

FINAL CURRICULUM FOR MAJOR IN PHYSICAL EDUCATION & SPORTS

Semester	Course Type	Name of the Course	Mode of the Course
I	DSC/Major (Core) - 1	History and Foundation of Physical Education & Sports	Theory
		Formal and Rhythmic Activities	Practical
II	DSC/Major (Core) - 2	Management of Physical Education and Sports	Theory
		Recreational Exercises, Fun Games, and Minor Games	Practical
III	DSC/Major (Core) - 3	Health Education, Fitness & Wellness	Theory
		Indian Games (Kho Kho, Kabaddi, and Archery)	Practical
	DSC/Major (Core) - 4	Track and Field	Theory
		Track and Field	Practical
IV	DSC/Major (Core) - 5	Anatomy, Physiology and Exercise Physiology	Theory
	DSC/Major (Core) - 6	Yoga Education	Theory
	DSC/Major (Core) - 7	Yoga Practicum	Practical

UNIVERSITY OF GOUR BANGA
MALDA, WEST BENGAL, INDIA

Semester – I/DSC/Major (Core) - 1

Course Title: (DSC-1): History and Foundation of Physical Education & Sports (Theory)

Formal and Rhythmic Activities (Practical) – Credit: 4(3+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none">1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports2. Students may learn the Biological, Psychological, and Sociological foundation of this subject3. Students may understand the Fundamental Exercise of different body parts and its implications for different Sports.4. Students may learn the Marching and different types of Minor Games.	<ol style="list-style-type: none">1. Students may have a strong Physical Education, Exercise, and Sports background.2. This subject may generate vibration for further development of Physical Education, Exercise, and Sports.3. Students may know to brutes for different exercises.4. This subject may generate vibration for further development of Physical Education, Exercise and Sports

History and Foundation of Physical Education & Sports (Theory – Credit: 3)

UNIT- 1: Introduction to Physical Education & Sports and Olympic Movement (Lecturer Hours- 10)

1. Meaning, Definition, and Scope of Physical Education and Sports
2. Aim, Objectives, Importance, Misconceptions and Modern concept of Physical Education and Sports
3. Ancient Olympic Games. Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village, Opening Ceremony, Victory and Closing Ceremony
4. Historical background of Commonwealth and Asian Games. Successes of India in the Olympic, Commonwealth, and Asian Games in the last Decade

UNIT- 2: Historical Development of Physical Education and Sports (Lecturer Hours- 10)

1. Historical Development of Physical Education and Sports in India- Ancient Period, Contribution of Y.M.C.A; Akhadas and Vyayamshalas in India for development Physical Education and Sports.
2. Historical development of Physical Education and Sports in India during Pre-Independence & Post-Independence period.
3. National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award for Lifetime Achievement, and Molana Abul Kamal Azad Trophy.
4. Contribution of Eminent Physical Educationist: (i)Johann Bernhard Basedow, (ii) Johann Christoph Friedrich Guts Muths, (iii)HC Buck, (iv) James Bukanun, (v) P M Joseph

UNIT- 3: Foundation & Principles of Physical Education and Sports (Lecturer Hours- 10)

1. Biological foundation: Meaning and Principles of Growth and Development. Factors affecting growth and development. Differences between growth and development Body type: Meaning of body type, Classification of Sheldon Body type, Age: Chronological age, Anatomical age, Physiological age, and Mental age. The relation between age and sex different in physical activity
2. Psychological Foundation- Meaning and definition Psychology & Sports Psychology. Importance of Psychology in Physical Education and Sports, Components of psychology and its importance.

3. Sociological Foundation: Meaning and concept of Socialization. Socialization to Physical Education and Sports. Role of Games and Sports in National and International Integration. Sports ethics.
Formal and Rhythmic Activities (Practical) - Credit -1
<u>UNIT- 1: Formal Activity (Pr. Hours- 10)</u>
<ol style="list-style-type: none"> 1. Fall in Attention, Stand at Ease, Eyes Right-Eyes Front (Dressing), & Turning Right, Left and About. 2. Marching: Arm – Leg Coordination, Marching, Mark Time 3. Quick March, Halt, About Turn while Marching, 4. Marching with Salute Break Off, Disperse and Dismissal
<u>UNIT- 2: Rhythmic Activity (Pr. Hours- 10)</u>
<ol style="list-style-type: none"> 1. Rhythmic Aerobic- Dance. 2. Callisthenic without Apparatus (Four and Eight Counts) 3. Callisthenic with Apparatus (Wand, Ball, Hoop, Lathi, Pompom, etc. 4. Laziume (Gati Lezuim and Hindustani Lezuim)
<u>References/Suggested Readings:</u>
<ol style="list-style-type: none"> 1. Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febigor, 1991. 4 2. Bokil, V. P. Foundation of Education, Pune: Pune University, 1970. 3. Bucher, C. A. & West, D. A. Foundations of physical education & sports. St. Louis: Times Mirror Mosby College publishing, 10th ed., 1987. 4. Deshpande, S. H. (2014), Physical Education in Ancient India. Amravati: Degree college of Physical education. 5. Kamlesh M. L., Physical Education facts and foundations, Haryana: P. B. Publication (Pvt.), 1988. 6. Kamlesh M. L., Principles and History of Physical Education and Sports., Delhi: Friends Publication (India) New, 2004. 7. Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi. 8. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports.McGraw Hill Companies, Inc., New York, USA 9. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA. 10. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication). 11. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York. 12. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002

Semester – II/DSC/Major (Core) – 2

Course Title: (DSC-2): Management of Physical Education and Sports (Theory), Recreational Exercises and Fun Games (Practical) - Credit: 4 (3+1)	
Course Objectives:	Course Outcomes
<ol style="list-style-type: none"> 1. Students may understand the historical development and the concept of Management of Physical Education and Sports 2. Students may learn the Management of Physical Education and Sports in this subject 	<ol style="list-style-type: none"> 1. Students may have a strong Management of Physical Education and Sports background. 2. This subject may generate vibration for further development of Management of Physical Education and Sports

