



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION (21/Nov. /Adp/48)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Physical Education** for Semester **Vth and VIth** under the **Choice Based Credit System** at the Undergraduate level (as given in the Annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examinations to be held in the year
Physical Education	Semester-V	December 2021, 2022 and 2023
	Semester- V VI	May 2022, 2023 and 2024

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in.

Sd/-
DEAN ACADEMIC AFFAIRS

No. F.Acd/II/21/9838-9852
Dated: 29-11-2021

Copy to:

- 1) Dean, Faculty of Education
- 2) HOD/Convener, Board of Studies in Physical Education
- 3) All members of the Board of Studies
- 4) C.A. to the Controller of Examinations
- 5) Director, Computer Centre, University of Jammu
- 6) Asst. Registrar (Conf. /Exams. UG/Exam. Non.Prof.)
- 7) Incharge University Website for necessary action please

Sunila Sharma
Deputy Registrar (Academic) 29/11/21

[Signature]
29/11/2021

[Signature]
29/11/2021



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Subject	Semester	for the examinations to be held in the year
Physical Education	Semester-V	December 2021, 2022 and 2023
	Semester-IV	May 2022, 2023 and 2024

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in.

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Sunil Sharma
Deputy Registrar (Academic) 29/11/21
[Signature] 29/11/2021
[Signature] 29/11/2021

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2021, 2022, 2023

SEMESTER-V
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

DISCIPLINE SPECIFIC ELECTIVE

COURSE CODE -UPETE-501

MAX MARKS: 100

- 1) External (University exam):80
- 2) Internal assessment: 20

TITLE: SPORTS PSYCHOLOGY

CREDITS: 4

MINIMUM PASS MARKS

External: 29

Internal: 07

Duration of Exam:

- 1) External: 2½ hours
- 2) Internal :1 hour

Unit- I: Introduction to Sports Psychology

- 1.1. Meaning and definitions of Sports Psychology
- 1.2. Importance and scope of Sports Psychology
- 1.3. Aims and Objectives of Sports Psychology
- 1.4. Need of Sports Psychology in the field of Physical Education

Unit- II: Motivation in Relation to Sports & Physical Education

- 2.1 Motivation- Meaning, definitions, types of motivation (examples of Eminent sports persons)
- 2.2 Importance of Motivation in Physical Education and Sports
- 2.3 Individual differences meaning & types of Individual differences
- 2.4 Determinants of individual difference (a) Hereditary (Nature in Physical Education) (b) Environmental (Nurture in Physical Education)

UNIT-III Personality in relation to Sports & Physical Education

- 3.1 Personality- Meaning and definitions
- 3.2 Classification of Personality traits
- 3.3 Factors affecting personality and dimensions of personality
- 3.4 Role of physical activities in the development of personality

Unit- IV: Stress and Anxiety in relation to Sports & Physical Education

- 4.1 Stress- Meaning, definition and types of Stress
- 4.2 Causes & Management of Stress
- 4.3 Anxiety- Meaning, definition and types of Anxiety
- 4.4 Causes and Management of Anxiety

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN 2021, 2022, 2023

SEMESTER-V

COURSE CODE -UPETE-501

TITLE: SPORTS PSYCHOLOGY

Note:

- Each theory paper/ course shall be of 100 marks.
- 20 marks of which shall be reserved for internal assessment.
- 80 marks of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:
 1. Five (5) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
 2. Five (5) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
 3. Four (4) long answers to the questions **(two to be attempted)** representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

SUGGESTED READINGS

1. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
2. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
3. Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
4. John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc.
5. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
6. Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
7. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
8. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
9. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
10. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
11. Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
12. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.
13. Sports psychology by M.L.Kamlesh

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2021, 2022, 2023

SEMESTER-V
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

DISCIPLINE SPECIFIC ELECTIVE

COURSE CODE-UPEPE-502

Total Marks: 50

TITLE: ATHLETICS AND GAMES

CREDITS: 2

External Practical: 25

Internal Practical: 25

PRACTICAL COURSE

1. Athletics

i) Event (Steeple Chase & Relay Races):

- (a) Introduction of event and brief history
- (b) Basic skills and techniques
- (c) IAAF rules and regulations
- (d) Equipment required for the event
- (e) Teaching stages of the event
- (f) Eligibility for Participation in the competition.

