on cardiovascular system.
- CO4. Measurement of blood pressure and tests 20-meter shuttle run and 12-minute walk/run test.

**Health and Physical Education**  
**Sports Nutrition**  
**Discipline Specific Course (DSC) Semester- IV**

**CourseCode:**C24HPE401T  
**45 Hrs (3 Hrs./Week)**  
**Credit:** 3  
**Exam Time:** 2.5 Hrs.

**External Marks: 50**  
**Internal Marks: 20**  
**Total Marks: 70**

**Note:** The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. the students shall be required to attempt 4 questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

**Objective:** *Aims to designate the knowledge and proficiency in sports nutrition, concept of balanced diet, concept of micronutrients, requirements and sources of vitamins and minerals and being able to design diet plans.*

**Unit-I**

**INTRODUCTION OF SPORTS NUTRITION**

- Meaning and Definition of Nutrition and Sports Nutrition
- Meaning of Calories, Macro Nutrients, Micronutrients
- Meaning of Basal Metabolic Rate and its role in Body
- Meaning of Balanced Diet, Components of Balanced Diet
- Factors affecting Balanced Diet

**Unit-II**

**MACRO NUTRIENTS**

- Carbohydrate: Meaning, Sources and Functions in Body
- Fat: Meaning, Sources and Functions in Body
- Protein: Meaning, Sources and Functions in Body
- Ratio of Carbohydrate, Fat and Protein required in Balanced Diet for Normal Adult
- Ratio of Carbohydrate, Fat and Protein required in Balanced Diet for Sportsperson of Different Categories

**Unit-III**

**MICRONUTRIENTS: VITAMINS AND MINERALS**

- Meaning of Vitamins, Types of Vitamins: Fat Soluble and Water Soluble
- Sources, Functions in Body and Daily Requirements: Fat soluble Vitamins A, D, E and K
- Sources, Functions in Body and Daily Requirements: Water Soluble Vitamins C&D, Vitamins [B1, B2, B3, B5, B6 , B7, B9 and B12]
- Disorders in Body due to the Deficiencies of Different Vitamins
- Sources, Functions in Body and Daily Requirements of Calcium, Phosphorus, Potassium, Sodium, Chloride, Magnesium, Iron, Zinc and Iodine
- Disorders in Body due to the Deficiencies of Minerals
- Dietary Requirements Before and After Exercise

## **Sports Nutrition Lab (Semester IV)**

**Course Code: C24HPE401P**

**30 Hrs. (2 Hrs./Week)**

**Credit: 1**

**Exam Time: 2 Hrs.**

**External Marks: 20**

**Internal Marks: 10**

**Total Marks: 30**

1. Calculation of BMR for Men and Women.
2. Designing of Basic Diet plan ratio of Carbohydrate, Fat and Protein in various Meals.
3. prepare a balanced diet chart for an adult Athlete.

### **BOOKS SUGGESTED:**

1. Sports Nutrition: A Handbook for Professionals by Dr. Dan Benardot (2019) \*"Nutrition for Sport and Exercise"\* by Marie Dunford and J. Andrew Doyle (2019).
2. Vitamins and Minerals in Sports Nutrition by Constance V. Kies and Melinda M. Manore (2018).
3. Sports Supplements: A Guide for Athletes and Coaches by Jose Antonio and Jeff Stout (2018).

### **Learning Websites and Portal:**

- Anti-doping Awareness in Sports: [https://onlinecourses.nptel.ac.in/noc25\\_hs105/preview](https://onlinecourses.nptel.ac.in/noc25_hs105/preview)

### **Course Outcome:**

After completing this course, the learner will be able to:

- CO1. Learn about the sports nutrition. What is calories and meaning of basal metabolic rate and its role. Meaning of balance diet and its components. Factor affecting balance diet.
- CO 2. Understand the macro nutrients like carbohydrates, fat and protein. Their role and ration of these nutrients.
- CO3. Meaning of vitamins and minerals. Types of vitamins and their sources. Disorders in body due to the deficiencies of different vitamins. Daily requirements of vitamins and minerals.
- CO4. Calculate BMR for Men and Women. Designing of basic diet plan in various meals.

**Health and Physical Education  
Physical Education and Sports  
Minor/Vocational Course (MIC) Semester- IV**

**Course Code: C24VOC410T**  
**30 hrs. (2 Hrs./Week)**  
**Credit: 2**  
**Exam Time: 2 Hrs.**

**External Marks: 35**  
**Internal Marks: 15**  
**Total Marks: 50**

**Note:** The maximum time duration for attempting the paper will be of two hours. The examiner is required to set 5 questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question Number 1.

