SYLLABUS

For

B.A. Physical Education
Part- II
(Semester III & IV)

Academic Session 2026-27 & 2027-28
Under

FOUR YEAR UNDERGRADUATE PROGRAMME
(As per NEP 2020)

PROGRAMME CODE: BA

Department of Physical Education
GURU NANAK COLLEGE BUDHLADA
AN AUTONOMOUS COLLEGE

Email id: gncbudhlada@yahoo.co.in
Website: www.gncbudhlada.org

PROGRAMME OUTCOME (PO):

PO 01: Broad-Based Knowledge

Acquire foundational and interdisciplinary knowledge in humanities, social sciences, languages, and applied fields such as computer applications, journalism, tourism, and fashion designing.

PO 02: Critical Thinking and Problem Solving

Develop analytical and critical reasoning skills to understand and address social, economic, political, and cultural issues with evidence-based approaches.

PO 03: Effective Communication and Language Proficiency

Communicate clearly and effectively in multiple languages (English, Punjabi, Hindi, French) in both spoken and written forms across academic and professional contexts.

PO 04: Ethics, Values, and Social Responsibility

Demonstrate ethical awareness, cultural sensitivity, and a commitment to democratic and inclusive values, contributing positively to society.

PO 05: Digital Literacy and Employability

Use basic digital tools and gain practical skills relevant to fields such as journalism, tourism, computer applications, and fashion, enhancing career readiness.

PO 06: Creativity, Lifelong Learning, and Adaptability

Foster creativity, appreciation for the arts and literature, and a commitment to continuous learning and adapting to evolving global challenges.

SCHEME OF THE PAPERS
SEMESTER – III

Course Category	Course Code	Course Name	Hours Per Week			Evaluation Pattern (Pass % =35)				Credits
			L	T	P	External Marks	Practical Marks	Internal Evaluation Marks	Total	13
MAJOR	BAMJPHY2106T/P MAJOR-3	Basic Science of Sports	3	0	2	50	30	20	100	4
MINOR	BAMNPHY2143T/P MINOR-3	Basic Science of Sports	3	0	2	50	30	20	100	4
VAC	BAVACPHY2145T-VAC-1	Yoga and Meditation	2	0	2	35	15	0	50	2
SEC	BASECPHY2144T/P SEC-3	Aerobics, Zumba and Folk Dance	2	0	2	50	20	30	100	3

SEMESTER – IV

Course Category	Course Code	Course Name	Hours Per Week			Evaluation Pattern (Pass % = 35)				Credits
			L	T	P	External Evaluation	Practical Evaluation	Internal Evaluation	Total	11
MAJOR	BAMJPHY2206T/P MAJOR-4	Sports Coaching and Administration	3	0	2	50	30	20	100	4
MINOR	BAMINPHY2204T/P MINOR-4	Sports Coaching and Administration	3	0	2	50	30	20	100	4
IDC/MDC	BAIDCPHY2246T/P IDC/MDC-1	Meditation and Shuddhi Kriyas	2	0	2	50	30	20	100	3

CONTINUOUS ASSESSMENT (THEORY PAPERS)

1	Performance in Mid-Semester Test	8	12
2	Assignment/Project/Seminar	8	12
3	Attendance	4	06
4	Total assessment	20	30

SEMESTER-III
Major: BASIC SCIENCE OF SPORTS
BAMJPHY2106T/P

Total Marks: 100
External Evaluation: 50
Practical Evaluation: 30
Internal Assessment: 20

Total Pass marks: 35%
Credits: 4
Time Allowed: 3 Hours

COURSE OBJECTIVES:

CO 1. Understand the **basic concepts of biology** and living organisms.

CO 2. Explain the **structure and functions of cells, tissues, and organs**.

CO 3. Identify different **body systems** (digestive, circulatory, nervous, respiratory etc.) and their functions.

CO 4. To learn and understand the basic concepts of **Biomechanics**.

COURSE OUTCOMES:

After Completion of the course the student will be able to:

CO 1. Understand the **processes of life** such as nutrition, respiration, growth, and reproduction.