2. Game

ii) (Basket Ball & Kho-Kho): (Anyone)

- (a) History of the game
- (b) Equipment required in the game
- (c) Fundamental skills and lead-up games
- (d) Techniques, strategies and system of play
- (e) Rules and regulations of the game
- (f) National and International tournaments associated with the game
- (g) Awards associated with the game
- (h) Eligibility for Participation in the competition

DETAILS OF PRACTICAL

<u>Internal Practical = 25 marks</u>	<u>External Practical = 25 marks</u>
a) Performance test : 15 marks	a) Performance test : 20 marks
b) Viva Voce : 05 marks	b) Viva Voce : 05 marks
c) Attendance :05 marks	

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2021, 2022, 2023

SEMESTER-V

SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

GENERAL ELECTIVE

COURSE CODE: (UPETE-503)

MAX MARKS: 100

- 1) External (University exam):80
- 2) Internal assessment: 20

TITLE: PHYSICAL EDUCATION

CREDITS: 4

MINIMUM PASS MARKS

External: 29

Internal: 07

Duration of Exam:

External: 2½hours

Internal :1 hour

UNIT- I: CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

- i Meaning and Definition of Physical Education
- ii Aims and objective of Physical Education
- iii Changing trends in Physical Education
- iv. Various Physical Education Courses available in India

UNIT-II PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED

- i. Aims and objective of Adaptive Physical Education
- ii Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- iii Concept and Need of integrated Physical Education.
- iv. Concept if Inclusion its need and implementation.

UNIT- III FUNDAMENTAL OF ANATOMY & PHYSIOLOGY

- i Define Anatomy, Physiology & its importance
- ii Function of Skelton System
- iii Function & Structure of Muscles
- iv. Function & Structure of Respiratory System

UNIT- IV: HEALTH EDUCATION & NUTRITION

- i. Definition of Health Education & Nutrition
- ii. Health Supervision, Health Record
- iii. Balance Diet-Balance diet for the school going children
- iv. Role of Nutrition in Sports

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2021, 2022, 2023

SEMESTER-V

COURSE CODE: (UPETE-503)

TITLE: PHYSICAL EDUCATION

Note:

- Each theory paper/ course shall be of 100 marks.
- 20 marks of which shall be reserved for internal assessment.
- 80 marks of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:
 4. Five (5) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
 5. Five (5) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
 6. Four (4) long answers to the questions **(two to be attempted)** representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

Suggested Readings:

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.*93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC 2021, 2022, 2023

SEMESTER-V
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

GENERAL ELECTIVE

COURSE CODE (UPEPE-504)

TITLE: BASKETBALL

TOTAL MARKS: 50

CREDITS: 2

External Practical 25

Internal Practical 25

GAME-BASKETBALL

- a) Marking of Basketball court.
- b) Officiating of Basketball
- c) Filing of Score Sheets
- d) Brief History and Records of Basketball

GAME- BASKETBALL

- a) Marking of Basketball court.
- b) Officiating of Basketball
- c) Filing of Score Sheets
- d) Proficiency of any two skills of Basketball.
- e)

Details of Practical

Internal Practical = 25 marks <ul style="list-style-type: none">a) Performance test- 15 marksb) Viva Voce: 05 marksc) Attendance :05 marks	External Practical = 25 marks <ul style="list-style-type: none">a) Performance test- 20 marksb) Viva Voce: 05 marks
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Note:

- Each theory paper/ course shall be of 50 marks.
- 20% marks of which shall be reserved for internal assessment.
- 80% marks of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:
 - 7. Three (3) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
 - 8. Three (3) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
 - 9. Four (4) long answers to the questions **(two to be attempted)** representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN DEC.,2021, 2022, 2023

SEMESTER-V
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)
SKILL ENHANCEMENT COURSE

COURSE CODE -UPETS-505
TOTAL MARKS: 100

TITLE: BASIC PHYSICAL FITNESS COMPONENTS
CREDITS: 2 (THEORY)
CREDITS: 2 (PRACTICAL)

1) External (University exam): 40

2) Internal assessment: 10

Duration of Exam:

External: 2 hours

Internal: 2 hours

THEORY

BASIC PHYSICAL FITNESS COMPONENTS: (50 MARKS)

- a) Introduction to the Basic components
- b) Endurance: means and methods of Endurance.
- c) Flexibility: Means and Methods of Flexibility.
- d) Coordinative ability: Means and Methods of Coordinative ability.

