

Scheme of Programme
(Scheme UG A1: Undergraduate Programmes (Multidisciplinary))

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A1	Principle and Foundation of Physical Education		2		4	2		2	4	15	35	15	35	100

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A2	Health and Wellness		2		4	2		2	4	15	35	15	35	100

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A3	Exercise and Physiology		2		4	2		2	4	15	35	15	35	100

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A4	Biomechanics & Kinesiology in Physical Education		2		4	2		2	4	15	35	15	35	100

Semester 5

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A5	Socio-Psychology foundation of Physical Education		2		4	2		2	4	15	35	15	35	100

Internship is to be done during summer break after 4th Semester, Marks will be added in 5th Semester.

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A6	Organization and management of Physical Education		2		4	2		2	4	15	35	15	35	100

The curriculum of semester 7 and 8 will is provided in due course of time.

Multidisciplinary Course from the department for pool of the Courses in the University

(These courses are to be offered to students of different discipline/Subject)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-1	Health, Wellness and Yoga		2		2	2		1	3	15	35	5	20	75

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-2	Yoga and Stress Management		2		2	2		1	3	15	35	5	20	75

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-3	Nutrition in Physical Education & Sports		2		2	2		1	3	15	35	5	20	75

Minor Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department to gain a broader understanding beyond the major discipline)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-1	Yoga and Physical Fitness		2		2	1		1	2	5	20	5	20	50

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-2	Recreation and Camping		2		2	1		1	2	5	20	5	20	50

Semester 3

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-3	One from Pool Sports Sociology		2		4	2		2	4	15	35	15	35	100

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-6	One from Pool Event Management in Sports		2		4	2		2	4	15	35	15	35	75

Vocation Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department and is focused on practical work, preparing students for a particular skilled profession.)

Semester 4

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
	Athletic Care and First-Aid		2		4	2		2	4	15	35	15	35	100
VOC-1	One from Pool								4					100

Semester 5

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
	Health and Safety Education		2		4	2		2	4	15	35	15	35	100
VOC-2	One from Pool								4					100

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
	Life Style Management		2		4	2		2	4	15	35	15	35	100
VOC-3	One from Pool								4					100

Skill Enhancement Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department and is designed to provide value-based and/or skill-based knowledge and should contain both theory and lab/hands-on/training/field work.)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-1	One from Pool Yoga and Sports for Carrer		2		2	2		1	3	15	35	5	20	75

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-2	One from Pool Sports Management		2		2	2		1	3	15	35	5	20	75

Semester 6

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-3	One from Pool Game Officiating		1		4	1		2	3	15	35	5	20	75

Curriculum and Credit Framework as per NEP 2020

For Physical Education in B.A Multidisciplinary Opt 3 Disciplinary Courses

(To be effective from the Academic Session 2024-25)



Department of Law & Humanities
Gurugram University, Gurugram

(A State Govt. University Established Under Haryana Act 17 Of 2017)

Scheme of Programme
(Scheme UG A1: Undergraduate Programmes
(Multidisciplinary)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A1	Principle and Foundation of Physical Education	240/PE/CC101	2		4	2		2	4	15	35	15	35	100

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A2	Health and Wellness	240/PE/CC201	2		4	2		2	4	15	35	15	35	100

**Multidisciplinary Course from the department for pool of the
Courses in the University**

**(These courses are to be offered to students of different
discipline/Subject)**

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-1	Health, Wellness and Yoga	240/PE/MD102	2		2	2		1	3	15	35	5	20	75

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-2	Yoga and Stress Management	240/PE/MD202	2		2	2		1	3	15	35	5	20	75

**Minor Course from the department for pool of the Courses
in the University**

(These courses are offered by each department for students of other departments/same department to gain a broader understanding beyond the major discipline)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-1	Yoga and Physical Fitness	240/PE/MI103	2		2	1		1	2	5	20	5	20	50

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-2	Recreation and Camping	240/PE/MI203	2		2	1		1	2	5	20	5	20	50

**Skill Enhancement Course from the department for pool of the
Courses in the University**

(These courses are offered by each department for students of other departments/same department and is designed to provide value-based and/or skill-based knowledge and should contain both theory and lab/hands-on/training/field work.)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-1	Yoga and Sports for Career	240/PE/SE104	2		2	2		1	3	15	35	5	20	75

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-2	Sports Management	240/PE/SE204	2		2	2		1	3	15	35	5	20	75

PROGRAMME LEARNING OUTCOMES (PLOs)

PLO – 1. Knowledge and Understanding: Acquire knowledge about the various aspects of human body and effect of exercise on the it. Develop understanding for holistic development through participation in physical activities and sports.