CO 2. To understand the support extended by the **skeletal system** and joint in the human body.

CO 3. Apply biological knowledge in **daily life** (nutrition, fitness, disease prevention).

CO 4. Develop **scientific thinking and observation skills**

(THEORY)

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of four sections A, B, C and D. Each of sections A, B and C will have four questions from the respective sections of the syllabus and section D will consist of one compulsory question having 10 parts of short-answer type questions covering the entire syllabus uniformly. All questions of sections A, B and C will carry 10 marks each where as section D will carry 20 marks. Paper is of 3 hours duration.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt Four questions in all, selecting one question from each section A, B and C and the compulsory question of section D. All questions of sections A, B and C will carry 10 marks each where as section D will carry 20 marks.

SECTION-A

1. **Anatomy and Physiology:** Meaning and Importance.
2. **Joints:** Meaning and Types of Joints.

3. **Kinesiology:** What is Kinesiology, meaning of movements and Importance of kinesiology in sports.
4. **Biomechanics:** Meaning, importance of Biomechanics in Games and Sports.

SECTION-B

1. **Skeletal System:** Meaning, Types of Bones, Function and Structure.
2. **Biomechanical concept:** Newton's Laws of Motion, Levers, Centre of gravity, Friction and Force, Equilibrium.
3. **Muscular System:** Introduction, Classification (Functional and Structural), Muscle Contractios.
4. **Physiology Terms:** Vital Capacity, Second wind, Oxygen debt. Resting Heart Rate, Cardiac Output and VO2 max.

SECTION-C

1. **Respiratory System:** Introduction, Types of respiration, organs, mechanisim of respiratory system.
2. **Digestive System:** Introduction, organs and mechanism of digestive system.
3. **Nervous System:** Introduction Structure and Function of Brain and Spinal Cord.
4. **Sports Nutrition:** Explain in short term; Healthy eating, Protective foods, Body Building Foods, Calories, energy food and mal nutrition.

(Practical)

ATHLETICS: Long Jump, 100mtr. Sprint and Middle Distance Race (800 & 1500 mtr.) Marking Measurement, Rules and Fouls

Practice of Starts with starting blocks using proper commands
Training the Students for Correct Running style.
Practice of finishing the sprint with different techniques. Rules and Regulations of Sprint races.

1. **KABADDI (Circle Style/National Style:** Marking and Dimension of Kabaddi Ground
   Fundamental Techniques and Drills.
   Rules and Regulations Related to Kabaddi
   Lead up Games of Kabaddi
2. **TESTING AND EVALUATION:** Test 1:Cooper 12 Minutes Run and Walk Test, Harvard Step Test
   Test 2: Blood Pressure and Body Temperature.
   Test 3: Measurement of Basel Heart rate and Training Heart.

RECOMMENDED BOOKS

1. Anatomy & Physiology-Waugh-Ross & Wilson
2. A Glimpse of Human body-Shirley Telles
3. Biomechanics of Sports & Exercise peter Mc ginnis 3rd adition 2013
4. Kinesiology of the musculoskeletal system A. Neumann 3rd Edition 2017
5. Sports Injuries Mahesh Bhargava 2024
6. Foundation of Sports & Exercise Psychology S. Weiberg and Deiniel Gould 7thEdition

SEMESTER-III

Minor: BASIC SCIENCE OF SPORTS
BAMNPHY2143T/P

Total Marks: 100
External Evaluation: 50
Practical Evaluation: 30
Internal Assessment: 20

Total Pass marks: 35%
Credits: 4
Time Allowed: 3 Hours

COURSE OBJECTIVES:

CO 1. Understand the **basic concepts of biology** and living organisms.

CO 2. Explain the **structure and functions of cells, tissues, and organs.**

CO 3. Identify different **body systems** (digestive, circulatory, nervous, respiratory etc.) and their functions.

CO 4. To learn and understand the basic concepts of **Biomechanics.**

COURSE OUTCOMES:

After Completion of the course the student will be able to:

CO 1. Understand the **processes of life** such as nutrition, respiration, growth, and reproduction.

