



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)



Scheme of Examination & Syllabus for affiliated Degree Colleges for UG Programme
According to National Education Policy-2020

Subject: Health and Physical Education

SEMESTER-I								
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	C24HPE101T	History and Foundation of Physical Education	3	3	20	50	70	2.5
	C24HPE101P	History and Foundation of Physical Education Lab	1	2	10	20	30	2
Minor Course/Vocational Course	C24MIC110T	Olympics Movement	2	2	15	35	50	2
Minor Course/Vocational Course #	C24MIN110T	Olympics Movement	4	4	30	70	100	3
Multidisciplinary Course	C24MDC113T	Fundamentals of Physical Education	2	2	15	35	50	2
	C24MDC113P	Fundamentals of Physical Education Lab	1	2	10	15	25	2
Skill Enhancement Course	C24SEC110T	Health Education	2	2	15	35	50	2
	C24SEC110P	Health Education Lab	1	2	10	15	25	2
SEMESTER-II								
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	C24HPE201T	Athletics - Track Events and Road races	3	3	20	50	70	2.5
	C24HPE201P	Athletics - Track Events and Road races Lab	1	2	10	20	30	2
Minor Course/Vocational Course	C24MIC210T	Asian and Commonwealth Games	2	2	15	35	50	2
Minor Course/Vocational Course #	C24MIN210T	Asian and Commonwealth Games	4	4	30	70	100	3
Multidisciplinary Course	C24MDC213T	Fundamentals of Yoga	2	2	15	35	50	2
	C24MDC213P	Fundamentals of Yoga Lab	1	2	10	15	25	2
Skill Enhancement Course	C24SEC210T	Basic Anatomy and Physiology	2	2	15	35	50	2
	C24SEC210P	Basic Anatomy and Physiology Lab	1	2	10	15	25	2

For Scheme C only

Program Outcomes:

- PO1** Students will definitely be able to discharge their duties towards themselves and society through this subject.
- PO2** 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.
- PO3** The program has been framed in such a manner that students will learn practical knowledge of sports and games , therapeutic modalities

Health and Physical Education
History and Foundation of Physical Education (Semester I)
Discipline Specific Course (DSC)

Course Code: C24HPE101T
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 four 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: *It explains about body movement and other physical activities. It involves variety of activities including individual and team sports. Participation in various games develops cooperation.*

Unit - I

Introduction of Physical Education:

Meaning and definition of Physical Education
Relationship of Physical Education with Health and General Education
Aim and Objectives Physical Education
Scope of Physical Education.
Need of Physical Education in modern society.
Misconceptions regarding Physical Education.
Physical Education as Arts or Science

Unit - II

History of Physical Education in India:

Physical Education during Indus Valley Civilization (3250 BC – 2500 BC)
Physical Education during Vedic period (2500 BC – 600 BC)
Physical Education during Early Hindu Period (600 BC – 320 A.D)
Physical Education during Later Hindu Period (320 A.D – 1000 A.D)
Physical Education during Medieval Period (1000 A.D – 1757 A.D)
Physical Education during British Period (Till 1947)
Physical Education during After Independence

Unit - III

Biological Basis of Physical Education:

Meaning of Growth and Development
Meaning of Chronological Age, Anatomical age, Physiological age and Mental age
Principles of Growth and development
Difference between Growth and development
Factor affecting Growth and development
Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood

History and Foundation of Physical Education Lab

Course Code: C24HPE101P
30 Hrs. (2 Hrs./Week)
Credit : 1
Exam Time: 2 Hrs.

External Marks :20
Internal Marks :10
Total Marks: 30

Kho - Kho: Court specifications, general rules and basic skills

Badminton: Court specifications, general

Books Suggested:

1. Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
2. Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
3. Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
4. Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
5. Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
6. Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd .Daryaganj, New Delhi. (2013).
7. Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).

8. Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000).
9. Bucher, C. A. Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014).
10. Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon,
11. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
12. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
13. Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

Course Outcome:

At the end of the course the students would be able to:

- CO1 Describe the Aims, Objectives and scope of Physical Education.
- CO2 Explain the historical development of Physical Education in India
- CO3 Illustrate the basic knowledge of biological aspects of Physical Education
- CO4 Tell the various Career opportunities in Physical Education and Sports.
- CO5 Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton.