Management of Physical Education and Sports (Theory - Credit: 3)

UNIT- 1: Introduction to Sports Management and Tournaments (Lecturer Hours- 10)

1. Concept, definition, and Importance of Sports Management
2. Principles of Sports Management
3. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). The procedure of drawing fixtures, advantages and disadvantages of Knock-out and League tournaments.
4. Method of organizing of Intramural, Extramural competition, Annual Athletic Meet and Play Day

UNIT- 2: Facilities and Equipment Management in Physical Education and Sports (Lecturer Hours- 10)

1. Events Management, Store Room Management, and Preparation of Stock Register.
2. Care and maintenance of playground, Gymnasium, and Swimming pool
3. Care and maintenance of sports equipment, Budgeting in Physical Education and Sports.
4. Time Table Managements: Meaning and importance of time table Management

UNIT- 3: Leadership and Planning (Lecturer Hours- 10)

1. Meaning and definition of leadership, Qualities of a good leader in Physical Education and Sports.
2. From Leadership in Physical Education and Sports Principles of leadership activities
3. Leadership Camp at School, College, and University level.
4. Meaning, the definition of Planning and Factors affecting planning.

Recreational Exercises, Fun Games and Minor Games(Practical - Credit: 1)

UNIT: 1: Recreational Exercises and Fun Games (Pr. Hours- 10)

- 1 Recreational Exercise and Fun Games for Children and Adults
- 2 Recreational exercise for individuals and Groups. Party Games for Fun
- 3 Recreational Exercise for Fitness Components Development
- 4 Lead-up Activities for Sports with Fun

UNIT: 2: Minor Games & Folk Games (Pr. Hours- 10)

- 1 Individual Minor Games & Folk Games
- 2 Group Minor Games & Folk Games
- 3 Minor Games for Warm-up and Cool-Down
- 4 Skilled-based Modified Minor Games

References/Suggested Readings:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach. New York: Prentice Hall Inc.
2. Nada, S.M. sports management, Friend Publication, New Delhi.
3. Bucher, C. A. (1983). Administration of Physical Education and Athletic program. St. Louis: The C.V. Mosby Co.
4. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
5. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
7. Thomas, J. P.(1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
8. Tirunaryan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
9. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
10. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.
11. Kar, S & Santra. D.C. (2018): Satak Sarisiksha Porichaya (Vol.-1), Santra Publication, Kolkata

Semester – III/DSC/Major (Core) – 3

Course Title: (DSC-3): Health Education, Fitness & Wellness (Theory)

Indian Games - Kho Kho, Kabaddi, and Archery (Practical)

Credit: 4(3+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none">1. Students may understand the historical development and the concept of Health Education, Fitness & Wellness2. Students may learn the Health Education, Fitness & Wellness3. Students may understand the historical development and the concept of Indian Games4. Students may learn the Relationship between Indian Games	<ol style="list-style-type: none">1. Students may have a strong Health Education, Fitness & Wellness background.2. This subject may generate vibration for further development of Health Education, Fitness & Wellness3. Students may know the strong background of the Indian Games4. This subject may generate vibration for further development of the Indian Games

Health Education, Fitness & Wellness (Theory - Credit: 3)

UNIT: 1: Health Education (L. Hours- 10)

1. Meaning, Definition, Dimension, and Factor Affecting Health. Meaning, Definition, Aims, Objectives, and Principles of Health Education
2. Harmful Effects and Management of Health Problems of College Youth, Personal Hygiene, Health Agencies NIHFW, WHO, UNESCO, UNICEF
3. Communicable Diseases- Meaning, Definition, and Types. Causes, Prevention, and Control of Malaria, Dengue and Chicken Pox and Diarrhea
4. Modern Lifestyle and Hypokinetic Disorder- Meaning, Definition, and Causes. Management of Obesity, Diabetes, Asthma, and Cardio Vascular Disorder

UNIT: 2: Fitness (L. Hours- 10)

1. Meaning, Definition, Need, and Importance of Fitness and Physical Fitness
2. Types of Physical Fitness Components. Meaning, Definition, and Usefulness of Health-related and Sports-Performance-related Physical Fitness Components
3. Ageing- Meaning and Definition. Aging Phenomenon. Role of Exercise in Healthy Aging
4. Common Sports Injuries, Injury Management through First Aid, Personal Hygiene.

UNIT: 3: Wellness (L. Hours- 10)

1. Wellness- Concept, Definition, Dimension, Significance regarding Positive Lifestyle
2. Concepts of Quality of Life and Body Image. Relationship between Physical Activities and Wellness
3. Factor Affecting Wellness, Scope of Wellness. Modern Trends in Wellness
4. Concept of Designing Different Wellness Programs for Different Age Groups

Indian Games - Kho Kho, Kabaddi, and Archery (Practical - Credit: 1)

UNIT- 1: Kho Kho (Pr. Hours -07)

1. General skills of the game-Running, chasing, Dodging, Faking, etc.
2. Skills in chasing Correct Kho, moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, tapping on the pole, Diving, judging in giving Kho, and

Rectifying Foul.

3. Skills in Running-Zigzag running, Single and double chain, Ring play, rolling in the sides, dodging while facing and on the back, fakes on the pole, fake legs, body arm, etc,
4. Combination of different skills. Ground Marking, rules, and their interpretations and duties of officials.

UNIT- 2: Kabaddi (Pr. Hours - 07)

1. Skills in Raiding-Touching with hand, various kicks, crossing of balkline, Crossing of
2. Bonus line, luring the opponent to catch, Pursuing.
3. Skills of Holding the Raider- Various formations, catching from a particular position, Different catches, Luring the raider to take a particular position to facilitate catching, catching formations, and techniques.
4. Additional skills in raiding-Bringing the anti in a particular position, escaping from various holds. Techniques of escaping from chain formation, combined formations in offense and defence. Ground Marking, rules, and their interpretations and duties of officials.