CO 2. To understand the support extended by the **skeletal system** and joint in the human body.

CO 3. Apply biological knowledge in **daily life** (nutrition, fitness, disease prevention).

CO 4. Develop **scientific thinking and observation skills**

(Theory)

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of four sections A, B, C and D. Each of sections A, B and C will have four questions from the respective sections of the syllabus and section D will consist of one compulsory question having 10 parts of short-answer type questions covering the entire syllabus uniformly. All questions of sections A, B and C will carry 10 marks each where as section D will carry 20 marks. Paper is of 3 hours duration.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt Four questions in all, selecting one question from each section A, B and C and the compulsory question of section D. All questions of sections A, B and C will carry 10 marks each where as section D will carry 20 marks.

SECTION-A

1. **Anatomy and Physiology:** Meaning and Importance.
2. **Joints:** Meaning and Types of Joints.
3. **Kinesiology:** What is Kinesiology, meaning of movements and Importance of kinesiology in sports.
4. **Biomechanics:** Meaning, importance of Biomechanics in Games and Sports.

SECTION-B

1. **Skeletal System:** Meaning, Types of Bones, Function and Structure.
2. **Biomechanical concept:** Newton's Laws of Motion, Levers, Centre of gravity, Friction and Force, Equilibrium.
3. **Muscular System:** Introduction, Classification (Functional and Structural), Muscle Contractios.
4. **Physiology Terms:** Vital Capacity, Second wind, Oxygen debt. Resting Heart Rate, Cardiac Output and VO2 max.

SECTION-C

1. **Respiratory System:** Introduction, Types of respiration, organs, mechanisim of respiratory system.
2. **Digestive System:** Introduction, organs and mechanism of digestive system.
3. **Nervous System:** Introduction Structure and Function of Brain and Spinal Cord.
4. **Sports Nutrition:** Explain in short term; Healthy eating, Protective foods, Body Building Foods, Calories, energy food and mal nutrition.

(Practical)

ATHLETICS: Long Jump, 100mtr. Sprint and Middle Distance Race (800 & 1500 mtr.) Marking Measurement, Rules and Fouls.

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Practice of finishing the sprint with different techniques. Rules and Regulations of Sprint races.

1. **KABADDI (Circle Style/National Style:** Marking and Dimension of Kabaddi Ground
   Fundamental Techniques and Drills.
   Rules and Regulations Related to Kabaddi
   Lead up Games of Kabaddi
2. **TESTING AND EVALUATION: Test 1**:Cooper 12 Minutes Run and Walk Test, Harvard Step Test
   Test 2: Blood Pressure and Body Temperature.
   Test 3: Measurement of Basel Heart rate and Training Heart.

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2. A Glimpse of Human body-Shirley Telles
3. Biomechanics of Sports & Exercise peter Mc ginnis 3rd adition2013
4. Kinesiology of the musculoskeletal system A. Neumann 3rd Edition 2017
5. Sports Injuries Mahesh Bhargava 2024
6. Foundation of Sports & Exercise Psychology S. Weiberg and Deiniel Gould 7thEdition

SEMESTER-III

SEC-III

AEROBICS, ZUMBA & FOLK DANCE
BASECPHY2144T/P

Total Marks: 100
External Evaluation: 50
Practical Evaluation: 20
Internal Assessment: 30

Total Pass marks: 35%
Credits: 3
Time Allowed: 3 Hours

COURSE OBJECTIVES

CO1. Understand the **basic concepts and importance of Aerobics and Zumba** for physical fitness.

CO2. Perform **basic steps and routines of Aerobic exercises** to improve stamina and flexibility.

CO3. Demonstrate **Zumba dance movements** with proper rhythm and coordination.

CO4 Develop **physical fitness components** such as endurance, strength, flexibility, and Co-ordination.

COURSE OUTCOMES

CO1. Understand the **cultural importance and traditions** of Indian folk dances.

CO2. Improve **confidence, teamwork, and stage performance skills** through dance activities.