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	S	M	M
CO2	M	M	M
CO3	S	M	W
CO4	S	M	W
CO5	M	M	M

S= Strong M=Medium W=Weak

**Health and Physical Education
Olympics Movement(Semester I)
Minor Course (MIC)**

Course Code: C24MIC110T
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 2 hours. The examiner is required to set five 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 No. 1.

Objectives: *The objectives of the Olympic Movement are to promote sporting excellence, encourage participation in sports, and promote physical education. The Olympic Movement also aims to promote international cooperation, fair play, and respect for others.*

Unit - I

Origin of Olympic Movement

Philosophy of Olympic movement
The significant stages in the development of the Ancient Olympic movement
Politics and Religion of Ancient Olympics, Opening ceremony, Different Events of Ancient Olympics,
Participants of Various events, Prizes for winners,
Decline and Termination of the ancient Olympics

Unit - II

Modern Olympic Games

Revival of Olympic Games
Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem
Opening ceremony, Closing ceremony, medal ceremony
Olympic Protocol for member countries
Indian Performance in Modern Olympics

Books Suggested:

1. Ajmer Singh, Jagdish Bans, Jagtar Singh Gill ,Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers.
2. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner Osborne.
3. Magic tree House Fact Tracker: Ancient Greece and the Olympics: A Nonfiction Companion To Magic Tree House: Hour of the Olympics. New York: random house books for young readers.

Course Outcome:

At the end of the course the students would be able to:

- CO1 Describe the concept of Olympic Movement and Ancient Olympics.
CO2 Acquired basic knowledge about Modern Olympics.
CO3 Describe the various Types of Olympics.

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	S	M	S
CO2	W	S	M
CO3	S	M	S

S= Strong M=Medium W=Weak

Health & Physical Education
Olympics Movement(Semester I)
Minor Course (MIC)

Course Code: C24MIN110T
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 3 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of Seven short questions covering the entire syllabus consisting of 2 marks each. In addition to that Eight more questions will be set, two questions from each unit. The students shall be required to attempt Four questions in all selecting one question from each unit consisting of 14 marks each in addition to compulsory Question No. 1.

Objectives: *The objectives of the Olympic Movement are to promote sporting excellence, encourage participation in sports, and promote physical education. The Olympic Movement also aims to promote international cooperation, fair play, and respect for others.*

Unit-I

Origin of Olympic Movement

Philosophy of Olympic movement
 The significant stages in development of the Ancient Olympic movement
 Politics and Religion of Ancient Olympics, Opening ceremony, Different Events of Ancient Olympics, participants of Various events, Prizes for winners,

Unit-II

Modern Olympics Games

Decline and Termination of ancient Olympics
 Revival of Olympics Games
 Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem

Unit-III

Opening ceremony, closing ceremony, medal ceremony
 Olympic Protocol for member countries
 Indian Performance in Modern Olympics

Unit-IV

Distinct Olympics Games

Paralympics Games: Brief History and symbols. Its relation with other Olympics
 Winter Olympics: Brief History and Symbols. Its relation with other Olympics
 Youth Olympics: Brief History and Symbols. Its relation with other Olympics
 Indian Performance in Modern Paralympics, Winter and Youth Olympics.

Books Suggested:

1. Ajmer Singh, Jagdish Bans, Jagtar Singh Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers.
2. Burbank, J.M., Andranovich , G. D & Heying Boulder , C. H . (2001) Olympics dreams: the impact of mega – events on local politics: Lynne Rienner Osborrie , M.P (2004).
3. Magic tree House Fact Tracker: Ancient Greece and Olympics: A Nonfiction
4. Companion To Magic Tree House: Hour of the Olympics. New York: random house books for young readers.

Course Outcome:

At the end of the course, the students would be able to:
 CO1 Describe the concept of Olympics Movement and Ancient Olympics
 CO2 Acquired basic knowledge about Modern Olympics.
 CO3 Describe various Types of Olympics.

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	S	M	S
CO2	W	S	M
CO3	S	M	S

S= Strong M=Medium W=Weak

Health and Physical Education
Fundamentals of Physical Education (Semester I)
Multi-Disciplinary Course (MDC)

Course Code: C24MDC113T
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 2 hours. The examiner is required to set five 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 No. 1.