PRACTICAL

BASIC PHYSICAL FITNESS COMPONENTS: (50 MARKS)

- a) Introduction to the Basic components
- b) Endurance: means and methods of Endurance.
- c) Flexibility: Means and Methods of Flexibility.
- d) Coordinative ability: Means and Methods of Coordinative ability.

Details of Practical

<u>Internal Practical = 25 marks</u>	<u>External Practical = 25 marks</u>
d) Performance test- 15 marks	c) Performance test- 20 marks
e) Viva Voce: 05 marks	d) Viva Voce: 05 marks
f) Attendance :05 marks	

Note:

- Each theory paper/ course shall be of 50 marks.
- 20% marks of which shall be reserved for internal assessment.
- 80% marks of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:

- 10. Three (3) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
- 11. Three (3) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
- 12. Four (4) long answers to the questions (**two to be attempted**) representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN: *May, 2022, 2023, 2024*

SEMESTER-VI
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)
DISCIPLINE SPECIFIC ELECTIVE

COURSE CODE -UPETE-601

TITLE: YOGA

MAX MARKS: 100

CREDITS: 2

1) External (University exam):80

MINIMUM PASS MARKS

2) Internal assessment: 20

External: 29

Internal: 07

Duration of Exam:

3) External: 2½ hours

4) Internal :1 hour

Unit-I INTRODUCTION TO YOGA

- 1.1 Meaning and concept of Yoga
- 1.2 Aims and objectives of Yoga
- 1.3 Principles & Types of Yoga
- 1.4 Importance of yoga in the Physical Education & Sports

Unit-II ASANAS

- 2.1 Asanas and their importance
- 2.2 Classification of asanas
 - a) Meditative
 - b) Relaxative
 - c) Cultural
- 2.3 Asanas for the cure of diseases and Postural Deformities
- 2.4 Benefits of Asanas in the Modern World

Unit-III YOGA ASANAS & SURYA NAMASKAR

- 3.1 General techniques and benefits of the following:
 - a) Padmasana,
 - b) Sidasana,
 - c) Sukhasana,
 - d) Ustraasana,
 - e) Vajrasana,
 - f) Halasana,
 - g) Bhujangasana,
 - h) Sarvangasana,
- 3.2 Surya Namaskar and its methodology
- 3.3 Technique and steps of Surya Namaskar
- 3.4 Importance of Surya Namaskar

Unit-IV Pranayam

- 4.1. Pranayama: Meaning, objectives and its types
- 4.2. Techniques and benefits of Pranayama
- 4.3. Physiological values of pranayama
- 4.4. Pranayama for the cure of Diseases

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN *May* 2022, 2023, 2024

SEMESTER-VI

COURSE CODE -UPETE-601

TITLE: YOGA

Note:

- Each theory paper/ course shall be of 100 marks.
 - 20 marks of which shall be reserved for internal assessment.
 - 80 marks of which shall be reserved for external examinations to be conducted by the University/Colleges
 - The External examinations in theory shall consist of the following:
13. Five (5) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
 14. Five (5) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
 15. Four (4) long answers to the questions (**two to be attempted**) representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

SUGGESTED READINGS

- i. Swami Stayanada Sarawswati: Asna, Pranayama, Nindra & Bandas, Bihar School of Yoga Munger 2004
- ii. Swami Vida Bharti: Yoga Polity Economy and Family Rishikesh Sadnana Mandir Trust, 2000
- iii. Yogeshwar Text Book of Yoga (2004) Penguin Book
- iv. Alader Kogler: Yoga for every Athlete
- v. Bedi Yashpal: Social & Preventive Medicine, New Delhi Atmaram & Sons, 1985
- vi. Kumar Amresh (Prof) Yoga for Helath & Body, Publisher by Khel Sahitya Kendra, Delhi 2007
- vii. Kuvalayananda " Asana" Popular Prakashna, Bombay
- viii. Harvey Paul " All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
- ix. Debnath, Monica " Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports Publication G-6,23/23/B EMCA Marg Ansar Road, Darya Ganj, New Delhi
- x. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN *May, 2022, 2023, 2024.*