PLO – 2. Skills/Technical Skills: Acquire basic skills/techniques of various sports & games, fitness activities, yoga and self-defence. Ability to analyze the local and global impact of sports, games & physical activities on individuals, organizations and society.

PLO – 3. Application of Knowledge and skills: Apply the knowledge and skill in evaluation of posture, general health & wellness, general fitness and administration of various physical education and sport programs.

PLO – 4. Communication Skills: Ability to communicate effectively among a range of audiences/ stakeholders.

PLO – 5. Critical thinking: Ability to Identify, define the actual requirements, formulate, and analyze complex physical education and sports related problems to reaching substantiated conclusions.

PLO – 6. Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation of physical education and sports.

PLO – 7. Life-long Learning: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal of the society.

PLO – 8. Creativity: Acquire the ability to design, implement and evaluate process or program to meet desired needs in the field of physical education and sport at local, national and international level.

PLO – 9. Research Aptitude: Participation in sports and physical activity develops analytical skills, logical reasoning, and problem-solving abilities, which are crucial for research aptitude.

PLO – 10. Problem Solving: Apply the knowledge of basic sciences that is relevant and appropriate to physical education and sports leading to solution of complex sports related issues and problems.

SEMESTER 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Total Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A1	Principle and Foundation of Physical Education	240/PE/CC101	2		4	2		2	4	15	35	15	35	100

After completing this course, the learner will be able to:

1. Describe the Aims, Objectives and scope of Physical Education.
2. Explain the historical development of Physical Education in India
3. Illustrate the basic knowledge of biological aspects of Physical Education
4. Tell the various Career opportunities in Physical Education and Sports.
5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Football, Wrestling, Judo, Boxing

For Paper Setter: Set Eight questions in all. Question one is small answer type questions from all units. Each question of Seven marks.

For Students: Attempt any Five questions. Question One is compulsory. All questions carry equal marks.

I. Introduction of Physical Education

- Meaning and definition of Physical Education & Relationship of Physical Education with Health and General Education
- Aim and Objectives & Scope of Physical Education
- Need of Physical Education in modern society. Physical education art or Science?
- Misconceptions regarding Physical Education.

II. History of Physical Education in India:

- Physical Education during Indus Valley Civilization (3250 BC – 2500 BC)
- Physical Education during Medieval Period (1000 A.D – 1757 A.D)
- Physical Education during before Independence & After Independence
- Development of Physical Education in Ancient Greece

III. Biological Basis of Physical Education:

- Meaning & Principle of Growth and Development
- Meaning of Chronological Age, Anatomical age, Physiological age and Mental age
- Factor affecting Growth and development, Difference between Growth and development
- Growth and Development at various Levels of Childhood: Pre -Adolescence – Adolescence – Adulthood

IV. Career opportunities in Physical Education and Sports:

- Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions.,
- Qualifications and responsibilities as sports Event Managers, Technical Officials, Researcher, Sports Journalists, Commentators, Sports Photographers and Video Analysts
- Career opportunities in various Central Govt, State Govt., Private Organizations and others
- Career opportunities in Manufacturing and Marketing sectors. Entrepreneur's opportunities in Physical Education and Sports.

