



New Curriculum and Credit Framework

NEP (2020) SYLLABUS

FOR

FOUR YEARS UNDER-GRADUATE COURSE

IN

PHYSICAL EDUCATION AND SPORTS

(w.e.f. 2023)

3rd and 4th Semester



BANKURA UNIVERSITY

BANKURA

WEST BENGAL

PIN 722155


Course Structure with Credit Distribution: U.G. 4 Years Programme with Single Major (NEP 2020)

Category of Course (Credit)	Major Course(4)		Minor Course (4)	Multidisciplinary (3)	Ability Enhancement Course (2)	Skill Enhancement Course (3)	Value Added Course	Summer Internship (2)	Research Project/ Dissertation(12)	Total Credit / No. of Course
	DSC	DSE								
I	1X4=4	-	1X4=4	1X3=3	1X2=2	1X3=3	1X4=4	-	-	20/6
II	1X4=4	-	1X4=4	1X3=3	1X2=2	1X3=3	1X4=4	-	-	20/6
CERTIFICATE Course	Credit -8		Credit -8	Credit -6	Credit -4	Credit -6	Credit -8	Additional (4 Credit)	-	40
III	2X4=8	-	1X4=4	1X3=3	1X2=2	1X3=3	-	-	-	20/6
IV	4X4=16	-	1X4=4	-	1X2=2	-	-	-	-	22/6
DIPLOMA Course	Credit -32		Credit -16	Credit -9	Credit -8	Credit -9	Credit -8	Additional (4 Credit)	-	82
V	4X4=16	-	1X4=4	-	-	-	-	-	-	22/5
VI	4X4=16	-	1X4=4	-	-	-	-	-	-	20/5
DEGREE Course	Credit -64		Credit -24	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	-	124
VII	4X4=16	-	1X4=4	-	-	-	-	-	-	20/5
VIII	4X4=16*	-	1X4=4	-	-	-	-	-	12*	20/5
HONS Course	Credit -96		Credit -32	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	-	164
HONS Course	Credit -84		Credit -32	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	Credit -12	

**SYLLABUS STRUCTURE FOR PHYSICAL EDUCATION AND SPORTS****B.A Four Years UG Course: 3rd Semester**

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
A/PHE/ 301/ MJC-3	Basic and Systematic Anatomy, Physiology and Exercise Physiology	Major	4	10	--	40	50	4-0-0
A/PHE/ 301/ MJC-4	Kinesiology and Sports Biomechanics	Major	4	10	--	40	50	4-0-0
A/PHE/ 302/ MN-3	Track and Field <i>(Not for Major Students of Phy. Edu & Sports)</i>	Minor	4	10	15	25	50	2-0-4
A/PHE/303/ MDC-3	Exercise Therapy, Yoga Education and First Aid <i>(Not for Major and Minor Students of Phy. Edu & Sports)</i>	Multidisciplinary	3	10	--	40	50	3-0-0
A/PHE/304/ SEC-3	Track and Field and its Rules Regulation <i>(Only For Major Students of Phy. Edu & Sports)</i>	Skill Enhancement Course	3	10	15	25	50	2-0-4
ACS/ 305/ AEC-3	MIL-II Bengali, Sanskrit, Santali	AEC-3 (Compulsory)	2	10	--	40	50	2-0-0
SEMESTER			TOTAL:	20	60	240	300	

PHE= Physical Education and Sports (Subject Code) **C**= Core Course, **E/H/MIL**= English/ Hindi/ Modern Indian Language, **H/MIL/E**= Hindi/ Modern Indian Language/ English, **AECC-E**= Ability Enhancement Compulsory Course-English, **AECC-ENV**= Ability Enhancement Compulsory Course-Environmental Science, **SEC**= Skill Enhancement Course, **GE**= Generic Elective, **DSE**= Discipline Specific Elective **Int. Ass**= Internal Assessment, **ESE**= End-Semester Examination, **L**= Lecture, **T**= Tutorial, and **P**=Practical, **Prac**= Practical, **Theo**= Theory.

**SYLLABUS STRUCTURE FOR PHYSICAL EDUCATION AND SPORTS****B.A Four Years UG Course: 4th Semester**

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
A/PHE/401/MJC-5	Yoga Education	Major	4	10	--	40	50	4-0-0
A/PHE/401/MJC-6	Yogasana, Pranayam and Gymnastics	Major	4	10	40	--	50	0-0-8
A/PHE/401/MJC-7	Sports Training	Major	4	10	--	40	50	4-0-0
A/PHE/401/MJC-8	Ball Game - 2	Major	4	10	40	--	50	0-0-8
A/PHE/402/MN-4	Yoga Education, Yogasana and Pranayam <i>(Not for Major Students of Phy. Edu & Sports)</i>	Minor	4	10	15	25	50	2-0-4
ACS/405/AEC-4	Compulsory English: Literature Language and Communication	AEC-4 (Compulsory)	2	10	--	40	50	2-0-0
SEMESTER TOTAL			22	60	240		300	

PHE= Physical Education and Sports (Subject Code) **C**= Core Course, **E/H/MIL**= English/ Hindi/ Modern Indian Language, **H/MIL/E**= Hindi/ Modern Indian Language/ English, **AECC-E**= Ability Enhancement Compulsory Course-English, **AECC-ENV**= Ability Enhancement Compulsory Course-Environmental Science, **SEC**= Skill Enhancement Course, **GE**= Generic Elective, **DSE**= Discipline Specific Elective **Int. Ass**= Internal Assessment, **ESE**= End-Semester Examination, **L**= Lecture, **T**= Tutorial, and **P**=Practical, **Prac**= Practical, **Theo**= Theory.