SEMESTER-VI
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)
DISCIPLINE SPECIFIC ELECTIVE

COURSE CODE-UPEPE-602

Total Marks: 50

TITLE: YOGA AND GAME
CREDITS: 2
External Practical: 25
Internal Practical: 25

1. Yoga

i) Activity (Asanas & Pranayama):

- (a) Introduction of Yoga
- (b) Basic techniques of Asanas & Pranayama
- (c) Rules and Regulations of Yoga Competition
- (d) Equipment required for performing Yoga
- (e) Teaching stages of the Yoga activity
- (f) Performing Surya Namaskar

2. Game

ii) Volleyball & Gymnastic (Anyone)

- (a) History of the game
- (b) Equipment required in the game
- (c) Fundamental skills and lead-up games
- (d) Techniques and system of play
- (e) Rules and regulations of the game
- (f) National and International tournaments associated with the game
- (g) Awards associated with the game
- (h) Eligibility for Participation in the competition

Details of Practical

<u>Internal Practical = 25 marks</u> a) Performance test: 15 marks b) Viva Voce: 05 marks c) Attendance :05 marks	<u>External Practical = 25 marks</u> a) Performance test: 20 marks b) Viva Voce: 05 marks
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SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN *May* 2022, 2023, 2024

SEMESTER-VI
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)
GENERAL ELECTIVE

COURSE CODE: (UPETC-603)

TITLE: PHYSICAL EDUCATION & YOGA

MAX MARKS: 100

CREDITS: 4

1) External (University exam):80

MINIMUM PASS MARKS

2) Internal assessment: 20

External: 29

Internal: 07

Duration of Exam:

External: 2½ hours

Internal :1 hour

UNIT – I PHYSICAL TRAINING IN SPORTS

- i. Meaning & Concept of sports training
- ii. Principles of Sports Training
- iii. Warming up & Cooling down
- iv. Components of Sports Training

UNIT – II MODERN OLYMPIC GAMES

- i. Olympic Symbols: Motto, Rings, Flag, Medals
- ii. International Olympic Committee
- iii. Indian Olympic Association
- iv. Olympic Aims & Objectives: Ideas & Values

UNIT – III YOGA

- i. Meaning & Importance of Yoga
- ii. Elements of Yoga
- iii. Role of Yoga in Sports & Physical Education
- iv. Introduction Asanas, Pranayama

UNIT – IV BASIC PHYSICAL FITNESS COMPONENTS

- i. Strength: Means and Methods of Strength development
- ii. Speed: Means and Methods of speed development
- iii. Flexibility: Means and Methods of Flexibility
- iv. Endurance: Means and Methods of Endurance

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN *May* 2022, 2023, 2024

SEMESTER-VI

COURSE CODE: (UPETC-603)

TITLE: PHYSICAL EDUCATION & YOGA

Note:

- Each theory paper/ course shall be of 100 marks.
 - 20 marks of which shall be reserved for internal assessment.
 - 80 marks of which shall be reserved for external examinations to be conducted by the University/Colleges
 - The External examinations in theory shall consist of the following:
16. Five (5) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
 17. Five (5) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
 18. Four (4) long answers to the questions (**two to be attempted**) representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

Suggested Readings:

- i. Swami Stayanada Sarawswati: Asna, Pranayama, Nindra & Bandas, Bihar School of Yoga Munger 2004
- ii. Swami Vida Bharti: Yoga Polity Economy and Family Rishikesh Sadnana Mandir Trust, 2000
- iii. Yogeshwar Text Book of Yoga (2004) Penguin Book
- iv. Alader Kogler: Yoga for every Athlete
- v. Bedi Yashpal: Social & Preventive Medicine, New Delhi Atmaram & Sons, 1985
- vi. Kumar Amresh (Prof) Yoga for Helath & Body, Publisher by Khel Sahitya Kendra, Delhi 2007
- vii. Kuvalayananda " Asana" Popular Prakashna, Bombay
- viii. Harvey Paul " All you wanted to know about Yoga (1991) Sterling Publisher Pvt. Ltd.
- ix. Debnath, Monica " Basic Care Fitness through Yoga and Natureopathy (2001-07) Sports Publication G-6,23/23/B EMCA Marg Ansar Road, Darya Ganj, New Delhi
- x. Essentials of Physical Education by Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rachhpal Singh Brar.