Practical Work:

- **Football:** Court specifications, general rules and basic skills
- **Wrestling/Judo/Boxing:** Ring/Mat specifications, general rules and basic skills

Suggested Readings:

- Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
- Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications.
- Bucher A.
- Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
- Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
- Charles C. Cowell & William L. France. (1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
- Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd . Daryaganj, New Delhi. (2013).
- Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000).
- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014).
- Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon,
- E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

**Multidisciplinary Course from the department for pool of the
Courses in the University
(These courses are to be offered to students of different
discipline/Subject)**

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-1	Health, Wellness and Yoga	240/PE/MD102	2		2	2		1	3	15	35	5	20	75

By the end of this course, students will:

1. Understand the principles of physical, mental, and emotional well-being.
2. Learn basic yoga postures, breathing techniques, and meditation.
3. Explore the connection between yoga and overall health.
4. Develop strategies for managing stress through mindfulness and physical activity.
5. Gain knowledge about nutrition and healthy lifestyle habits.
6. Cultivate a personal wellness routine incorporating yoga and other health-promoting activities.

For Paper Setter: Set Eight questions in all. Question one is small answer type questions from all units. Each question of Seven marks.

For Students: Attempt any Five questions. Question One is compulsory. All questions carry equal marks.

I. Introduction to Health, Wellness & Yoga

- Definitions of health and wellness.
- The holistic nature of wellness: Physical, mental, and emotional health.
- The history and philosophy of yoga.
- Importance and Benefits of regular physical activity.

Practical Session: Yoga asanas to improve flexibility and strength (Surya Namaskar and basic postures), Introduction to basic yoga postures (Asanas) and breathing techniques (Pranayama).

II. Components of physical health: Cardiovascular endurance, flexibility, strength.

- The importance of flexibility and muscle strength.
- Key yoga poses for building strength in the core, arms, and legs.
- The role of balance in yoga practice.
- Role of Diet and Nutrition, The yogic diet: Sattvic, Rajasic, and Tamasic foods

Practical Session: Dynamic yoga sequences (Vinyasa flow) focusing on cardiovascular strength.

III. Component of Mental Health and Emotional Well-being

- Mental health as a key component of overall wellness.
- Emotional intelligence and mindfulness.
- Yoga and its benefits for mental clarity and emotional balance.
- Creating a personal yoga and wellness routine.

Practical Session: Introduction to meditation (Dhyana) and guided mindfulness practices.

Suggested Reading

- William J. Broad "The Science of Yoga"
- B.K.S. Iyengar. "Light on Pranayama"
- George Mumford "The Mindful Athlete"

- Ryanne Cunningham "Yoga for Athletes"
- Sharma L. Benefits of Yoga in Sports-A Study
- B.k.s Iyenger, Yoga for Sports: A journey toward Health
- *The Heart of Yoga: Developing a Personal Practice* by T.K.V. Desikachar
- *The Yoga Sutras of Patanjali* by Swami Satchidananda
- *Health Promotion and Wellness: An Evidence-Based Guide to Clinical Preventive Services* by Marilyn Frenn
- Arya Dr Somveer : Yogasar, Kitab mahal Publications Delhi , 2022

Minor Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department to gain a broader understanding beyond the major discipline)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-1	Yoga and Physical Fitness	240/PE/MI103	2		2	1		1	2	5	20	5	20	50

By the end of this course, students will:

1. Understand the impact of yoga on various aspects of physical fitness.
2. Improve flexibility, strength, endurance, and balance through yoga.
3. Learn different yoga sequences designed to enhance physical fitness.
4. Understand the role of breath control (pranayama) in supporting physical performance.
5. Develop a personalized yoga routine to support long-term fitness goals.

For Paper Setter: Set Six questions in all. Question one is small answer type questions from all units. Each question is of Five marks.

For Students: Attempt any Four questions. Question One is compulsory. All questions carry equal marks.

I. Introduction to Yoga and Physical Fitness

- Defining physical fitness and the role of yoga in enhancing fitness.
- Overview of yoga postures that improve strength, flexibility, endurance, and balance.
- Importance of alignment and breathing in yoga.
- Flexibility and Mobility through Yoga

Practical Session: Introduction to foundational yoga postures (Mountain Pose, Downward Dog, Child's Pose) ,Flexibility-focused sequence breathing exercises (Ujjayi breath).

II. Strength, stability and stamina through yoga

- Poses that target upper body, core, and lower body strength.
- Importance of balance and coordination in physical fitness.
- Yoga poses that engage the core muscles and promote stability.
- Designing a balanced fitness routine that includes yoga for recovery and injury prevention.