Program Outcomes (Attribute wise)

1. **Disciplinary Knowledge and Skills:** The organization of physical and sports activities will develop sense of discipline in the students.
2. **Skilled Communicator:** Neuromuscular learning and activation requires good communicable skills on the part of the leader organizing them, which shall be developed in the students in course of their graduation program. Ability will be developed to express thoughts and ideas effectively, demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups. Skills will be developed in verbal and non-verbal communication, preparation and presentation of documents/reports/PPTs. Skills of interpersonal communication and ability to work with diverse population groups, able to use ICT in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources and develop digital literacy as applicable to the professional needs will also be developed.
3. **Critical Thinker and Problem Solver:** Ability to employ critical thinking and efficient problem solving skills through development of new strategies are expected attributing factors.
4. **Sense of Inquiry:** Capability for asking relevant/appropriate questions relating to the issues and problems in the field of physical education, fitness and rehabilitation.
5. **Leadership:** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.
6. **Skilled Manager:** Capable of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
7. **Digitally Literate:** Capable of using computer for keeping the health related data base of the trainees. Formulating appropriate training programme for individuals as per their need. Capable of employing modern library search tools to locate, retrieve, and evaluate Physical Education & Sports related information.
8. **Ethical Awareness and Reasoning:** Avoiding unethical behavior and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.
9. **Lifelong Learners:** Capable of self-paced and self-directed learning aimed at personal development.
10. **Pursuit of Excellence:** To have a positive attitude towards developing one's own potentials (both biological & cultural) and talents.
11. **Respect for Diversity:** An empathy with other's views and needs as well as respect for their elder's opinion, race or religion and also able to value different cultures and traditions.
12. **Sense of Justice and Equity:** To able to recognize social justice and act justly; to have a sense of fairness in life especially in sporting situation.
13. **Cooperation and Team Work:** Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.



Physical Education and Sports

SEMESTER -III

Course Type – MAJOR -3

Course Code: A/PHE/301/MJC-3

Course Title: BASIC AND SYSTEMATIC ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits)

Examination Duration: 2 hours

COURSE OUTCOMES-

- 1) Understand the basic principles of physiology and Exercise Physiology.
- 2) Apply the knowledge in the field of Physical Education and movement activity.
- 3) Analyse the practical knowledge during the practical situation.
- 4) Remember and recall the definition of physiology and co-relate the principles of physiology.
- 5) Appraise the effects during the training and practical sessions.

THEORY PART: (Total Marks -40)

UNIT-I: INTRODUCTION AND BASIC CONCEPT OF HUMAN BODY

- 1.1 Meaning and Definition of Anatomy, Physiology and Physiology of Exercise
- 1.2 Need and Importance of Anatomy, Physiology and Physiology of Exercise in the field of Physical Education and Sports
- 1.3 Cell- Meaning, Definition, Structure and Function of different parts of cell, Tissue – Meaning and Definition, Types and Functions
- 1.4 Concept, Definition, Structure and Functions of different Organs (Kidney, Nephron, Liver, Pancreas, Large and small Intestine, Eyes, Ears and Nose)

UNIT-II: SKELETAL SYSTEM, MUSCULAR SYSTEM, NERVOUS SYSTEM AND ENDOCRINE SYSTEM

- 2.1 Meaning and definition of Skeletal System and Muscular System. Definition of muscle and its types
- 2.2 Types of bones, name of the bones of the human body, functions of bones, Structure and function of muscle, Major muscles attachment to Elbow, Shoulder, Trunk, Hip Knee and Ankle joints
- 2.3 Nervous System: Definition, Type; Structure and function of Brain and Spinal Cord. Autonomic Nervous System. Concept, structure and function of Nerve, Muscle Physiology, Neuromuscular Junction and Neuro transmission
- 2.4 Meaning and definition of Endocrine system, Name, Location and Function of Endocrine glands; (Pituitary gland, Thyroid gland, Para- Thyroid gland, Adrenal gland)

UNIT-III: RESPIRATORY SYSTEM AND CIRCULATORY SYSTEM

- 3.1 Meaning and definition of Respiratory system, Circulatory system, Define Respiration and Blood Circulation
- 3.2. Different organs associated with Respiration and Mechanism of Internal and External Respiration, Concept of Oxygen debt / EPOC, Second wind, Vital capacity and Pulmonary ventilation, VO₂ Max



- 3.3 Heart: Location, Structure and Function of Heart, Mechanism of Blood Circulation, Blood: compositions and Functions, Athletic Heart and Bradycardia
- 3.4 Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation of Blood. Blood and Immunity

UNIT- IV: PHYSIOLOGY OF EXERCISE AND SPORTS

- 4.1 Meaning and Definition of Physiology of Exercise and Sports. Concept and types of Warming up, cooling down and conditioning
- 4.2 Effects of Exercise and Training (Immediate and Prolonged effects) on Muscular System
- 4.3 Effects of Exercise and Training (Immediate and Prolonged effects) on Respiratory System
- 4.4 Effects of Exercise and Training (Immediate and Prolonged effects) on Circulatory System

INTERNAL MARKS: (Practical) 10 marks (Preparation of Record Book is Compulsory which will be evaluated by Internal Examiner)

1. Measurement of Blood Pressure – At Resting Condition
2. Measurement of Vital Capacity
3. Measurement of Heart Rate – At Resting condition
4. Measurement of Pulse Rate– At Resting condition
5. Measurement of Respiratory Rate at Resting Condition
6. Measurement of Physical Efficiency Index (PEI)
7. Measurement of Limbs Length
8. Measurement of Blood Glucose Level – Fasting, Random and Postprandial

(Required Equipment- Stethoscope, Sphygmomanometer, Glucometer, Wet Spirometer, Stop Watch, Metronomes, Stadiometer, Weighing Machine, Wooden Box Measuring tape etc)

(Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester)

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Total Marks	
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2	40	10	50
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS: (THEORY & PRACTICAL)

- Jain AK (2002). *Anatomy & Physiology for Nurses*. Arya Publishers, Delhi.
- Moried EN (2007). *Essential of Human Anatomy & Physiology*. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). *Human Anatomy Vol. I & II Paragon*, Delhi.
- Seeley & Others (2008). *Anatomy & Physiology*. McGraw Hill, Boston.
- William CS (2000). *Essentials of Human Anatomy & Physiology*, Benjamin
- Wilson and Waugh (1996). *Anatomy & Physiology in Health & Illness*. Churchill Livingstone 9 D
- D. Rajlakhmi (2007), *Anatomy and Physiology in Physical Education, Sports Edu. Technologies*, New Delhi-110002
- Prakash A. (1998), *Text-Book of Anatomy & Physiology*, Khel Sahitya Kendra, Delhi-110052



