



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 |
|--|--------------------------------|---|
| Steering Committee | | |
| 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 |
| Dr. Gunjan Shahi | Assistant Professor | Physical education | MBP Govt. PG Collage, Lucknow |

Syllabus: Physical Education and Yoga

| Programme: Certificate | Year: First | Semester: Forth |
|---|--|------------------------------|
| Co-Curricular Course | | Examination: Objective (MCQ) |
| Course Code: Z040401T | 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: Qualifying | | Compulsory |
| Max. Marks: 100 | | Min. Passing Marks: 40 |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-0 | | |
| Unit | Topics | |
| I | Physical Education: <ul style="list-style-type: none"> • Meaning, Definition, Aim and Objective. • Misconception About Physical Education. • Need, Importance and Scope of Physical Education in the Modern Society. • Physical Education Relationship with General Education. • Physical Education in India before Independence. • Physical Education in India after Independence. | |

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

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

Suggested equivalent online courses:

- IGNOU.
- Rajarshi Tandan Open University.

Further Suggestions:.....