Objectives: *The curriculum aims to develop students' motor skills, knowledge, and attitudes to support a physically active and healthy lifestyle. It covers content areas like fundamental movements, educational gymnastics, dance, games, health and fitness management, athletics, swimming, and other physical activities.*

Unit – I

Introduction of Physical Education:

Meaning and definition of Physical Education
Relationship of Physical Education with Health and General Education
Aim and Objectives of Physical Education
Professional Courses in Physical Education and Sports.
Need of Physical Education in modern society.
Misconceptions regarding Physical Education.
Physical Education as Arts or Science

Unit - II

Biological Basis of Physical Education:

Meaning of Growth and Development
Meaning of Chronological Age, Anatomical age, Physiological age and Mental age
Principles of Growth and development
Difference between Growth and development
Factors affecting Growth and development
Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood.

Fundamentals of Physical Education Lab

Course Code: C24MDC113P
30 Hrs. (2 Hrs./Week)
Credit : 1
Exam Time: 2 Hrs.

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

Kho - Kho: Court specifications, general rules and basic skills
Badminton: Court specifications, general rules and basic skills

Books Suggested:

1. Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
2. Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
3. Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
4. Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
5. Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
6. Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd . Daryaganj, New Delhi. (2013).
7. Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
8. Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000).
9. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014).
10. Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon,
11. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
12. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
13. Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

Course Outcome:

At the end of the course the students would be able to:

- CO1 Describe the Aims, Objectives and scope of Physical Education.
- CO2 Illustrate the basic knowledge biological aspects of Physical Education
- CO3 Tell the various Carriers opportunities in Physical Education and Sports.
- CO4 Know the basic specifications of court/ground, general
- CO5 rules and demonstrate the basic skills of Kho-Kho and Badminton.

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	S	M	S
CO2	W	S	M
CO3	S	M	S
CO4	S	M	S
CO5	W	S	M

S= Strong

M=Medium

W=Weak

Health and Physical Education
Athletics Track Events and Road Race (Semester II)
Discipline Specific Course (DSC)

Course Code: C24PHE201T

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 four 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: *Track and field is a sport that includes athletic contests based on running, jumping, and throwing skills. The name is derived from where the sport takes place, a running track and a grass field for the throwing and some of the jumping events.*

Unit - I

Introduction of Athletics

Brief History of Athletics

National and International Governing bodies of Athletics

Events of Athletics for Men and Women

Marking of Athletics track 200m

Marking of Athletics Track 400m

Unit – II

Sprints, Hurdles and Relay race events

Basic Rules of Sprints events: 100m, 200m and 400m

Basic Rules of Hurdle events: 100m, 110m and 400m

Basic Rules of Relay races: (4×100) and (4×400)

Specification of starting blocks, Baton and Shoes used athletes in these events.

Famous Indian Athletes of Sprint and Hurdle events

Unit – III

Middle and Long Distance races and 3,000m Steeplechase

Basic Rules of Middle distance races: 800m and 1500m.

Basic Rules of Long Distance Races: 3000m, 5000m and 10000m

Basic Rules of Steeplechase: 3000m

Specifications of Hurdle and water jumps in steeplechase

Famous Indian Athletes of Middle & Long Distance races and 3,000m Steeplechase

Athletics Track Events and Road Race Lab

Course Code: C24PHE201P

30 Hrs. (2 Hrs./Week)

Credit : 1

Exam Time: 2 Hrs.

External Marks :20

Internal Marks :10

Total Marks: 30

Technique Crouch Start

Techniques of Baton Exchange

Books Suggested:

1. Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book.
2. Authors Guide (2018) IAAF Competition Rules 2018-2019, Monaco Cedex: IAAF Publishing.
3. George Immanuel (1997) Track and Field Event layout and Marking. Chennai:
4. Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar. Evans DA (1984). Teaching Athletics. Hodder, London
5. Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
6. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
7. Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New Delhi
8. Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
9. Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
10. Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.

Course Outcome:

At the end of the course the students would be able to:

- CO1 Describe the Athletics Events and Governing Bodies of Athletics
- CO2 Illustrate the basic knowledge about Sprints, Hurdles and Relay race events.
- CO3 Describe the rules and regulations of Middle and Long Distance races and 3,000m Steeplechase.
- CO4 Explain the rules and regulations of Marathon and Walking Events
- CO5 Demonstrate the techniques of crouch start and Baton Exchange.