Physical Education and Sports

SEMESTER -III

Course Type – MAJOR -4

Course Code: A/PHES/301/MJC-4

Course Title: KINESIOLOGY AND SPORTS BIOMECHANICS**Total Marks = 50** {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits)

Examination Duration: 2 hours

COURSE OUTCOMES-

- 1) *Understand the basic knowledge about Kinesiology and Biomechanics*
- 2) *Develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.*
- 3) *Develop an understanding of the biomechanical principles of motion,*
- 4) *Understand about balance and stability, and force and how they affect movement.*

THEORY PART: (Total Marks - 40)**UNIT-I: INTRODUCTION**

- 1.1 Meaning and Definition of Kinesiology and Sports Biomechanics
- 1.2 Need and Importance of Kinesiology and Sports Biomechanics in Physical Education and Sports.
- 1.3 Terminology of Fundamental Movements; Flexion, Extension, Hyper Extension, Adduction, Abduction, Rotation, Circumduction, Supination, Pronation, Dorsiflexion, Planter flexion, Elevation and Depression
- 1.4 Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Base of Support Equilibrium and its types, Line of Gravity, Scalars and Vectors quantities in relation to Physical Education and Sports

UNIT- II: KINESIOLOGICAL ASPECTS OF HUMAN MOVEMENT

- 2.1 Kinesiological Classification of Bones and Muscles, Name of the major superficial muscles around the joints and mention their movements
- 2.2 Types of Muscle Contractions
- 2.3 Posture – Meaning, Types and Importance of good posture. Postural deformities and its remedies; (Kyphosis, Lordosis, Scoliosis, Flat Foot, Bowleg, Knock Knee) and their remedial measures
- 2.4 Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innervations, Reciprocal inhibition

UNIT- III: MECHANICAL CONCEPTS

- 3.1 Meaning, definition, types of force and its application in Physical Education and Sports, Centripetal and Centrifugal force
- 3.2 Meaning, Definition, Type of Levers and its application to human body with special reference to Physical Education and Sports



- 3.3 Newton's Laws of Motion – Meaning, definition and its application in Physical Education and Sports activities. Aerodynamics, Effects of spin on aerial motion and Effects of spin on rebound.
- 3.4 Projectile – Types, Principles of Projectile, Factors and its application in Physical Education and Sports

Unit- IV: **KINEMATICS AND KINETICS OF HUMAN MOVEMENT IN RELATION TO PHYSICAL EDUCATION AND SPORTS**

- 4.1 Linear Kinematics – Distance and Displacement, Speed and Velocity, Acceleration.
- 4.2 Angular Kinematics – Angular Distance and Displacement, Angular Speed and Velocity, Angular Acceleration
- 4.3 Linear Kinetics – Inertia, Mass, Momentum, Friction and Impulse
- 4.4 Angular Kinetics – Moment of Inertia, Couple, Stability, Factors influence the stability

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Total Marks		
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	40	10	50
02 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	4 Out of 6	1 Out of 2				
02X5 = 10	05X4 = 20	10X1 = 10	40	10	50	

SUGGESTED READINGS:

- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Bindal, V.D. (2018). *Textbook of Kinesiology*, Jaypee Brothers Medical Publishers Pvt. Ltd,
- Hussain, T. P. (2011). *Kinesiology in Sports*, Sports Publication, Darya Gan, Delhi- 110002
- Rout, M. (2017). *Kinesiology & Biomechanics*, Sports Publication; Darya Gan, Delhi- 110002
- Pavan Kumar G. (2022). *Textbook of Biomechanics & Kinesiology*, Jaypee Brothers Medical Publishers Pvt. Ltd.
- Uppal, A. K., Goswami, J. (2019). *Kinesiology and Biomechanics: Physical Education Friends Publications (India)*
- Briz Mohan T. (2009). *Biomechanics in Physical Education and Sports*, Sports Publication, Darya Gan, Delhi- 110002



Physical Education and Sports

SEMESTER – III

Course Type – Skill Enhancement Course -3

Course Code: A/PHES/304/SEC-3

Course Title: TRACK AND FIELD AND ITS RULES REGULATION

Total Marks = 50 {Theory Marks: 25: Practical Marks: 15 Internal Assessment: 10}
Contact Hours per week: 6 (3 Credits) Examination Duration- 1:15 Hours

COURSE OUTCOMES-

- 1) To gather theoretical knowledge about track and field, its measurement, Principle and lay out.
- 2) To grow knowledge regarding throwing and jumping events, its technique to perform, rules and regulation and laying out throwing and jumping sectors.
- 3) To learn about rules and regulation, to prepare for officiating different games and sports and how to organize Institutional Athletic meet properly

THEORY PART: (Total Marks -25)

UNIT-I: TRACK MARKING

- 1.1 Concept of Different structural forms and types of Tracks. Characteristics of Standard Track
- 1.2 Draw the different types of Tracks with event wise complete marking of Track.
- 1.3 Lay out and Marking Procedure of Standard Track and Non-Standard Track.
- 1.4 Calculation of Stagger Distance and Diagonal Access.

UNIT-II: FIELD MARKING AND COMBINED EVENT

- 2.1 Lay out and Marking Procedure of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.
- 2.2 Lay out and Marking Procedure of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump
- 2.3 Draw the sector of different types of field events. Layout and marking procedures of field events.
- 2.4 Concept of Combined Events- Decathlon, Heptathlon, Pentathlon and Triathlon.

