



## Department of Higher Education

### U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

**Co-curricular course: Semester-4**

**Course Title: Physical Education and Yoga**

Name	Designation	Affiliation
<b>Steering Committee</b>		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.

**Syllabus Developed by:**

Name	Designation	Department	College/ University
Dr. Sheel Dhar Dubey	Assistant Professor	Physical education	DDU Govt. PG Collage, Lucknow
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**Syllabus: Physical Education and Yoga**

Programme: Certificate	Year: First	Semester: Forth
Co-Curricular Course		
Course Code: Z040401	Course Title: Physical Education and Yoga	
Course outcomes: Students will learn the introduction of Physical Education, Concept of fitness and wellness, Weight management and lifestyle of an individual. The student will also learn about the relation of Yoga with mental health and value Education. In this course student will also learn about the aspects of the Traditional games of India.		
Credits: 2	Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-0		
Unit	Topics	No. of Lectures Total=30
I	<b>Physical Education:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition, Aim and Objective.</li> <li>• Misconception About Physical Education.</li> <li>• Need, Importance and Scope of Physical Education in the Modern Society.</li> <li>• Physical Education Relationship with General Education.</li> <li>• Physical Education in India before Independence.</li> <li>• Physical Education in India after Independence.</li> </ul>	6 Theory

II	<p><b>Concept of Fitness and Wellness:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Fitness and Wellness.</li> <li>• Components of Fitness.</li> <li>• Factor Affecting Fitness and Wellness.</li> </ul> <p><b>Weight Management:</b></p> <ul style="list-style-type: none"> <li>• Meaning and Definition of Obesity.</li> <li>• Causes of Obesity.</li> <li>• Management of Obesity.</li> <li>• Health problems due to Obesity.</li> </ul> <p><b>Lifestyle:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition, Importance of Lifestyle.</li> <li>• Factor affecting Lifestyle.</li> <li>• Role of Physical activity in the maintains of Healthy Lifestyle.</li> </ul>	5 Theory 3 Practical
III	<p><b>Yoga and Meditation:</b></p> <ul style="list-style-type: none"> <li>• Historical aspect of yoga.</li> <li>• Definition, types scopes &amp; importance of yoga.</li> <li>• Yoga relation with mental health and value education.</li> <li>• Yoga relation with Physical Education and sports.</li> <li>• Definition of Asana, differences between asana and physical exercise.</li> <li>• Definition and classification of pranayama.</li> <li>• Difference between pranayama and deep breathing.</li> <li>• <b>Practical:</b> Asana, Suraya-Namaskar, Bhujang Asana, Naukasana, Halasana, Vajrasana, Padmasana, Shavasana, Makrasana, Dhanurasana, Tad Asana.</li> <li>• Pranayam: Anulom, Vilom.</li> </ul>	2 Theory 6 Practical
IV	<p><b>Traditional Games of India:</b></p> <ul style="list-style-type: none"> <li>• Meaning.</li> <li>• Types of Traditional Games- <ul style="list-style-type: none"> <li>• Gilli- Danda</li> <li>• Kanche</li> <li>• Stapu</li> <li>• Gutte, etc.</li> </ul> </li> <li>• Importance/ Benefits of Traditional Games.</li> <li>• How to Design Traditional Games.</li> </ul> <p><b>Recreation in Physical Education:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition of Recreation.</li> <li>• Scope and Importance of Recreation.</li> <li>• General Principles of Recreation.</li> <li>• Types of Recreational Activities.</li> <li>• Aerobics and Zumba.( Fir India Movement)</li> </ul>	2 Theory 6 Practical
<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>• Singh, Ajmer, Physical Education and Olympic Abhiyan, “Kalayani Publishers”, New Delhi, Revised Addition, 2006</li> <li>• Patel, Shri krishna, Physical Education, “Agrawal Publishers”, Agra, 2014-15</li> <li>• Panday, Preeti, Sharirik Shiksha Sankalan, “ Khel Sanskriti Prakashan, Kanpur</li> </ul>		

- ✚ Kamlesh M.L., “Physical Education, Facts and foundations”, Faridabad P.B. Publications.
- ✚ B.K.S. Yengar, &quot;Light and Yog. Yoga Deepika&quot;, George Allen of Unwin Ltd., London,1981.
- ✚ BrajBilari Nigam, Yoga Power &quot;TheKpath of Personal achievement&quot;, Domen and Publishers, New Delhi, 2001.
- ✚ Indira Devi, &quot;Yoga for You&quot;,, Gibbs, Smith Publishers, Salt Lake City, 2002 Domenand Publishers, New Delhi - 2001.
- ✚ Jack Peter, &quot;Yoga Master the Yogic Powers&quot;, Abhishek Publications, Chandigarh, 2004.
- ✚ Janice Jerusalem, &quot;A Guide To Yoga&quot;, Parragon Bath, Baiihe-2004.
- ✚ नारंग, प्रियंका, परम्परागत भारतीय खेल, " स्पोर्ट्स पब्लिकेशन" , नई दिल्ली, 2007

Suggested Continuous Evaluation Methods:

- Assignments ( 10)
- Presentation (10)
- Attendance ( 5)
- Final exam ( 75)

Suggested equivalent online courses:

- IGNOU.
- Rajarshi Tandan Open University.

Further Suggestions:.....