CO3. Maintain **healthy lifestyle and stress management** through regular physical activity.

(Theory)

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of three sections A, B and C. Each of sections A and B will have four questions from the respective sections of the syllabus and section C will consist of one compulsory question having 10 short-answer type questions covering the entire syllabus uniformly. All questions of sections A and B will carry 15 marks each where section C will carry 20 marks. Paper is of 3 hours duration.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt three questions in all, selecting one question from each section A and B and the compulsory question of section C. All questions of sections A and B will carry 15 marks each where as section C will carry 20 marks.

SECTION-A

1. AEROBICS: Introduction, Definition, Origion (Kenneth H. Cooper) and evolution, Objectives and Goal of Aerobics
2. TYPES AND FORMS OF AEROBICS: Low Impact and High Impact Aerobics, Step Aerobics (equipment and Technique), Floor Aerobics and Rhythmic routines and Dance Aerobics and Free Style Aerobics
3. ZUMBA: Introduction, Definition, Origin and Founder (Beto Perez) and Evaluation, Objectives and Goals of Zumba
4. TRAINING AND HEALTH ASPECTS: Warm-up and Cooling Down. Technique in Dance Fitness, Rhythm Coordination and Body Balance

SECTION-B

1. FOLK DANCE: Introduction Definitions and Importance of Folk Dance Role of Folk Dance in Community and Identity
2. INDIAN FOLK DANCE: Theory and Tradition of Bhagra and Giddha (Punjab), Garba (Gujrat), Lavani . . Maharashtra ,Goomar(Rajasthan)
3. PHYSIOLOGICAL EFFECTS ON BODY SYSTEM: (Cardiovascular, Respiratory, Muscularand .Skeltel) of aerobics, Zumba and Folk Dances
4. MODERN GROUP FITNESS PROGRAMMES: Cardio Dance Workout, Group Dance Fitness and Group Exercise Choreography.

(Practical)

PRACTICAL OF AEROBICS, ZUMBA AND FOLK DANCE

1. Basic Aerobic Steps Practice: Step-touch, V-step Grapevine Hamstring Curl, Knee-Lift, Jumping Jacks.
2. Zumba Routines: Music Tempo Management and intensity variations
3. Folk Dance: Bangra Basic Steps, Jhummar, Luddi, Dhamaal hand and leg coordination, use of dhol beats

SUGESSTED READINGS

1. Cooper, Kenneth. Aerobics for Fitness
2. Perez, Beto. Zumba: Ditch the Workout, Join the Party
3. Ministry of Culture, Folk Dances of India (website)

SEMESTER-III

VAC-III

YOGA AND MEDITATION

BAVACPHY2145T/P

Total Marks: 50
External Evaluation: 35
Practical Evaluation: 15

Total Pass marks: 35%
Credits: 2
Time Allowed: 1.5 Hours

COURSE OBJECTIVES

CO1. To Understand the **importance of yoga in modern life** for maintaining physical and mental health.

CO2. To Perform different **yoga asanas** with correct posture and technique.

CO3. To Practice various **pranayama techniques** (breathing exercises) for better lung capacity andrelaxation.

CO4. To Understand and perform **shuddhi kriyas** (cleansing techniques) for internal body purification.

COURSE OUTCOME

CO1. Develop the ability to practice **meditation** for concentration, stress reduction, and mental peace.

CO2. Improve **physical fitness**, flexibility, and body balance through regular yoga practice.

CO3. Enhance **mental stability, focus, and emotional control.**

CO4. Adopt a **healthy and disciplined lifestyle** through yoga practices.

(Theory)

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of three sections A, B and C. Each of sections A and B will have four questions from the respective sections of the syllabus and section C will consist of one compulsory question having 15 parts of short-answer type questions covering the entire syllabus uniformly. All questions of sections A and B will carry 5 marks each where as section C will carry one mark each question. Paper is of 1 Hour 30 minutes duration.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt five questions in all, selecting two questions from each section A and B and the compulsory question of section C. All questions of sections A and B will carry 5 marks each where as section C will carry 1 mark each question.