UNIT-III: RULES REGULATIONS OF TRACK AND FIELD EVENTS

- 3.1 List of Track and Field Events with their Specifications.
- 3.2 Rules and Regulation regarding Start and Finish of Track Events including Hurdles and Relay Races
- 3.3 Rules and Regulations regarding Jumping Event: Long Jump, High Jump, Triple Jump
- 3.4 Rules and Regulations Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD

- 4.1 List of Officials and their responsibilities. Score sheet preparation for running, jumping and throwing events.
- 4.2 Responsibilities of the Athletes related to participation in competition.
- 4.3 Organizational and management setups of opening and closing ceremony Sports meet.
- 4.4 Step to be followed to organize Institutional Annual Athletic Meet.



PRACTICAL PART: (Total Marks -15) (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

1. TRACK EVENTS:

- 1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Fixing up of Starting Block.
- 1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.
- 1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.

2. FIELD EVENTS:

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

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Prac. Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
01 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	2 Out of 4	1 Out of 2	25	10	15
01X5 = 05	05X2 = 10	10X1 = 10			

For External Examination Purpose Only:

1. Any one Sprinting Event selected of his/her best choice by Examinee with proper fixing the block, demonstrate crouch start technique and proper running action and finish the event with any one finishing technique = 7 Marks

2. Any one Jumping event and any one Throwing event should be selected of his/her best choice by Examinee 4+4 = 8 Marks

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

SUGGESTED READINGS:

- *Layout and Marking of Track And Field*, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
- *IAAF Competition Rules (Latest Version)*, International Association of Athletics Federations, MC 98007, MONAC Cedex.
- *Teaching Athletics*, Dr. O.P. Gahlawat, Friends Publication (India), New Dellhi, 110002.
- *Games and Sports, Athletic Track & Court Marking Handbook*, Rajesh Agola, www.physicalliteracykurnool.com
- *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
- *Handbook of Physical Education And Sorts*, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002



Physical Education and Sports

SEMESTER -III

Course Type – MINOR -3

Course Code: A/PHES/302/MN-3

Course Title: TRACK AND FIELD

Total Marks = 50 {Theory Marks: 25: Practical Marks: 15 Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits) Examination Duration: 1:15 hours

COURSE OUTCOMES-

- 1) *To gather theoretical knowledge about track and field, its measurement, Principle and lay out.*
- 2) *To grow knowledge regarding throwing and jumping events, its technique to perform, rules and regulation and laying out throwing and jumping sectors.*
- 3) *To learn about rules and regulation, to prepare for officiating different games and sports and how to organize Institutional Athletic meet properly*

THEORY PART: (Total Marks -25)

UNIT-I: TRACK MARKING

- 1.1 Concept of Different structural forms and types of Tracks. Characteristics of Standard Track
- 1.2 Draw the different types of Tracks with event wise complete marking of Track.
- 1.3 Lay out and Marking Procedure of Standard Track and Non-Standard Track.
- 1.4 Calculation of Stagger Distance and Diagonal Access.

UNIT-II: FIELD MARKING AND COMBINED EVENT

- 2.1 Lay out and Marking Procedure of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.
- 2.2 Lay out and Marking Procedure of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump
- 2.3 Draw the sector of different types of field events. Layout and marking procedures of field events.
- 2.4 Concept of Combined Events- Decathlon, Heptathlon, Pentathlon, Triathlon.

UNIT-III: RULES REGULATIONS OF TRACK AND FIELD EVENTS

- 3.1 List of Track and Field Events with their Specifications.
- 3.2 Rules and Regulations regarding Start and Finish of Track Events including Relay Race
- 3.3 Rules and Regulations regarding Jumping Event: Long Jump, High Jump.
- 3.4 Rules and Regulations regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD

- 4.1 List of Officials and their responsibilities.
- 4.2 Responsibilities of the Athletes related to participation in competition.
- 4.3 Organizational and management setups of opening and closing ceremony of Sports meet.
- 4.4 Step to be followed to organize Institutional Annual Athletic Meet.



PRACTICAL PART: (Total Marks -15) (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

1. TRACK EVENTS:

- 1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Fixing up of Starting Block.
- 1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.
- 1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.

2. FIELD EVENTS:

- 2.1 Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
- 2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
- 2.3 Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (Parry O' Brien Technique)
- 2.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.
- 2.5 Javelin Throw: Grip, Carry, Release and Recovery Techniques

QUESTION PATTERN

END SEMESTER EXAMINATION				Internal Marks	Prac. Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL			
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	10	15	50
01X5 = 05	05X2 = 10	10X1 = 10				

For External Examination Purpose Only:

1. Any one Sprinting Event selected of his/her best choice by Examinee with proper fixing the block, demonstrate crouch start technique and proper running action and finish the event with any one finishing technique = 7 Marks
2. Any one Jumping event and any one Throwing event should be selected of his/her best choice by Examinee 4+4 = 8 Marks

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

SUGGESTED READINGS:

- *Layout and Marking of Track And Field*, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
- *IAAF Competition Rules (Latest Version)*, International Association of Athletics Federations, MC 98007, MONAC Cedex.
- *Teaching Athletics*, Dr. O.P. Gahlawat, Friends Publication (India), New Delhi, 110002.
- *Games and Sports, Athletic Track & Court Marking Handbook*, Rajesh Agola, www.physicalliteracykurnool.com
- *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
- *Handbook of Physical Education And Sports*, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002



Physical Education and Sports

SEMESTER -III

Course Type – MULTIDISCIPLINARY -3

Course Code: A/PHES/303/MD-3

Course Title: EXERCISE THERAPY, YOGA EDUCATION AND FIRST AID

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 3 (3 Credits) Examination Duration: 2 hours

COURSE OUTCOMES-

- 1) *Administering basic life support skills*
- 2) *Providing First Aid of simple and multiple traumas*
- 3) *Therapeutical uses of physical exercises*
- 4) *Yoga and its types*

THEORY PART: (Total Marks -40)

UNIT -I: EXERCISE THERAPY

- 1.1 Concept, Aim and principles of Exercise Therapy
- 1.2 Meaning and concept of Therapeutic Exercises
- 1.3 Types of Therapeutic Exercises (Passive, Active and Resistive Exercises)
- 1.4 Injuries: Types, Causes and remedial measures of muscular and bone injuries (Muscle cut and rapture, muscle cramp, muscle contusion, muscle pull, muscle sprain, bone contusion, simple and complex bone fracture and stress fracture of bone)