**Objective:** *This syllabus provides a comprehensive overview of the key concepts and topics in physical education and sports, covering physical education and sports, games and sports as men's cultural heritage, physical fitness, and exercise physiology and fitness.*

**UNIT 1**

**Sports Technology - Latest Trends and Usage**

- Introduction to Sports Technology
- Latest Trends in Sports Technology
- Usage of Sports Technology and its application.
- Importance of sports technology

**UNIT 2**

**Importance of Sports Technology in Games and Sports**

- Use of technology to enhance athlete performance.
- Examples of successful technology integration in Sports.
- Injury Prevention and Rehabilitation.
- First aid and emergency arrangements.

**Health and Physical Education  
Physical Education and Sports Lab**

**Course Code: C24VOC410P**  
**60 hrs. (4 Hrs./Week)**  
**Credit: 2**  
**Exam Time: 3 Hrs.**

**External Marks: 35**  
**Internal Marks: 15**  
**Total Marks: 50**

- 1 - Definition importance and scope of physical education.
- 2 - Aims and Objectives of Health Education.
- 3 - Need of health Education in modern society.
- 4 - Define physical fitness, types of physical fitness
- 5 - Components of physical fitness.
- 6 - Factors influencing physical fitness.

**Learning website and portals:**

1. Sports Administration and Management Course  
[https://onlinecourses.swayam2.ac.in/cec25\\_ed01/preview](https://onlinecourses.swayam2.ac.in/cec25_ed01/preview)
2. Essentials of Sports Injury Prevention and Rehabilitation  
[https://onlinecourses.nptel.ac.in/noc25\\_hs22/preview](https://onlinecourses.nptel.ac.in/noc25_hs22/preview)

**Course Outcome:**

After completing this course, the learner will be able to:

- CO1. Learn the Sports Technology- Latest Trends and Usage and importance of Sports Technology in Games and Sports.
- CO2. Understand the Sports Management- Volunteer ship in Olympic and Asian games
- CO3. Get knowledge about the career opportunities in Physical Education and Sports.

**Health and Physical Education  
Yoga and Meditation -I (Semester IV)  
Value Added Course (VAC)**

**Course Code: C24VAC419T**  
**30 Hrs. (2 Hrs./Week)**  
**Credit: 2**  
**Exam Time: 2 Hrs.**

**External Marks: 35**  
**Internal Marks: 15**  
**Total Marks: 50**

**Note:** The maximum time duration for attempting the paper will be of two hours. The examiner is required to set 5 questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question Number 1.

**Objective:** The objective of this course is to provides a comprehensive exploration of yoga, encompassing physical postures, breath control, meditation, and philosophical foundations. Students will learn how to incorporate these practices into their daily lives to enhance physical health, mental clarity, and overall well-being.

**UNIT-I**

Yoga Asana and their practice

1. Define yoga and its historical context.
2. Explain the Patangali eight limbs of yoga and their significance.
3. Describe basic warm-up exercises and relaxation techniques of yoga
4. Principals of asnas practice and benefits of proper alignmen
5. Types of foundational yoga asanas with proper alignment

**UNIT-II**

**Pranayama and Breath Control**

1. Describe the connection between breath and prana (life force).
2. Explain different pranayama techniques, such as Ujjayi, Nadi Shodhana, and Kapalabhati.
3. Physiological and psychological effects of pranayama on body.
4. Benefits of pranayama to enhance focus and relaxation.

**Books:**

1. Light on Yoga by B.K.S. Iyengar: A classic guide that covers yoga philosophy, asanas (postures), pranayama (breath control), and meditation. It includes detailed instructions and photographs.
2. The Key Muscles of Yoga by Ray Long: This book delves into the anatomy of yoga postures, explaining how different muscles are engaged in each pose. It provides a deeper understanding of alignment and movement.
3. Learning websites and portal:
4. Physical Activity (Yoga) [https://onlinecourses.swayam2.ac.in/aic22\\_ge09/preview](https://onlinecourses.swayam2.ac.in/aic22_ge09/preview)
5. Vocational: Yoga Teachers Training Programme  
[https://onlinecourses.swayam2.ac.in/nos25\\_ge01/preview](https://onlinecourses.swayam2.ac.in/nos25_ge01/preview)
6. Yoga for Ego Management Course [https://onlinecourses.swayam2.ac.in/aic25\\_ge01/preview](https://onlinecourses.swayam2.ac.in/aic25_ge01/preview)

**Course Outcome:**

By the end of this course, students will be able to:

- CO1. Demonstrate proficiency in various yoga asana (postures) to enhance flexibility, strength, and balance.
- CO2. Utilize pranayama techniques to regulate and deepen their breath, promoting relaxation and focus.
- CO3. Apply meditation methods to cultivate mindfulness, reduce stress, and increase emotional resilience.
- CO4. Explain the fundamental principles of yoga philosophy and its relevance to modern living.
- CO5. Develop a personalized yoga practice that suits their individual needs and goals.