Practical Session: Strength-building poses (Plank, Warrior Series, Chair Pose, Chaturanga). Dynamic Vinyasa flow (Sun Salutations, Warrior II sequences, Lunges). Core-focused yoga poses (Boat Pose, Plank variations, Side Plank). Balance-focused poses (Tree Pose, Eagle Pose, Half Moon Pose)

Suggested Reading

- Yoga for Fitness and Wellness by Jan Maddern
- The Key Muscles of Yoga by Ray Long
- The Heart of Yoga by T.K.V. Desikachar
- Yoga Anatomy by Leslie Kaminoff

Skill Enhancement Course from the department for pool of the Courses in the University

(These courses are offered by each department for students of other departments/same department and is designed to provide value-based and/or skill-based knowledge and should contain both theory and lab/hands-on/training/field work.)

Semester 1

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-1	Yoga and Sports for Career	240/PE/SE104	2		2	2		1	3	15	35	5	20	75

For Paper Setter: Set Eight questions in all. Question one is small answer type questions from all units. Each question of Seven marks.

For Students: Attempt any Five questions. Question One is compulsory. All questions carry equal marks.

I. Quality and Qualification

- Sports and Yoga professionals at various levels of educational institutions- Qualities and Qualifications.
- Career Avenues: Sports Trainer, Yoga Instructor, Coach, Sports Manager, Sports Scientist
- Event manager, Technical Official, Entrepreneurs and Researchers.
- Mode of selections and qualifying standards

II. Career In Yoga and sports

- Applications of Sports and Yoga: Teaching, Business Executives, Police department, Defence personnel and Government employees.
- Sports and Yoga Establishments: Health Clubs, Fitness centres, Dance and yoga studios and Recreational clubs
- Characteristics, Facilities, Infrastructure and Management.
- Specialized Profession: Sports Journalists, Sports Commentators, Photo and Video Analyst, Sports Marketing and Equipment/ Props manufacturers.

III. Practical Work:

- Physical fitness standards for men and women: Tests for Speed, Endurance, Strength, Agility and Flexibility.
- Career specific Fitness Tests: Fitness Tests for Defence Forces, PSI, Police constable, Fire Force and Forest Department. Professional Courses-Sports and Physical Education.
- Specific tests for strength test, speed test, agility test, flexibility Test, coordinative abilities.
- Training for endurance, speed, strength, agility and flexibility

Suggested Reading

- Bucher, C. A. Foundation of physical education. St.Louis: TheC.V. Mosby Co.
- Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
- Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi.
- Uppal, A.K. (1992). Physical Fitness. New Delhi:Friends Publication.
- Nagendra, H. R. &Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda YogaPrakasana.
- Kumar,jith.(1984)YogaPravesha.Bengaluru:RashthrothannaPrakashana.
- Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
- Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala:Kaivalyadhama.
- Pinto, John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications,Mangalore.
- Shekar, K. C. (2003). Yoga for health. Delhi: KhelSahityaKendra.

SEMESTER-2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
Core Course(s)														
CC-A2	Health and Wellness	240/PE/CC201	2		4	2		2	4	15	35	15	35	100

After completing this course, the learner will be able to:

1. Describe the concept of Health and Health Education.
2. Explain the concept of Occupational Health
3. Illustrate the basic knowledge of various Communicable Diseases
4. Acquire basic knowledge about the Communicable Diseases
5. Able to calculate and analyse Blood pressure, BMI, Peak, Expiratory Flow and Oxygen saturation level
6. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho Kho and Badminton

For Paper Setter: Set Eight questions in all. Question one is small answer type questions from all units. Each question of Seven marks.

For Students: Attempt any Five questions. Question One is compulsory. All questions carry equal marks.

I. Introduction of Health and wellness:

- Meaning and definition of Health & Wellness
- Objectives & Dimension of Health & Wellness
- Scope & Principle of Health, Wellness & Yog
- Need of Health in modern society.

II. Occupational Health

- Meaning and definition of Occupational Health
- Scope of Occupational Health
- Principles of Occupational Health.
- Factors responsible for Occupational Health Hazards and Diseases: Physical Hazards, Chemical Hazards, Biological Hazards, Mechanical Hazards, Psycho – Social Hazards.