UNIT- 3: Archery (Pr. Hours - 06)

1. Awareness with the targets and the equipment's
2. Stance, Nocking the Arrow, Set, Set-up, Draw and Load, Anchor
3. Transfer and Hold, Aim and Expand, Release and Follow Through
4. Rules and their interpretations and duties of officials.

References/Suggested Readings:

1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A& C Black,
2. Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
3. McGlynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
4. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
5. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
6. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
7. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022
8. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
9. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.

Semester – III/DSC/Major (Core) – 4

Course Title: (DSC-4): Track and Field (Theory), Track and Field (Practical)

Credit: 4(3+1)

Course Objectives:	Course Outcomes
1. Students may understand the theoretical aspect of fundamental track and Field events. 2. Students may learn the Track and Field Event from the Theoretical aspect.	1. Students may know to brutes for different exercises on the Track and Field Events. 2. This subject may generate vibration for further development of Physical Education, Exercise and Sports

Track and Field (Theory - Credit: 3)

UNIT-1: Track Marking and Rules Regulations (Lecturer Hours- 10)

1. Concept of Different structural forms and types of Tracks. Characteristics of Standard Track, List of Track Events with their Specifications.
2. Draw the different types of Tracks with event-wise complete marking of Track.
3. Layout and Marking Procedure of Standard Track and Non-Standard Track, Calculation of Stagger Distance, and Diagonal Access.
4. Rules and Regulations regarding the Start and Finish of Track Events including Hurdles and Relay Races

UNIT-2: Field Marking and Combined Event (Lecturer Hours- 10)

1. List of Field Events with their Specifications.
2. Layout and mark Procedure of the Throwing and Jumping Sector: Shot Put, Discus Throw, Javelin Throw, Long Jump, High Jump, Triple Jump
3. Rules and Regulations regarding Jumping Events: Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
4. Concept of Combined Events- Decathlon, Heptathlon, Pentathlon and Triathlon.

UNIT – 3: Organizational Part of Track And Field (Lecturer Hours- 10)

1. List of Officials and their responsibilities. Score sheet preparation for running, jumping, and throwing events.
2. Responsibilities of the Athletes related to participation in competition.
3. Organizational and management setups of opening and closing ceremony Sports meet.
4. Steps to be followed to organize Institutional Annual Athletic Meet.

Track and Field (Practical - Credit: 1)

UNIT-1: Track Events (Pr. Hours- 10)

1. Starting Technique: Standing Start, Crouch Start, and its Variations. Fixing up of Starting Block.
2. Acceleration with Proper Running Techniques, with Special emphasis on Arm Action, Knee Action, and stride length.
3. Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.
4. Relay Race – Types of Batons Holding Style of baton exchange (Visual and Non-Visual)

UNIT-2: Field Events (Pr. Hours- 10)

1. Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
2. High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
3. Triple Jump: Approach Run, Take-Off, Hop-Step-Jump, Flight in the air, and Landing.
4. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (Parry

O' Brien Technique)

5. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.
6. Javelin Throw: Grip, Carry, Release and Recovery Techniques

References/Suggested Readings:

1. Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
2. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
3. Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
4. Handbook-Rules and Regulation. International Athletic Federation (2010).
5. Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
6. Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
7. Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi
8. Layout and Marking of Track And Field, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
9. IAAF Competition Rules (Latest Version), International Association of Athletics Federations, MC 98007, MONAC Cedex.
10. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Delhi, 110002.
11. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Angola, www.physicalliteracykurnool.com
12. Book of Rules of Games and Sports, National Council of YMCAs of India, Department of Communication, Bharat Yuvak Bhavan, Jai Singh Road, New Delhi 110001
13. Handbook of Physical Education And Sports, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002

Semester – IV/DSC/Major (Core) – 5

Course Title: (DSC-5): Human Anatomy, Physiology and Exercise Physiology

(Theory -Credit: 4)

Course Objectives:	Course Outcomes
1. Students may understand the historical development and the concept of Basic Human Anatomy and Physiology 2. Students may learn the Basic Human Anatomy and Physiology	1. Students may have a strong background in Basic Human Anatomy and Physiology 2. This subject may generate vibration for further development of Basic Human Anatomy and Physiology

UNIT- 1: Introduction of Anatomy and Physiology (Lecturer Hours- 10)

1. Definition of Anatomy and Physiology and its importance in the field of Physical Education and Sports
2. Human Cell – Concept, definition, types, structure and functions
3. Tissue- Concept, definition, types, structure and functions
4. Human body systems. Anatomical and Physiological differences between male and female

UNIT- 2: Muscular - Skeletal System (Lecturer Hours- 10)

1. Structure of bones and their different types, concept of Axial and Appendicular skeleton, Name of the bones of the skeleton system (only names, detailed structure are excluded), Functions of Vertebral column, rib cage, skull
2. Elementary concept of joint, ligament and tendon, types of joints
3. Structure, Composition, Properties and functions of skeletal muscles
4. Different types of muscle-cardiac, skeletal, and smooth their difference and functions. Concept of red and white muscle, types of muscular contraction

UNIT- 3: Circulatory System & The Respiratory system:(Lecturer Hours- 10)

1. Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood
2. The structure of the human properties of the heart muscle, Mechanism of blood circulation through the human heart, cardiac cycle, and blood pressure. Cardiac output.-elementary concept
3. The Respiratory passage – the lungs and their structure and mechanism of breathing
4. The mechanism of respiration (Internal and External Respiration), Lung Capacity, Vo2 Max, Oxygen Debt

UNIT- 4: Exercise Physiology (Lecturer Hours- 10)

1. Immediate effect of exercise on the Muscular System. Long-term effect of training on the Muscular System
2. Immediate effect of exercise on the Skeletal System. Long-term effect of training on the Skeletal System
3. Immediate effect of exercise on the Circulatory System. Long-term effect of training on the Circulatory System
4. Immediate effect of exercise on the Respiratory System. Long-term effect of training on the Respiratory System

References/Suggested Readings:

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan. years B.P.Ed Curriculum
2. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
3. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
4. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
5. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.

6. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
7. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
8. Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
9. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

Semester – IV/DSC/Major (Core) – 6

Course Title: (DSC-6): Yoga Education (Theory -Credit: 4)

Course Objectives:	Course Outcomes
1. Students may understand the Yoga Education 2. Students may learn Yoga; asanas, Pranayamas, Bandhas, and Mudras.	1. Students may know to brutes for different yogic exercises. 2. This subject may generate vibration for further development of Yoga; asanas, Pranayamas, Bandhas, and Mudras

UNIT 1: INTRODUCTION OF YOGA EDUCATION (Lecturer Hours- 10)

1. Meaning, Misconception and Definition, Aim and Objective of Yoga.
2. History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga, and Bhakti Yoga).
3. Need and importance of Yoga in Physical Education and Sports in the modern era.
4. Differences between Yogic Practice and Physical Exercise. Preparation of yogic practice: Time, Place, Food, Dress, and Contraindication

UNIT 2: FOUNDATION OF YOGA (Lecturer Hours- 10)

1. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi and their implication of our Society
2. Yoga Sutra: Classification of Asanas with special reference to Physical Education and Sports.
3. Concept and definition of Kriya, types, and its benefits. (Kapalbahati, Neti, Dhauti, Nauli and Trataka)
4. Common Yogic practice protocol referred by AYUSH. International Yoga Day. Contribution of any two yogis'

UNIT –3: PRINCIPLES, MECHANISM AND EFFECTS (Lecturer Hours- 10)

1. Aim, Objectives, Principles, and types of Asanas, Bandhas, and Mudras
2. Effects of Yogic Practice on the Nervous, Cardio-respiratory, and Musculoskeletal system
3. Effects of Bandhas & Mudras described in Hatha Yoga
4. Pranayama: Mechanism and its effects on various systems of body and mind

UNIT –4: APPLICATION OF YOGA (Lecturer Hours- 10)

1. Meaning, types, and principles of Meditation
2. Yoga for Stress, Anxiety, and Depression Management
3. Yoga as Preventive Medicine in the Modern Era
4. Therapeutic Uses of Yoga in the Present Society

SUGGESTED BOOKS:

1. Methods in Physical Education by Dambach IC. Williams J.F.N. Schwendener
2. Physical Education lessons by Dr. IP, Thomas. (Weeks and HAWinekles)
3. Methods in Physical Education by Kosman Cassidy-Jackson.

Semester – IV/DSC/Major (Core) – 7

Course Title: (DSC-6): Yoga Practicum (Practical -Credit: 4)

Course Objectives:	Course Outcomes
1. To know the benefits of yoga in daily life 2. To understand the utility of regularly scheduled vyayama (Practical)	1. After practicing Yoga vyayama students may feel its flavor on fresh 2. They may include it in their daily routine on Yoga Vyayama (Practical)
<u>UNIT-1: Asanas (Pr- 20H)</u> 1) Vishramasana (Relaxative Posture): Shavasana, Makarasana 2) Dhyanasana (Meditative Posture): Sukhasana, Padmasana, Vajrasana, Sastikasana 3) Swasthyasana (Cutural Posture): Standing (Ardhachandrasana, Brikshasana, Padahastasana); Sitting Posture , (Ardhakurmasana, Paschimottanasana, Gomukhasana), Supine Posture (Setubandhasana, Halasana, Matsyasana), and Prone Posture (Bhujangasana, Salvasana, Dhanurasana).	
<u>UNIT-2: Pranayama and Kriya (Pr- 20H)</u> 1. Pranayama: Anulom Vilom , Bhramri ,Bhastrika, Shitali , Sheetkari. 2. Kriya: Kapalbhati, Neti, Dhauti, Nauli and Trataka	
<u>UNIT-3: Meditation and Mudra (Pr- 20H)</u> 1. Meditation: Mindfulness Meditation, Spiritual Meditation, Focused Meditation, Mantra Meditation, Progressive Meditation, Visualization Meditation, Vipassana meditation, Guided Meditation 2. Mudra: Gyan Mudra, Dhyana Mudra, Pran Mudra. Maha mudra, Khechari Mudra	
<u>References/Suggested Readings:</u> 1. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication. 2. Gharote, M.L. & Ganguly, H. (1988). Teaching Methods for Yogic Practice. Lonawala: Kaixydhmoe. Publishers. 3. banker, G. .(1998). Holistic approach to Yoga. New Delhi: Aditya Publishers. Shekar, K. C. 4. Rajjan, S. M. (1985), Yoga strengthening of Relaxation for a sportsman. New Delhi: Allied	

FINAL CURRICULYM FOR MINOR IN PHYSICAL EDUCATION & SPORTS

Semester	Course Type	Name of the Course	Mode the Course
I	DMC/Minor (Core) – 1	Historical Background of Physical Education & Sports Formal and Rhythmic Activities	Theory Practical
II	DMC/Minor (Core) – 2	Physical Education and Sports Management Recreational Exercises, Fun Games, and Minor Games	Theory Practical
III	DMC/Minor (Core) – 3	Track and Field Track and Field Practicum	Theory Practical
IV	DMC/Minor (Core) – 4	Yoga for Modern Society Yoga Practicum	Theory Practical

UNIVERSITY OF GOUR BANGA
MALDA, WEST BENGAL, INDIA

Semester – I/DMC/Minor (Core) - 1

Course Title: (DMC-1): Historical Background of Physical Education & Sports (Theory)