UNIT -II: YOGA EDUCATION

- 2.1 Meaning, definition, aim and objectives of Yoga
- 2.2 Knowledge of different types of Yoga in brief
- 2.3 Difference between Yoga and Physical exercises
- 2.4 Therapeutic values of Yoga in Modern society

UNIT-III: FIRST AID

- 3.1 Meaning and importance of First Aid. Importance of First Aid, content of an ideal First Aid kit
- 3.2 First Aid measures of different types of wounds and injuries: Cuts and Abrasions, Head Injury, Nose Bleed, Bleeding of Gum and relative First Aid measures of above mentioned muscular and bone injuries (Refer - 1.4)
- 3.3 Types of Burns (Electrical Burns and Sunburn), Heat Stroke, Shock and relative first aid measures
- 3.4 First Aid in poisoning: Animal bites, Snake bites and Insect stings

**QUESTION PATTERN**

END SEMESTER EXAMINATION				Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2	40	10	50
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:

- *Christopher M. Norris (1993) Sports Injuries Diagnosis and Management for Physiotherapists*
- *Jeff Ray K. Riffer (1985) Sports and Recreational Injuries*
- *Basmajain John V: Therapeutic Exercises, Williams & Wilkins*
- *Aruna Goel, (2007). Yoga Education: Philosophy and practice, New Delhi: Deep & Deep publications*
- *Ashwani Kumar (2015), Yoga: A way of life. New Delhi: Khel Sahitya Kendra*
- *Aggarwal J.C. (1996), Teacher and Education In A Developing Society. New Delhi: Vikash Publication*



Physical Education and Sports SEMESTER - IV

Course Type – MAJOR -5

Course Code: A/PHES/401/MJC/5

Course Title: Yoga Education

Total Marks: = 50 (Theory Marks: 40: Internal Marks (Theory: 10)

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 Hours

COURSE OUTCOMES-

1. They will recognize the benefits and necessity of yoga in the modern era, both for physical and mental well-being.
2. They will comprehend the concept of Astanga Yoga, including its eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.
3. Students will gain knowledge about the different schools (streams) of yoga.
4. They will understand the historical and modern contexts of yoga through the study of traditions associated with figures.
5. Students will grasp the meaning, definitions, and etymology of Pranayama and Kriya, as well as their effects on various systems of the human body.
6. They will learn a variety of Pranayama and Kriya techniques and understand the concept of Mudra and become familiar with various types of Mudras.
7. Students will grasp the meaning and definition of Asana and be able to categorize different types of Asanas based on their sitting, standing, prone, and supine positions.
8. They will learn a variety of yoga poses (Asanas) and their physical, mental, and spiritual benefits.
9. They will develop a holistic understanding of yoga as a transformative practice that integrates physical, mental, and spiritual dimensions, fostering overall well-being and self-awareness.

THEORY PART: (Total Marks - 40)

UNIT – I: INTRODUCTION

- 1.1 Meaning, Definitions, Aim and Objectives of Yoga, Historical Background of Yoga, Concepts and Mis-concepts of Yoga
- 1.2 Benefit and necessity of Yoga in Modern era in reference with Physical Education and Sports
- 1.3 Preparation for Yoga Practice – Place, Time, Food, Dress, Contraindications.
- 1.4 Concept of Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna. Dhayana, Samadhi). Hata yoga.

UNIT – II SCHOOL OF YOGA AND YOGIC PRACTICES

- 2.1 Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana yoga)
- 2.2 Yoga in Modern Times: Yogic Traditions of Ramakrishna – Swami Vivekananda and Shri Aurobindo, Yoga in the Bhagbat Gita (Karma, Raj, Jnana, and Bhakti yoga)
- 2.3 Different Philosophical thoughts of Yoga.
- 2.4 Science of Yogic Practice, Common Yoga Practice Protocol- referred by AYUSH.

**UNIT -III PRANAYAMA, KRIYA AND BANDHA**

- 3.1 Meaning, Definition and Etymology of Pranayama, Meaning and Definition of Kriya, Effect of Kriya on various systems of human body, Breathing Technique – Puraka - Kumbhaka Rechaka.
- 3.2 Procedure, Benefit, Contraindication and types of Pranayama, Kriya and Bandha– Anulom Vilom, Bhramri, Bhastrika, Nadi Shodan, Shitali, Sheetkari, Ujjayi; Kapalbhathi, Neti, Dhauti, Nauli, Trataka; Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha
- 3.3 Benefits for regular Practice of Pranayam, Mechanism and its effects on various system of body and mind
- 3.4 Pranayama in prevention, cure and rehabilitation of Sedentary diseases and illnesses.

UNIT -IV MEDITATION, MUDRA AND ASANA

- 4.1 Meaning and definition of Meditation, Benefits of Meditation Mindfulness meditation, spiritual meditation, focused meditation, movement meditation, mantra meditation, transcendental meditation, progressive relaxation, loving-kindness meditation, visualization meditation.
- 4.2 Meditation as remedy of ADHD (Attention-deficit hyperactivity disorder).
- 4.3 Concept of Mudra, Type of Mudra - Gyan Mudra, Dhyana Mudra, Pran Mudra, Maha mudra, Khechari Mudra
- 4.4 Meaning and definition of Asana- Types of Asanas - Standing, Sitting, Prone, Supine and inverted position.