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	S	W	S
CO2	W	M	M
CO3	S	S	S
CO4	M	M	S
CO5	W	S	M

S= Strong M=Medium W=Weak

Health and Physical Education
Asian and Commonwealth Games (Semester II)
Minor Course (MIC)

Course Code: C24MIC210T

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 2 hours. The examiner is required to set five 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 No. 1.

Objectives: *The aim of physical education programs is to teach basic fundamental motor skills (running, hopping, jumping, leaping, throwing, catching, kicking, and dribbling) and their application in games and sports meaningfully.*

Unit - I

Commonwealth Games

Meaning of Commonwealth Games

Brief History of Commonwealth Games

Symbol of Commonwealth Games, Mascots of Commonwealth Games

Countries that participate in the Commonwealth Games

Queen's Baton Relay, Opening and closing ceremony, Anthems of Commonwealth Games

Unit - II

Asian Games

Meaning of Asian Games

Brief History of Asian Games

Symbol of Asian Games, Mascots of Asian Games

Countries that participate in the Asian Games

Opening and closing ceremony

Indian Performance in the Commonwealth Games

Books Suggested:

1. Ajmer Singh, Jagdish Bans, Jagtar Singh Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers.
2. Zeigler EF (2007). History and Status of Physical Education & Educational Sports. Sports Education. New Delhi.
3. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
4. Kamlesh ML (2013). Physical Education & Exercise Sciences: An Objective Approach. Friends Publication. Delhi.

Course Outcome:

At the end of the course the students would be able to:

CO1 Describe the concept of Commonwealth Games.

CO2 Acquire basic knowledge about Asian Games.

CO3 Describe the Indian's performance in Various Commonwealth and Asian Games

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	M	S	S
CO2	W	M	W
CO3	M	S	S
CO4	S	S	M
CO5	W	W	M

S= Strong

M=Medium

W=Weak

Health & Physical Education
Asian and Commonwealth Games (Semester II)
Minor Course (MIC)

Course Code: C24MIN210T
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 3 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of Seven short questions covering the entire syllabus consisting of 2 marks each. In addition to that Eight more questions will be set, two questions from each unit. The students shall be required to attempt Four questions in all selecting one question from each unit consisting of 14 marks each in addition to compulsory Question No. 1.

Objectives: the aim of physical education programs is to teach basic fundamental motor skills (running, hopping, jumping, leaping, throwing, catching, kicking and dribbling) and their application in games and sports meaningfully.

Unit-I

Commonwealth Games

Meaning of Commonwealth Games
Brief History of Commonwealth Games
Symbols of Commonwealth Games, Mascots of Commonwealth Games
Countries that participate in the Commonwealth Games
Queen's Baton Relay, Opening and closing ceremony, Anthems Commonwealth Games

Unit-II

Asian Games

Meaning of Asian Games
Brief History of Asian Games
Symbol of Asian Games, Mascots of Asian Games
Countries that participate in the Asian Games
Opening and closing ceremony
Indian Performance in the Commonwealth Games

Unit-III

Health & Fitness

Understanding Individual Health & Fitness
Components of Physical Fitness
Latest fitness gadgets & equipment's
Weight control & Exercise
Modern trends in Health & Exercise

Unit-IV

Sports Management

Introduction to sports management
Career opportunities for students domestically and internationally.
Latest business trends in Sports Industry and future.
Sports & leadership & Sports Ethics

Books Suggested:

1. Ajmer Singh, Jagdish Bans, Jagtar Singh Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004)
2. Essentials of Physical Education, New Delhi: Kalayani Publishers.
3. Zeigler EF (2007), History and Physical Education and Educational Sports. Sports Education, New Delhi.
4. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi
5. Kamlesh ML (2013), Physical Education and Exercise Sciences: An Objective Approach Friends Publication. Delhi.

Course Outcome:

At the end of the course, the students would be able to:

- CO1 Describe the concept of Commonwealth Games.
CO2 Acquire basic knowledge about Asian Games.
CO3 Describe the Indian's performance in Various Commonwealth and Asian Games.