Formal and Rhythmic Activities (Practical) – Credit -4(3+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none">1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports2. Students may learn the Biological, Psychological, and Sociological foundation of this subject3. Students may understand the Fundamental Exercise of different body parts and its implications for different Sports.4. Students may learn the Marching and different types of Minor Games.	<ol style="list-style-type: none">1. Students may have a strong Physical Education, Exercise, and Sports background.2. This subject may generate vibration for further development of Physical Education, Exercise, and Sports.3. Students may know to brutes for different exercises.4. This subject may generate vibration for further development of Physical Education, Exercise and Sports

Historical Background of Physical Education & Sports (Theory – Credit: 3)

UNIT- 1: Introduction to Physical Education & Sports and Olympic Movement (Lecturer Hours- 10)

1. Meaning, Definition, and Scope of Physical Education and Sports
2. Aim, Objectives, Importance, Misconceptions, and Modern Concept of Physical Education and Sports
3. Ancient Olympic Games. Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village, Opening Ceremony, Victory and Closing Ceremony
4. Historical background of Commonwealth and Asian Games. Successes of India in the Olympic, Commonwealth, and Asian Games in the last Decade

UNIT- 2: Historical Development of Physical Education and Sports (Lecturer Hours- 10)

1. Historical Development of Physical Education and Sports in India- Ancient Period, Contribution of Y.M.C.A; Akhadas and Vyayamshalas in India for development Physical Education and Sports.
2. Historical development of Physical Education and Sports in India during Pre-Independence & Post-Independence period.
3. National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award for Lifetime Achievement, and Molana Abul Kamal Azad Trophy.
4. Contribution of Eminent Physical Educationist: (i) Johann Bernhard Basedow, (ii) Johann Christoph Friedrich Guts Muths, (iii) HC Buck, (iv) James Bukanun, (v) P M Joseph

UNIT- 3: Foundation & Principles of Physical Education and Sports (Lecturer Hours- 10)

1. Biological foundation: Meaning and Principles of Growth and Development. Factors affecting growth and development. Differences between growth and development Body type: Meaning of body type, Classification of Sheldon Body type, Age: Chronological age, Anatomical age, Physiological age, and Mental age. The relation between age and sex different in physical activity
2. Psychological Foundation- Meaning and definition Psychology & Sports Psychology. Importance of Psychology in Physical Education and Sports, Components of psychology and its importance.
3. Sociological Foundation: Meaning and concept of Socialization. Socialization to Physical

Education and Sports. Role of Games and Sports in National and International Integration. Sports ethics.

Formal and Rhythmic Activities (Practical) - Credit -1

UNIT- 1: Formal Activity (Pr. Hours- 10)

1. Fall in Attention, Stand at Ease, Eyes Right-Eyes Front (Dressing), & Turning Right, Left and About.
2. Marching: Arm – Leg Coordination, Marching, Mark Time
3. Quick March, Halt, About Turn while Marching,
4. Marching with Salute Break Off, Disperse and Dismissal

UNIT- 2: Rhythmic Activity (Pr. Hours- 10)

1. Rhythmic Aerobic- Dance.
2. Callisthenic without Apparatus (Four and Eight Counts)
3. Callisthenic with Apparatus (Wand, Ball, Hoop, Lathi, Pompom, etc.
4. Laziume (Gati Lezuim and Hundistani Lezuim)

References/Suggested Readings:

1. Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febigor, 1991. 4
2. Bokil, V. P. Foundation of Education, Pune: Pune University, 1970.
3. Bucher, C. A. & West, D. A. Foundations of physical education & sports. St. Louis: Times Mirror Mosby College publishing, 10th ed., 1987.
4. Deshpande, S. H. (2014), Physical Education in Ancient India. Amravati: Degree college of Physical education.
5. Kamlesh M. L., Physical Education facts and foundations, Haryana: P. B. Publication (Pvt.), 1988.
6. Kamlesh M. L., Principles and History of Physical Education and Sports., Delhi: Friends Publication (India) New, 2004.
7. Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
8. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports.McGraw Hill Companies, Inc., New York, USA
9. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
10. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
11. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
12. Sharma, N.P. (2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002

Semester – II/DMC/Minor (Core) – 2

Course Title: (DMC-2): Physical Education and Sports Management (Theory), Recreational Exercises and Fun Games (Practical) - Credit: 4 (3+1)	
Course Objectives:	Course Outcomes
<ol style="list-style-type: none">1. Students may understand the historical development and the concept of Management of Physical Education and Sports2. Students may learn the Management of Physical Education and Sports in this subject	<ol style="list-style-type: none">1. Students may have a strong background in the Management of Physical Education and Sports.2. This subject may generate vibration for further development of Management of Physical Education and Sports
<u>Physical Education and Sports Management (Theory - Credit: 3)</u>	
<u>UNIT- 1: Introduction to Sports Management and Tournaments (Lecturer Hours- 10)</u>	
<ol style="list-style-type: none">1. Concept, definition, and Importance of Sports Management2. Principles of Sports Management3. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). The procedure of drawing fixtures, advantages, and disadvantages of knockout and League tournaments.4. Method of organizing of Intramural, Extramural competition, Annual Athletic Meet and Play Day	
<u>UNIT- 2: Facilities and Equipment Management in Physical Education and Sports (Lecturer Hours- 10)</u>	
<ol style="list-style-type: none">1. Events Management, Stoor Room Management, and Preparation of Strock Register.2. Care and maintenance of playground, Gymnasium, and Swimming pool3. Care and maintenance of sports equipment, Budgeting in Physical Education and Sports.4. Time Table Managements: Meaning and importance of time table Management	
<u>UNIT- 3: Leadership and Planning (Lecturer Hours- 10)</u>	
<ol style="list-style-type: none">1. Meaning and definition of leadership, Qualities of a good leader in Physical Education and Sports.2. From Leadership in Physical Education and Sports Principles of leadership activities3. Leadership Camp at School, College, and University level.4. Meaning, the definition of Planning and Factors affecting planning.	
<u>Recreational Exercises, Fun Games, and Minor Games (Practical - Credit: 1)</u>	
<u>UNIT: 1: Recreational Exercises & Fun Game (Pr. Hours- 10)</u>	
<ol style="list-style-type: none">1 Recreational Exercise and Fun Games for Children and Adults2 Recreational exercise for individuals and Groups. Party Games for Fun3 Recreational Exercise for Fitness Components Development4 Lead-up Activities for Sports with Fun	
<u>UNIT: 2: Minor Games (Pr. Hours- 10)</u>	
<ol style="list-style-type: none">1 Individual Minor Games2 Group Minor Games3 Minor Games for Warm-up and Cool-Down4 Skilled-based Modified Minor Games	
References/Suggested Readings:	
<ol style="list-style-type: none">1. Broyles, F. J. &Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach. New York: Prentice Hall Inc.	