III. Communicable Diseases

- Meaning, Causes, symptoms and Treatment of HIV/ AIDS
- Meaning, Causes, symptoms and Treatment of Hepatitis A, B and C
- Meaning, Causes, symptoms and Treatment of Tuberculosis and Chicken Pox
- Meaning, Causes, symptoms and Treatment of COVID-19

IV. Non - Communicable Diseases

- Meaning, Causes, symptoms and Treatment of various types cardiovascular disease
- Meaning, Causes, symptoms and Treatment of various types of Typhoid and Attention Deficit Hyperactivity Disorder (ADHD)
- Meaning, Causes, symptoms and Treatment of Type I and Type II Diabetes
- Meaning, Causes, symptoms and Treatment of Arthritis, Hypertension, Diabetes & Sinus with yogic exercises.

Practical Work:

I BMI: Calculation of BMI, Categories of BMI

II Calculation of Peak Expiratory Flow with Spirometer, Analysis of Peak Expiratory Flow

III Measurement of Pulse Rate and Blood Pressure

IV Measurement of Oxygen Saturation level, its interpretation

I. Kho - Kho: Court specifications, general rules and basic skills

II. Badminton: Court specifications, general rules and basic skills

Suggested Readings:

- Sharma, V.K, Health & Physical Education Saraswati House Pvt. Ltd.
- Daryaganj, New Delhi.(2013).
- Bucher Olsen and Willgoose; The Foundation of Health Prentice Hall inc.
- Englewood Cliffs, New Jersey,(1976).
- Turner S and Smith, School Health and Health Education, The C.V. Mos by Company St. Loius (1961).
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
- Kang G.S. Deol N.S. An introduction to Health and Physical Education 21st century. Patiala (2008).
- Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana, 2015

MULTIDISCIPLINARY

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MDC-2	Yoga and Stress Management	240/PE/MD202	2		2	2		1	3	15	35	5	20	75

Learning Objectives

By the end of this course, students will:

1. Understand the physiological and psychological impacts of stress.
2. Explore the mind-body connection and the role of yoga in stress reduction.
3. Learn yoga postures, breathing techniques, and meditation for stress management.
4. Cultivate mindfulness to cope with daily stressors.
5. Develop a personal routine for managing stress through yoga and relaxation

For Paper Setter: Set Eight questions in all. Question one is small answer type questions from all units. Each question of Seven marks.

For Students: Attempt any Five questions. Question One is compulsory. All questions carry equal marks.

I. Introduction to Stress and Yoga

- What is stress? Understanding the stress response (Fight or Flight).
- Effects of chronic stress on the body and mind.
- Introduction to yoga as a tool for stress management.
- Introduction of Astang Yog.
- **Practical Session:** Gentle yoga flow to release tension (Tadasana, Uttanasana, Child's Pose), introduction to basic breathing techniques (Deep Breathing, Equal Breathing).

II. The Science of Stress and the Relaxation Response

- The autonomic nervous system: Sympathetic vs. parasympathetic response.
- The relaxation response: Shifting from stress to relaxation.
- How yoga triggers the parasympathetic nervous system.
- Introduction of yogic Kriyas
- **Practical Session:** Relaxation yoga postures (Restorative poses like Shavasana, Legs Up the Wall), simple breathing exercises (Diaphragmatic Breathing).

III. Yogic Component to release Stress

- Yoga Asanas to Relieve Stress and Anxiety
- Breathing Techniques for Stress Management (Pranayama)
- Mindfulness and Meditation for Stress Reduction
- Yoga Nidra and Deep Relaxation Techniques

Suggested Books

- The Yoga Sutras of Patanjali by Swami Satchidananda
- The Miracle of Mindfulness by Thich Nhat Hanh
- The Relaxation Response by Herbert Benson
- Yoga for Stress Relief and Relaxation by Swami Shivapremananda

MINOR VOCATIONAL

Semester 2

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
MIC-2	Recreation and Camping	240/PE/MI203	2		2	1		1	2	5	20	5	20	50

For Paper Setter: Set Six questions in all. Question one is small answer type questions from all units. Each question is of Five marks.