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Total Marks	
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2	40	10	50
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:

- Goyanka, Harikrishandass : *Yoga Darshan*, Geeta Press, Gorakhpur (Samvat 2061).
- Karel Werner : *Yoga and Indian Philosophy*, Motilal Banarasidas.,1975
- Swami Vivekananda : *Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga*, (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- Gore M. M. Geeta Press, Gorakhpur: *Anatomy and Physiology of Yogic Practices*,
- Bhogal, R. S Bihar Yoga Publication Trust, 2006, Munger : *Yoga and Modern Psychology*
- Basavaraddi, : *A Monograph on Pranayama*, MDNIY, New Delhi, 2016
- Iyengar, B. K. S : *Light on Yoga*, Harper Collins Publisher, New Delhi, 2005



Physical Education and Sports SEMESTER - IV

Course Type – MAJOR -6

Course Code: A/PHES/401/MJC/6

Course Title: Yogasana, Pranayam and Gymnastics

Total Marks = 50 (Theory Marks: Nil: Practical Marks: 40: Internal Marks (Theory): 10)**Contact Hours per week: 4 (4 Credits) Examination Duration: N.A.****COURSE OUTCOMES-**

- 1) Students will grasp the meaning and definition of Asana and be able to categorize different types of Asanas based on their sitting, standing, prone, and supine positions.
- 2) Students will demonstrate proficiency in performing yoga asanas from standing, sitting, and supine positions
- 3) They will develop physical flexibility, strength, and balance through regular practice of yogasanas.
- 4) Students will master various pranayama techniques to regulate their breath and energy and They will experience increased mental alertness and concentration through pranayama.
- 5) Mudra practice will promote physical, mental, and emotional well-being.
- 6) Meditation practice will enhance students' ability to focus and concentrate and They will experience reduced anxiety and stress through regular meditation practice.
- 7) Students will experience increased relaxation and tranquility through mudra practice.
- 8) Students will develop physical strength, agility, and coordination through gymnastics training.
- 9) Gymnastics practice will enhance students' overall physical fitness and athleticism.

PRACTICAL PART: (Total Marks - 40) (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

Unit- I: YOGASANA**1. Standing Position:**

- 1.1 Ardhashandrasana
- 1.2 ArdhaChakrasana
- 1.3 Padahasthasana
- 1.4 Brikshasana
- 1.5 Natarajasana

2. Sitting Position:

- 2.1 Paschimothanasana
- 2.2 Gomukhasana
- 2.3 Padmasana
- 2.4 Supta Vajrasana
- 2.5 Vakrasana

3. Supine Position:

- 3.1 Halasana
- 3.2 Matsyasana
- 3.3 Setubandhasana
- 3.4 Naukasana
- 3.5 Karnapidasana

4. Prone Position:

- 4.1 Bhujangasana
- 4.2 Salavasana
- 4.3 Dhanurasana
- 4.4 Bhekasana
- 4.5 Mayurasana



5. Inverted Position

- 5.1 Sarbangasana
- 5.2 Shirsasana
- 5.3. Bhagrasana
- 5.4 Bakasana
- 5.5 Kopotasana

Unit- II: PRANAYAMA & KRIYA

Pranayama – Anulom Vilom , Bhramri ,Bhastrika, Shitali , Sheetkari.
Kriya- Kapalbhati

UNIT- III: MEDITATION & MUDRA

Meditation: Mindfulness Meditation, Spiritual Meditation, Focused Meditation, Mantra Meditation, Progressive Meditation, Visualization Meditation, Vipasana meditation, Guided Meditation

Mudra: Gyan Mudra, Dhyan Mudra, Pran Mudra. Maha mudra, Khechari Mudra

Unit- IV: GYMNASTICS

1. Roll in Acro Skill

- 1.1 Forward Roll
- 1.2 Backward Roll
- 1.3 Sideways Roll
- 1.4 Dive Roll
- 1.5 Hand Stand Followed by Roll

2. Static Pose in Gymnastics

- 2.1 T- Balance
- 2.2 Frog Balance
- 2.3 Forward Split
- 2.4 Arching/ Bridge
- 2.5 Headstand

3. Basic Acro Skill

- 3.1 Round Off
- 3.2 Cart-wheel
- 3.3 Front Walkover
- 3.4 Hand Spring
- 3.5 Head Spring
- 3.6 Neck Spring
- 3.7 Somersault

INTERNAL MARKS: (Practical- 10)

Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester.

**For External Examination Purpose Only:**

Unit I - Any Two Yogasana from each Position: (Marks - 2+2) x 5 = 20 Marks

Unit II - Any one Pranayama and any one Kriya (Marks - 2+2) = 4 Marks

Unit III - Any One Meditation and Any One Mudra: (Marks - 2+2) = 4 Marks

Unit IV - Any Two Gymnastics Activity from each Group: (Marks - 2+2) x 3= 12 Marks

From Unit -I, Unit -II & Unit – IV each one activity should be selected by External Examiner and rest of activities should be selected of his/her best choice by Examinee.

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

SUGGESTED READINGS:

- *Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.*
- *The Complete Illustrated Book of YOGA, Swami Vishnudevananda, Bell Publishing, USA*
- *2100 Asanas, The Complete Yoga Poses, Daniel Lacerda, Hachette Book group, Leventhal Publisher.*
- *Head over heels about Gymnastics, Floor Skills, Gemma Coles, www.dancemania.biz.*
- *The Gymnastics book, Elfi Schlegel & Claire Ross Dunn, Firefly Books , Online Version*
- *Gymnastics Skills Tips, and Tricks, JEFF SAVAGE, Enslow Publisher Inc, Online Version.*



Physical Education and Sports

SEMESTER - IV

Course Type – MAJOR -7

Course Code: A/PHES/401/MJC/7

Course Title: Sports Training

Total Marks: = 50 (Theory Marks:40: Internal Marks (Theory: 10)

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 Hours

COURSE OUTCOMES-

- 1) Understand training as performance-based science
- 2) Explain different means and methods of various training
- 3) Prepare training schedule for various sports and games
- 4) Appraise types of periodization for performance development
- 5) Create various training facilities and plans for novice to advance performers

THEORY PART: (Total Marks -40)**UNIT-1: INTRODUCTION TO SPORTS TRAINING**

- 1.1 Meaning and Definition of Sports Training.
- 1.2 Aim, Objectives and characteristic of Sports Training.
- 1.3 Principles of Sports Training.
- 1.4 Components of sports training, Motor fitness components, Technique, Tactics, strategy and skill

UNIT-2: PROCESS OF DEVELOPMENT OF MOTOR FITNESS COMPONENT

- 2.1 Strength: Means, types and method of Strength development.
- 2.2 Speed: Means, component and method of Speed development.
- 2.3 Endurance: Means, types and method of Endurance development.
- 2.4 Power, Flexibility and Balance: Means, types and methods of Power, Flexibility and Balance development.