2. Nada, S.M. Sports management, Friend Publication, New Delhi.
3. Bucher, C. A. (1983). Administration of Physical Education and Athletic program. St. Louis: The C.V. Mosby Co.
4. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
5. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodaya Press.
6. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.
7. Kar, S & Santra. D.C. (2018): Snatak Saririksiksha Porichaya (Vol.-1), Santra Publication, Kolkata

Semester – III/DMC/Minor (Core) – 3

Course Title: (DSC-4): Track and Field (Theory), Track and Field (Practical)

Credit: 4(3+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none"> 1. Students may understand the theoretical aspect of fundamental track and Field events. 2. Students may learn the Track and Field Event from the Theoretical aspect. 	<ol style="list-style-type: none"> 1. Students may know to brutes for different exercises on the Track and Field Events. 2. This subject may generate vibration for further development of Physical Education, Exercise and Sports

Track and Field (Theory - Credit: 3)

UNIT-1: Track Marking and Rules Regulations (Lecturer Hours- 10)

1. Concept of Different structural forms and types of Tracks. Characteristics of Standard Track, List of Track Events with their Specifications.
2. Draw the different types of Tracks with event-wise complete marking of Track.
3. Layout and Marking Procedure of Standard Track and Non-Standard Track, Calculation of Stagger Distance, and Diagonal Access.
4. Rules and Regulations regarding the Start and Finish of Track Events including Hurdles and Relay Races

UNIT-2: Field Marking and Combined Event (Lecturer Hours- 10)

1. List of Field Events with their Specifications.
2. Layout and mark Procedure of the Throwing and Jumping Sector: Shot Put, Discus Throw, Javelin Throw, Long Jump, High Jump, Triple Jump
3. Rules and Regulations regarding Jumping Events: Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
4. Concept of Combined Events- Decathlon, Heptathlon, Pentathlon and Triathlon.

UNIT – 3: Organizational Part of Track And Field (Lecturer Hours- 10)

1. List of Officials and their responsibilities. Score sheet preparation for running, jumping, and throwing events.
2. Responsibilities of the Athletes related to participation in competition.
3. Organizational and management setups of opening and closing ceremony Sports meet.
4. Steps to be followed to organize Institutional Annual Athletic Meet.

Track and Field (Practical - Credit: 1)

UNIT-1: Track Events (Pr. Hours- 10)

1. Starting Technique: Standing Start, Crouch Start, and its Variations. Fixing up of Starting Block.
2. Acceleration with Proper Running Techniques, with Special emphasis on Arm Action, Knee Action,

and stride length.

3. Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.
4. Relay Race – Types of Batons Holding Style of baton exchange (Visual and Non-Visual)

UNIT-2: Field Events (Pr. Hours- 10)

1. Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
2. High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
3. Triple Jump: Approach Run, Take-Off, Hop-Step-Jump, Flight in the air, and Landing.
4. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (Parry O' Brien Technique)
5. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.
6. Javelin Throw: Grip, Carry, Release and Recovery Techniques

References/Suggested Readings:

1. Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
2. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
3. Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
4. Handbook-Rules and Regulation. International Athletic Federation (2010).
5. Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
6. Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
7. Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi
8. Layout and Marking of Track And Field, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
9. IAAF Competition Rules (Latest Version), International Association of Athletics Federations, MC 98007, MONAC Cedex.
10. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Dellhi, 110002.
11. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Agola, www.physicalliteracykurnool.com
12. Book of Rules of Games and Sports, National Council of YMCAs of India, Department of Communication, Bharat Yuvak Bhavan, Jai Singh Road, New Delhi110001
13. Handbook of Physical Education And Sorts, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002

Semester – IV/DMC/Minor (Core) – 4

Course Title: (DMC-4): Yoga for Modern Society (Theory)

Yoga Practicum (Practical) Credit: 4 (3+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none">1. Students may understand the Yoga Education2. Students may learn Yoga; asanas, Pranayama's, Bandhas, and Mudras.1. To know the benefits of yoga in daily life2. To understand the utility of regularly scheduled vyayama (Practical)	<ol style="list-style-type: none">1. Students may know to brutes for different yogic exercises.2. This subject may generate vibration for further development of Yoga; asanas, Pranayamas, Bandhas, and Mudras3. After practicing Yoga vyayama students may feel its flavor on fresh4. They may include it in their daily routine on Yoga Vyayama (Practical)

UNIT 1: INTRODUCTION OF YOGA (Lecturer Hours- 10)

1. Meaning, Misconception and Definition, Aim and Objective of Yoga.
2. History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga, and Bhakti Yoga).
3. Needs and importance of Yoga in Physical Education and Sports in the modern era.
4. Differences between Yogic Practice and Physical Exercise. Preparation of yogic practice: Time, Place, Food, Dress, and Contraindication

UNIT 2: FOUNDATION OF YOGA (Lecturer Hours- 10)

1. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi and their implication of our Society
2. Yoga Sutra: Classification of Asanas with special reference to Physical Education and Sports.
3. Concept and definition of Kriya, types, and its benefits. (Kapalbahati, Neti, Dhauti, Nauli and Trataka)
4. Common Yogic practice protocol referred by AYUSH. International Yoga Day. Contribution of any two yogis'

UNIT –3: APPLICATION OF YOGA (Lecturer Hours- 10)

1. Meaning, types, and principles of Meditation
2. Yoga for Stress, Anxiety, and Depression Management
3. Yoga as Preventive Medicine in the Modern Era
Therapeutic Uses of Yoga in the Present Society

Yoga Practicum (Practical)

UNIT-1: Asanas (Pr- 12H)

- 1) **Vishramasana (Relaxative Posture):** Shavasana, Makarasana
- 2) **Dhyanasana (Meditative Posture):** Sukhasana, Padmasana, Vajrasana, Sastikasana
- 3) **Swasthyasana(Cutural Posture): Standing**(Ardhachandrasana, Brikshasana, Padahastasana); **Sitting Posture**, (Ardhakurmasana, Paschimottanasana, Gomukhasana), **Supine Posture** (Setubandhasana, Halasana, Matsyasana), and **Prone Posture** (Bhujangasana, Salvasana, Dhanurasana).

UNIT-2: Pranayama and Kriya (Pr- 05H)

- 1) **Pranayama:** Anulom Vilom , Bhramri ,Bhastrika, Shitali , Sheetkari.
- 2) **Kriya:** Kapalbhathi

UNIT-3: Meditation and Mudra (Pr- 05H)

- 1) **Meditation:** Mindfulness Meditation, Spiritual Meditation, Focused Meditation, Mantra Meditation,

Progressive Meditation, Visualization Meditation, Vipassana meditation, Guided Meditation
2) **Mudra:** Gyan Mudra, Dhyan Mudra, Pran Mudra. Maha mudra, Khechari Mudra

SUGGESTED BOOKS:

1. Methods in Physical Education by Dambach IC. Williams J.F.N. Schwendener
2. Physical Education lessons by Dr. IP, Thomas. (Weeks and HAWinekles)
3. Methods in Physical Education by Kosman Cassidy-Jackson.
4. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication.
5. Gharote, M.L. & Ganguly, H. (1988). Teaching Methods for Yogic Practice. Lonawala: Kaixydahmoe. Publishers.
6. banker, G. (1998). Holistic approach to Yoga. New Delhi: Aditya Publishers. Shekar, K. C.
7. Rajjan, S. M. (1985), Yoga strengthening of Relaxation for sportsman. New Delhi: Allied

FINAL CURRICULUM FOR
MAJOR IN PHYSICAL EDUCATION & SPORTS
(MDC- OTHER THAN MAJOR/MINOR IN PHYSICAL
EDUCATION & SPORTS)

Semester	Course Type	Name of the Course	Mode the Course
I	MDC – 1	Health and Wellness Formal and Rhythmic Activities	Theory Practical
II	MDC – 2	Yoga Education Asana and Pranayama	Theory Practical
III	MDC – 3	Fitness and Recreation Recreational Exercises and Fun Games	Theory Practical

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MALDA, WEST BENGAL, INDIA

Semester – I/MDC - 1

Course Title: Health and Wellness (Theory), Formal and Rhythmic Activities (Practical) Credit - 3(2+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none">1. Students may understand the Health and Wellness2. Students may learn the Health and Wellness3. Students may understand the Fundamental Exercise of different body parts and its implications for different Sports.4. Students may learn the Marching and different types of Minor Games.5.	<ol style="list-style-type: none">1. Students may have a strong Physical Education, Exercise, and Sports background.2. This subject may generate Health and Wellness3. Students may know to brutes for different exercises.4. This subject may generate vibration for further development through Physical Education, Exercise, and Sports

Health and Wellness (Theory- Credit: 2)

UNIT- 1: HEALTH (L. Hours- 10)

- 1 Health - Meaning, Definition, Concept, Dimension and Factors Affecting Health, Importance, and Scope of Health.
- 2 Meaning, Definition, aims, objectives, and Principles of Health Education.
- 3 Health Service- Daily health inspection, medical inspection and follow-up, health record, clinic, and health center.
- 4 Mental Health – Meaning, definition, concepts, Problems of maladjustment, minor mental disorders – their causes and precautions, Physical Activity and Health Benefits,

Unit –2: WELLNESS (L. Hours- 10)

1. Wellness- Concept, Definition, Components, and dimensions of wellness, Factors affecting wellness,
2. Wellness Programmes with Special Reference to Physical Education Programme
3. Nutation, Dite, and Construction of Wellness Profile
- 4.

UNIT- 3 HEALTH, WELLNESS AND LIFESTYLE (L. Hours- 10)

1. Health and Safety in Daily Life, First Aid and Emergency Care
2. Common Injuries and Their Management, Modern Lifestyle and Hypokinetic Diseases (Diabetes, Cardio-Respiratory and Obesity) – Prevention and Management
3. Cyberculture and modern lifestyle, Significance regarding Positive Lifestyle
4. Postural Deformities and Weight Management, Physical Activity and Health Benefits,

Formal and Rhythmic Activities (Practical) - Credit -1

UNIT- 1: Formal Activity (Pr. Hours- 10)

1. Fall in Attention, Stand at Ease, Eyes Right-Eyes Front (Dressing), & Turning Right, Left and About.
2. Marching: Arm – Leg Coordination, Marching, Mark Time
3. Quick March, Halt, About Turn while Marching,
4. Marching with Salute Break Off, Disperse and Dismissal

UNIT- 2: Rhythmic Activity (Pr. Hours- 10)

1. Rhythmic Aerobic- Dance.
2. Callisthenic without Apparatus (Four and Eight Counts)
3. Callisthenic with Apparatus (Wand, Ball, Hoop, Lathi, Pompom, etc.
4. Lazium (Gati Lezuim and Hundistani Lezuim)

References/Suggested Readings:

1. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018
2. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022
3. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell
4. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013

Semester – II/MDC – 2

Course Title: (MDC-2): Yoga Education (Theory)

Asana Pranayama (Practical) Credit: 3 (2+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none"> 1. Students may understand the Yoga Education 2. Students may learn Yoga; asanas, Pranayama's, Bandhas, and Mudras. 3. To know the benefits of yoga in daily life 4. To understand the utility of regularly scheduled asana 	<ol style="list-style-type: none"> 1. Students may know to brutes for different yogic exercises. 2. This subject may generate vibration for further development of Yoga; asanas, Pranayamas, Bandhas, and Mudras 3. After practicing asana students may feel its Flavors on fresh 4. They may include it in their daily routine on Yoga

Yoga Education (Theory - Credit: 2)

UNIT 1: INTRODUCTION OF YOGA (Lecturer Hours- 10)

1. Meaning, Misconception and Definition, Aim and Objective of Yoga.
2. History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga, and Bhakti Yoga).
3. Needs and importance of Yoga in Physical Education and Sports in the modern era.
4. Differences between Yogic Practice and Physical Exercise. Preparation of yogic practice: Time, Place, Food, Dress, and Contraindication

UNIT –2 APPLICATION OF YOGA FOR HOLISTIC DEVELOPMENT (Lecturer Hours- 10)

1. Meaning, types, and principles of Meditation
2. Yoga for Stress, Anxiety, and Depression Management
3. Yoga as Preventive Medicine in the Modern Era
4. Therapeutic Uses of Yoga in the Present Society, Common Yogic Practice Protocol referred by AYUSH

Yoga Practicum (Practical - Credit: 1)

UNIT-1: Asanas (Pr- 12H)

- 1) **Vishramasana (Relaxative Posture):** Shavasana, Makarasana
- 2) **Dhyanasana (Meditative Posture):** Sukhasana, Padmasana, Vajrasana, Sastikasana
- 3) **Swasthyasana (Cultural Posture):** **Standing** (Ardhachandrasana, Brikshasana, Padahasthasana); **Sitting Posture**, (Ardhakurmasana, Paschimottanasana, Gomukhasana), **Supine Posture** (Setubandhasana, Halasana, Matsyasana), and **Prone Posture** (Bhujangasana, Salvasana, Dhanurasana).

UNIT-2: Pranayama (Pr- 08H)

- 1) Anulom Vilom ,
- 2) Bhramri ,

- 3) Bhastrika,
- 4) Shitali , and Sheetkari.

SUGGESTED BOOKS:

1. Methods in Physical Education by Dambach IC.Williams J.F.N. Schwendener
2. Physical Education lessons by Dr. IP, Thomas. (Weeks and HAWinekles)
3. Methods in Physical Education by Kosman Cassidy-Jackson.
4. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication.
5. Gharote, M.L. & Ganguly, H. (1988). Teaching Methods for Yogic Practice. Lonawala: Kaixydamhoe. Publishers.
6. banker, G. (1998). Holistic approach to Yoga. New Delhi: Aditya Publishers. Shekar, K. C.
7. Rajjan, S. M. (1985), Yoga strengthening of Relaxation for sportsman. New Delhi: Allied

Semester – III/MDC – 3

Course Title: (DMC-3): Fitness and Recreation (Theory), Recreational Exercises and Fun Games (Practical) - Credit: 3 (2+1)

Course Objectives:	Course Outcomes
<ol style="list-style-type: none"> 1. Understand the principles and benefits of recreation 2. Develop practical skills in various recreational activities 3. Learn to plan, implement, and evaluate recreation programs 	<ol style="list-style-type: none"> 1. Appreciate the importance of inclusivity and accessibility in recreation 2. Prepare for careers in physical education, sports, and recreation management

Fitness and Recreation (Theory – Credit: 2)

UNIT: 1: Concept of Fitness (Lecture Hours - 10)

1. Meaning, definition, and concepts of Fitness, Need and Importance of Fitness and Physical Fitness
2. Types of Fitness, definition, and components of physical fitness
3. Changing concepts of physical fitness, Aging- Meaning and Definition. Aging Phenomenon. Role of Exercise in Aging
4. Contemporary Health Problems of College Youth- Alcohol, Drugs, Tobacco, (Chewing, Sniffing, Smoking) their Harmful Effects Substance Abuse Management

UNIT: 2: Recreation (Lecture Hours - 10)

1. Meaning, definition, and concepts and Principles of Recreation
2. History and Evolution of Recreation, Types of Recreation, Scope of Recreation
3. Importance and Therapeutic aspect of Recreation for the Modern Society, Recreation Programming for Diverse Population
4. Duty and Responsibility of Recreation Managers and Recreational Agencies

Recreational Exercises and Fun Games (Practical - Credit: 1)

UNIT: 1: Recreational Exercises (Pr. Hours- 10)

- 1 Recreational Exercise and Fun Games for Children and Adults
- 2 Recreational exercise for individuals and Groups. Party Games for Recreation
- 3 Recreational Exercise for Fitness Components Development

4 Lead-up Activities for Sports with Fun

UNIT: 2: Fun Games (Pr. Hours- 10)

- 1 Individual Fun Game - Aerobic and Yoga
- 2 Group Fun Games – hip hop dance, aerobics dance, rock climbing, hiking, camping, etc
- 3 Fun Games for Warm-up and Cool-Down
- 4 Skilled-based Modified Minor Games

References/Suggested Readings:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach. New York: Prentice Hall Inc.
2. Nada, S.M. sports management, Friend Publication, New Delhi.
3. Bucher, C. A. (1983). Administration of Physical Education and Athletic program. St. Louis: The C.V. Mosby Co.
4. Tirunarayan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
5. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
6. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.
7. Kar, S & Santra. D.C. (2018): Snatak Saririksiksha Porichaya (Vol.-1), Santra Publication, Kolkata