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	M	S	S
CO2	W	M	W
CO3	M	S	S
CO4	S	S	M
CO5	W	W	M

S=Strong

M=Medium

W=Week

**Health and Physical Education
Fundamentals of Yoga (Semester II)
Multi-Disciplinary Course (MDC)**

Course Code: C24MDC213T
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 2 hours. The examiner is required to set five 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 No. 1.

Objectives: *It aims to disseminate the knowledge and proficiency in health and hygiene, personality development, relaxation and concentration etc.*

Unit – I

Introduction of Yoga

Meaning and Definition of Yoga
Aims and Objectives of Yoga
Traditional & Historical Development of Yoga
The Yoga Sutra: General Consideration
Need and Importance of Yoga in Modern Society
Misconceptions about Yoga

Unit - II

Foundation of Yoga

The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
Yoga in the Bhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga
Brief introduction of Hath Yoga.

Fundamentals of Yoga Lab

Course Code: C24MDC213P
30 Hrs. (2 Hrs./Week)
Credit : 1
Exam Time: 2 Hrs.

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

Asanas: Ten Basic Asanas

Paranayams: Anulomvilom, Suryabehadan, Bhastrika, Shitali and Shitkari.

Books Suggested:

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

Course Outcome:

At the end of the course the students would be able to:

- CO1 Describe the aims, objectives and principles of Yoga.
- CO2 Illustrate the basic knowledge various types of yoga
- CO3 Explain principles of various types of Asanas and Paranayams.
- CO4 Perform various types of basic Asanas and Paranayams

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	S	M	S
CO2	W	S	M
CO3	W	M	W
CO4	S	W	S
CO5	M	M	M

S= Strong M=Medium W=Weak

Health and Physical Education
Basic Anatomy and Physiology (Semester II)
Skill Enhancement Course (SEC)

Course Code: C24SEC210T

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 2 hours. The examiner is required to set five 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 No. 1.

Objectives: *To develop understanding of various systems & 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 Anatomy and Physiology

Meaning and Definition of Anatomy and Physiology.

Importance of Anatomy and Physiology in Physical Education and sports

Cell: Structure, Properties and functions

Meaning of Cell, Tissues, Organs and System.

Bone: Meaning and types

Skeletal System: Structure and functions of Skeletal System.

Axial and Appendicular Skelton

Meaning of Joints, Types of Joints

Types of Synovial Joints present in human body

Unit – II

Joints and Muscular System

Meaning of Muscle, Types of muscles present in human body

Gross Structure of Skeletal Muscle,

Structural Classification of Skeletal muscles.

Circulatory System and Digestive System

Constituents of blood and Function of blood

Structure of the heart

Types of Blood Circulation: Systemic, Pulmonary and Coronary,

Organs of Digestive System

Structure and functions of the digestive system,

Process of Food absorption, Name and functions of various digestive juices and enzymes

Basic Anatomy and Physiology Lab

Course Code: C24SEC210P

30 Hrs. (2 Hrs./Week)

Credit : 1

Exam Time: 2 Hrs.

External Marks :15

Internal Marks :10

Total Marks: 25

- Identification of Name and location of
- Human Bones on Skelton and Chart
- Identification of Name and location of
- Major Muscles of Human Body on Model and Chart
- Identification of Name and Location of organs of various systems: Circulatory, Digestive, Respiratory and Excretory on
- Models and Charts

Books Suggested:

1. Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,(2010).
2. Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
3. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
4. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
5. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
6. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
7. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
8. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

Course Outcome:

At the end of the course the students would be able to:

- CO1 Describe the Anatomy, Physiology and structure of Cells.
- CO2 Explain the structure of Joints and Muscular System
- CO3 Illustrate the basic knowledge about Anatomy, Physiology of Circulatory & Digestive Systems of human body
- CO4 Explain the Anatomy, Physiology of Respiratory and Excretory Systems of human body
- CO5 Identify name and locations of bones, muscles and organs of various systems of human body.

Mapping of CO with PO

Outcomes	PO1	PO2	PO3
CO1	S	W	S
CO2	W	M	M
CO3	S	S	S
CO4	M	M	S
CO5	W	W	M

S= Strong M=Medium W=Weak