For Students: Attempt any Four questions. Question One is compulsory. All questions carry equal marks.

Unit-I Introduction of Recreation

- Meaning, Definition, Objective, Scope, and Importance of Recreation.
- Historical development of recreation- India.
- General Principles of Recreation.
- Organization and administration of Recreation

Unit II Introductions to Camping

- Meaning, Definition, Objective, Scope, and Significance of Camping
- Types of Camping
- Selection and Lay- out of Camp sites.
- Organization and administration of camps.Camp programme and activities.Evaluation of Camp work.

Practical

- Agencies offering recreation, Home, Government, Voluntary, Private, Commercial, Rural, Urban and Industrial areas.
- Organise Recreation Programme – Indoor, Outdoor, Arts, Crafts, Drama, Music, Hobbies, Aquatics, Dancing.
- Camp programme and activities.
- Evaluation of Camp work.

Suggested Books:

- Butler George D. Introduction to community Recreation (5th Ed.) New York: M.C. Graw Hill Book Co. 1970.
- Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
- Meyar, Herold D. ;and Bright bill, Charles K. Community Recreation, Boston D.C. Health Co. 1948.
- Slavson, S.R. Recreation and the total personality, New York Association Press, 1948.
- Khan, Eraj Ahmad, History of Physical Education, Patna, Scientific Book Co. 1964.
- Rajgopalan, K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.
- Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiana, Prakash Brothers, 1976.
- Dr. Chandahas Dubey & Mrs. Alka Nayak Recreation, 6
- Prof. Ajmer Singh Physical Education and Olympic Movement- Kalyani Publishers New Delhi 2012
- Atwal & Kansal History of Physical Education, Jalandhar

**SKILL ENHANCEMENT
Semester 2**

Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	MARKS				
			(Hrs)			Credits				TI	TE	PI	PE	Total
SEC-2	Sports Event Management	240/PE /SE204	2		2	2		1	3	15	35	5	20	75

Learning Outcomes:

- Define sport management and discuss its international significance
- Understand concepts associated with sport, management and Sport Management
- Describe the nature and scope of professional opportunities within the field and explain the functions performed by sports managers
- Explain the importance of developing a professional perspective
- Demonstrate an understanding of various theories as they apply to management, leadership and organizational behaviour
- Identify and evaluate major challenges confronting the sport industry.

For Paper Setter: Set Eight questions in all. Question one is small answer type questions from all units. Each question of Seven marks.

For Students: Attempt any Five questions. Question One is compulsory. All questions carry equal marks.

I. Introduction to Sports Management

- Nature and concept of Management – Definition, Scope of management
- History and Evolution of Management- Scientific Management to Contemporary Management
- Qualities of a good manager, Role of a sports manager
- Nature and concept of Sports Management – Definition, Scope,.

II. Functions of Management – Planning

- Planning – Definition, Scope of Planning, Purpose of Planning.
- Advantages and disadvantages of planning, Types of Plans, MBO concept
- Planning process, Environment Analysis, Planning in Sports
- Introduction to Sports Industry – Analysis of Sports Industry

III. Organising Sports Event & Challenges

- Organizing various sports such as football, athletic, cricket, and challenges in organizing games.
- Sports leadership- best practices and challenges, Motivation – theory and practice.
- Management career in sports – various management roles in sports industry.
- Basics of human resources management – recruiting and staffing, talent management

Practical – Exposure of Sports event Organization.

Suggested Books

- Essentials of Management - An International, Innovation and Leadership Perspective | 11th Edition. (2020). (Harold Koontz, Heinz Wehrich, Mark V. Cannice.): McGraw-Hill Education.

- Principles and Practice of Sport Management. (2011), Lisa Pike Masteralexis, Mary A. Hums, Carol A. Barr. United States: Jones & Bartlett Learning.
- Esherick, C., Baker, R. E. (2013). Fundamentals of Sport Management. United Kingdom: Human Kinetics.
- Sports Management. (2020). (Dr. Goraksha Vitthalrao Pargaonkar.): Friends Publications(India).