SEMESTER-VI
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)

GENERAL ELECTIVE COURSE

COURSE CODE: UPEPE-604

TITLE: KABADDI

TOTAL MARKS: 50

CREDITS: 2

External Practical 25

Internal Practical 25

INTERNAL

GAME-KABADDI

- I. Marking of Kabaddi court.
- II. Officiating of Kabaddi
- III. Filing of Score Sheets
- IV. Brief History and Records of Kabaddi

EXTERNAL

GAME- KABADDI

- I. Marking of Kabaddi court.
- II. Officiating of Kabaddi
- III. Filing of Score Sheets
- IV. Proficiency of any two skills of Kabaddi.

Details of Practical

<u>Internal Practical = 25 marks</u>	<u>External Practical = 25 marks</u>
g) Performance test- 15 marks	e) Performance test- 20 marks
h) Viva Voce: 05 marks	f) Viva Voce: 05 marks
i) Attendance :05 marks	

Note:

- Each theory paper/ course shall be of 50 marks.
- 20% marks of which shall be reserved for internal assessment.
- 80% marks of which shall be reserved for external examinations to be conducted by the University/Co'leges
- The External examinations in theory shall consist of the following:
 19. Three (3) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
 20. Three (3) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
 21. Four (4) long answers to the questions (**two to be attempted**) representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN *May* 2022, 2023, 2024

SEMESTER-VI
SUBJECT: PHYSICAL EDUCATION
CHOICE BASED CREDIT SYSTEM (CBCS)
SKILL ENHANCEMENT COURSE

COURSE CODE: UPETS-605
TOTAL MARKS: 100

TITLE: BASIC PHYSICAL FITNESS COMPONENTS
CREDITS: 2 (THEORY)
CREDITS: 2 (PRACTICAL)

1) External (University exam): 40

2) Internal assessment: 10

Duration of Exam:

External: 2 hours

Internal: 2 hours

THEORY

BASIC PHYSICAL FITNESS COMPONENTS:

(50 MARKS)

- I. Introduction to the Basic components
- II. Warming up: means and methods of warming up.
- III. Strength: Means and Methods of Strength development.
- IV. Speed: Means and Methods of speed development.

PRACTICAL

BASIC PHYSICAL FITNESS COMPONENTS:

(50 MARKS)

- I. Introduction to the Basic components
- II. Warming up: means and methods of warming up.
- III. Strength: Means and Methods of Strength development.
- IV. Speed: Means and Methods of speed development.

DETAILS OF PRACTICAL

<u>Internal Practical = 25 marks</u>	<u>External Practical = 25 marks</u>
j) Performance test- 15 marks	g) Performance test- 20 marks
k) Viva Voce: 05 marks	h) Viva Voce: 05 marks
l) Attendance :05 marks	

SYLLABUS OF PHYSICAL EDUCATION AT UNDER GRADUATE LEVEL (UNDER CHOICE BASED CREDIT SYSTEM) FOR THE EXAMINATION TO BE HELD IN ^{May} 2022, 2023, 2024

SEMESTER-VI

COURSE CODE: UPEPS-605

TITLE: Basic Physical Fitness Components

Note:

- Each theory paper/ course shall be of 50 marks.
- 20% marks of which shall be reserved for internal assessment.
- 80% marks of which shall be reserved for external examinations to be conducted by the University/Colleges
- The External examinations in theory shall consist of the following:
 22. Three (3) short answers to the questions representing all units/ syllabi i.e. at least one from each unit (without detail explanation having 70 to 80 words in approximately 6 minutes and having 3 marks for each answer to the question **(All Compulsory)**).
 23. Three (3) medium answers to the questions representing all units/ syllabi i.e. at least one from each unit (with explanation having 250-300 words in approximately 12 minutes and having 7 marks for each answer to the question **(All Compulsory)**).
 24. Four (4) long answers to the questions (**two to be attempted**) representing whole of the syllabi with detailed analysis/explanation/critical evaluation/solution to the stated problems within 500-600 words in approximately 30 minutes and having 15 marks each answer to the question.