UNIT-3: TRAINING LOAD AND ADAPTATION, LOAD DYNAMICS AND TRAINING PROCESSES

- 3.1 Training Load: Concept, definition, types, components of training load and administration of Training load.
- 3.2 Training Methods: Continuous Method, Interval Method, Fartlek, Circuit Training, Weight Training, Plyometric training and Pressure training.
- 3.3 Over load: Meaning, definition, causes, signs and symptoms and tackling techniques of overload, Load Dynamics: Concepts, definition and principles.
- 3.4 Technical and Tactical training: Meaning, Importance and methods. Adaptation: Meaning and condition of Adaptation. Supercompensation.

**UNIT-4: PROGRAMME, PLANNING AND SYSTEM OF SPORTS TRAINING**

- 4.1 Periodization- Meaning, definition and types, Aims, Objectives and contents of different periods- (Preparatory, Competition and Transition periods)
- 4.2 Planning- Training session for Micro, Meso and Macro cycles.
- 4.3 Systems of Sports Training- Basic Performance, Good Performance and High Performance.
- 4.4 Talent Identification: Meaning, Process, Tests and Selection Procedure of Talented Sportsmen.

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Total Marks	
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	Internal Marks	Total Marks
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2	40	10	50
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:

- Singh, H. (1991) *Science of Sports Training*, New Delhi, DVS Publications
- Uppal, A.K. *Principles of Sports Training*, Friends Publications, New Delhi.
- Bunn, J.N. (1998) *Scientific Principles of Coaching*, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- Yograj Thani (2003), *Sports Training*, Delhi : Sports Publications
- Jensen, C.R. & Fisher A.G. (2000) *Scientific Basic of Athletic Conditioning*, Philadelphia.
- Thomas, J.P (1971) *Scientific Weight Training for Games and Sports*, Chennai: Gnanodaya Press.
- Jenson, G. and Fisher, A.G(1972) *Scientific Basis of Athletic Conditioning*, 2nd ed., Philadelphia: Lea and Fibiger.



Physical Education and Sports SEMESTER - IV

Course Type – MAJOR -8

Course Code: A/PHES/401/MJC/8

Course Title: Ball Game - 2

Total Marks = 50 (Theory Marks: Nil::Practical Marks: 40::Internal Marks (Theory: 10)

Contact Hours per week: 4 (4 Credits) Examination Duration: N.A

COURSE OUTCOMES-

- 1) *To learn the basic skills related to the different ball games.*
- 2) *Improvement of physical attributes along with the mental capacity of an individual leading towards the ultimate goal of overall development.*
- 3) *To enhance the neuro-muscular coordination along with other physical factors.*

PRACTICAL PART: (Total Marks - 40) (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**UNIT-I: HANDBALL**

- 1.1 Catching, Throwing and Ball control, Dribbling: High and low
- 1.2 Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
- 1.3 Attack and counter attack, simple counter attack, counter attack from two wings and center.
- 1.4 Blocking, Goal Keeping and Defensive skills.
- 1.5 Game practice with application of Rules and Regulations;
- 1.6 Rules and their interpretation; Duties of officials.

UNIT-II: BASKETBALL

- 2.1 Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass,; Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.
- 2.2 Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.
- 2.3 Rebounding: Defensive rebound and Offensive rebound.
- 2.4 Individual Defence: Guarding the player with the ball and without the ball, Pivoting.
- 2.5 Game practice with application of Rules and Regulations;
- 2.6 Rules and their interpretation; Duties of officials.

UNIT-III: HOCKEY

- 3.1 Grip and Stance
- 3.2 Rolling the Ball and Push Pass
- 3.3 Receiving, Dribbling, Forward Pass
- 3.4 Hit, Flick, Scoop, Stopping and Dribbling
- 3.5 Game practice with application of Rules and Regulations,
- 3.6 Rules and their interpretation; Duties of officials

**UNIT-IV: CRICKET**

- 4.1 Batting skill: The basic elements - The grip, The stance & the back lift.
- 4.2 Basic Shots and Techniques: The front foot defence, Front foot drive off and on side, Back foot defence, Back foot drive off and on side, Pull shot, Square Cut shot.
- 4.3 Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, In-swing, Leg spin, Off spin.
- 4.4 Fielding and catching: collection of ball, throwing, defensive and offensive fielding, different types of catching
- 4.5 Game practice with application of Rules and Regulations;
- 4.6 Rules and their interpretation; Duties of officials.

UNIT-V: THROWBALL

- 5.1. Stance and Service
- 5.2. Catching and Passing
- 5.3. Smash and Blocking
- 5.4. Strategically approach during competition
- 5.5. Game practice with application of Rules and Regulations.
- 5.6 Rules and their interpretation; Duties of officials.

For External Examination Purpose Only:

Any four Ball Game should be selected of his/her best choice by Examinee 4X10 = 40 Marks

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

SUGGESTED READINGS:

- Saha, A. K. *Sarir Siksher Ritiniti*, Rana Publishing House, Kalyani.
- Bandopadhyay, K. *Sarir Siksha Parichay*, Classic Publishers, Kolkata.
- Atkins, J. R. (1872). *The Book of Racquets. A Practical Guide to the Game and its History and to the different Courts in which it is played.* London: Frederick Warne & Co.
- Barbara Schrodt (6 October 2011). "Team Handball". *The Canadian Encyclopedia*. Historica-Dominion Institute
- Serinex.NET, Sega Alex in. "Handball History: HAND-BALL.ORG". www.hand-ball.org. Retrieved 28 November 2017.
- Noah, S., *Throwball for Beginners*, Kindle Edition, Amazon Asia-Pacific Holdings Private Limited
- Huerta C. Hudson, *HANDBALL FOR NOVICES: Unleashing the Inner Athlete: A Comprehensive Guide to Mastering Handball Techniques and Strategies for Novices*, Amazon Asia-Pacific Holdings Private Limited
- Deb, M. C., *How To Self -Practice In Cricket Batting: A Comprehensive Guide*, Kindle Edition, Amazon Asia-Pacific Holdings Private Limited
- Tyagi, A. K., *Cricket Skills & Rules*, , Kindle Edition, Amazon Asia-Pacific Holdings Private Limited
- Derek, M., *Hockey Essential Skills for Players*, Kindle Edition, Amazon Asia-Pacific Holdings Private Limited
- Powell J., *Hockey: Skills. Techniques. Tactics*, Kindle Edition, Amazon Asia-Pacific Holdings Private Limited



Physical Education and Sports SEMESTER - IV

Course Type – MINOR -4

Course Code: A/PHES/402/MN/4

Course Title: Yoga Education, Yogasana and Pranayama

Total Marks = 50 {Theory Marks: 25: Practical Marks: 15 Internal Assessment: 10}
Contact Hours per week: 6 (4 Credits) Examination Duration- 1:15 Hours

COURSE OUTCOMES-

- 1) They will recognize the benefits and necessity of yoga in the modern era, both for physical and mental well-being.
- 2) They will comprehend the concept of Astanga Yoga, including its eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.
- 3) Students will grasp the meaning, definitions, and etymology of Pranayama and Kriya, as well as their effects on various systems of the human body.
- 4) Students will understand the concept of Mudra and become familiar with various types of Mudras.
- 5) Students will demonstrate proficiency in performing yoga asanas from standing, sitting, and supine positions.
- 6) Students will master various pranayama techniques to regulate their breath and energy and They will experience increased mental alertness and concentration through pranayama.
- 7) Mudra practice will promote physical, mental, and emotional well-being.
- 8) Students will experience increased relaxation and tranquility through mudra practice.

THEORY PART: (Total Marks -25)

UNIT-I: INTRODUCTION

- 1.1 Meaning, Definitions and Aim of Yoga, Concepts and Mis-concepts of Yoga
- 1.2 Benefit and necessity of Yoga in Modern era
- 1.3 Preparation for Yoga Practice – Place, Time, Food, Dress, Contraindications.
- 1.4 Concept of Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna. Dhayana, Samadhi)

UNIT-II: PRANAYAMA

- 2.1 Meaning and Definition of Pranayama; Breathing Technique – Puraka - Kumbhaka Rechaka.
- 2.2 Types of Pranayama – Anulom Vilom, Bhramri, Bhastrika, Nadi Shodan, Shitali, Sheetkari, Ujjayi, Kapalbhata (Kriya Pranayama)
- 2.3 Benefits for regular Practice of pranayama. Side effects of distorted Pranayama practices.
- 2.4 Pranayama in prevention and cure of Diseases. (Sedentary diseases). Pranayama for Depression and bad mental health.

**UNIT-III: ASANA, MEDITATION AND MUDRA**

- 3.1 Meaning and definition of Asana- Types of Asana - Sitting, Standing, Prone and Supine position.
- 3.2 Meaning and definition of Meditation, Benefits of Meditation in Daily life. Spiritual meditation, Progressive relaxation, Movement meditation.
- 3.3 Meditation as remedy of ADHD (Attention-deficit hyperactivity disorder).
- 3.4 Concept of Mudra, Type of Mudra - Gyan Mudra, Dhyan Mudra, Pran Mudra, Maha mudra, Khechari Mudra ,

PRACTICAL PART: (Total Marks -15) (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

UNIT- I: YOGASANA**1. Standing Position:**

- 1.1 Ardhashandrasana
- 1.2 ArdhaChakrasana
- 1.3 Padahasthasana
- 1.4 Brikshasana

2. Sitting Position:

- 2.1 Paschimothanasana
- 2.2 Gomukhasana
- 2.3 Padmasana
- 2.4 Supta Vajrasana

3. Supine Position:

- 3.1 Halasana
- 3.2 Matsyasana
- 3.3 Setubandhasana
- 3.4 Naukasana

4. Prone Position

- 4.1 Bhujangasana
- 4.2 Salavasana
- 4.3 Dhanurasana
- 4.4 Mayurasana

5. Inverted Position

- 5.1 Sarvangasana
- 5.2 Shirsasana
- 5.3. Bhagrasana
- 5.4 Kopotasana

UNIT- II: PRANAYAMA

Pranayama – Anulom Vilom Kapalbhati (Kriya Pranayama),Bhramri ,Bhastrika

UNIT- III: MEDITATION & MUDRA

Meditation: Mantra Meditation, Focused Meditation, Guided Meditation, Spiritual Meditation
Visualization Meditation

Mudra: Gyan Mudra, Dhyan Mudra, Pran Mudra, Maha Mudra, Khechari Mudra

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Prac. Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
01 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	2 Out of 4	1 Out of 2	25	10	15
01X5 = 05	05X2 = 10	10X1 = 10			

**For External Examination Purpose Only:**

Unit I - Any One Yogasana from each Position: (Marks - 2) x 5 = 10 Marks

Unit II - Any One Pranayama = 2 Marks

Unit III - Any One Meditation and Any One Mudra: (Marks – 1.5+1.5) = 3 Marks

From Unit -I, Unit -II & Unit – III each one activity should be selected by his/her best choice by Examinee.

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

SUGGESTED READINGS:

- Goyanka, Harikrishandass : *Yoga Darshan*, Geeta Press, Gorakhpur (Samvat 2061).
- Karel Werner: *Yoga and Indian Philosophy*, Motilal Banarasidas.,1975
- Swami Vivekananda: *Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga*, (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- Gore M. M. Geeta Press, Gorakhpur: *Anatomy and Physiology of Yogic Practices*,
- Bhogal, R. S Bihar Yoga Publication Trust, 2006, Munger: *Yoga and Modern Psychology*
- Basavaraddi, : *A Monograph on Pranayama*, MDNIY, New Delhi, 2016
- Iyengar, B. K. S :*Light on Yoga*,Harper Collins Publisher, New Delhi, 2005
- Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.