SECTION-A

1. YOGA: Meaning, Definitions Aim and Objectives of Yoga
2. TYPES OF YOGA: Raj Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga, Laya Yoga, Giyan Yoga, Hatha Yoga and Ashtang Yoga
3. ASHTANG YOGA: Yam, Niyama, Asanas, Pranyama,Partyahara, Dharna, Dhyana and Smadhi
4. MEDITATION: Meaning, Definition, Types and Principles of Meditation

SECTION-B

5. ASANAS: Meaning, Definition and Types of Asanas
6. PRANAYAMAS: Meaning, Definition of Pranayama and its Types
7. SHUDHI KRIYA: Meaning, Definition of Kriya and its Types
8. BANDHAS: Jalandhar Bandh, Udian Bandh, Mool Bandh and Maha Bandh

(Practical)

Practical Syllabus: Yoga and Meditation

1. Practice of Surya Namskar
2. Standing Asanas: Vrikshasana, Tadasana
3. Setting Asanas: Padamasnas, Vajrasana, Paschimottanasana
4. Laying Asanas:
   Supine Position (Halasanas, Sarvangasnas, Naukasanas)
   Prone Position (Bhujangasana, dhnurasana, Navasanas)
5. Practice of Pranayama: Bhastrika, Kapalbhati and Anulom Vilom

SUGGESTED READING

1. Brown, F. Y., (2000). How to use Yoga. Delhi: Sports Publication.
2. Debnath, M. (2000). Basic Core Fitness through Yoga and Naturopathy. New Delhi: Sports Publication,
3. Ghrote, M. L. & Ganguly, H. (1988) Teaching Methods for Yogic Practices. Lonawala: Kaixydahmoe.
4. Sharma, L. (1991). All you Wantedto Know about Yoga, Greater Noida: Sterling Publisher Pvt. Lmd.
5. Shekhar K. C., (2003). Yoga for Health. Delhi: Khel Sahitya Kendra.

SEMESTER-IV

Major: SPORTS COACHING AND ADMINISTRATION
BAMJPHY2206T/P

Total Marks: 100
External Evaluation: 50
Practical Evaluation: 30
Internal Assessment: 20

Total Pass marks: 35%
Credits: 4
Time Allowed: 3 Hours

COURSE OBJECTIVES

CO1. To understand the **basic concept of sports training**, its aim and objectives.
CO2. To l gain knowledge of **different training methods** like Interval, Weight, Fartlek, Repetition, and Circuit Training.
CO3. To understand the **importance of warm-up and cool-down** and their effects on the body.
CO4. To develop basic understanding of **physical fitness components** such as speed, strength, endurance, agility, flexibility, and coordination.

COURSE OUTCOMES

CO1. Students will understand the **concept of load** and its types in sports training.
CO2. Students will learn the **basics of transfer of training** and factors affecting it.
CO3. Students will understand **intramural and extramural activities** and their importance.
CO4. Students will gain knowledge about **event management** in sports and athletics meets.
CO5. Students will understand **emotions and their types** in sports.
CO6. Students will learn the **concept of motivation** and its importance in sports performance.

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of four sections A, B, C and D. Each of sections A, B and C will have four questions from the respective sections of the syllabus and section D will consist of one compulsory question having 10 parts of short-answer type questions covering the entire syllabus uniformly. All questions of sections A, B and C will carry 10 marks each where as section D will carry 20 marks. Paper is of 3 hours duration.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt Four questions in all, selecting one question from each section A, B and C and the compulsory question of section D. All questions of sections A, B and C will carry 10 marks each where as section D will carry 20 marks.

SECTION-A

1. Sports Training: Meaning, aim and Objective.
2. Methods of Sports Training: Interval Training, Weight Training, Fartlek Training, Repitation Method and Circuit Training
3. Warm-up and Cool-down: Meaning, effects, Types and Importance of Warm-up and Cooling Down
4. Components of Physical Fitness: Speed, Strength, Endurance, Agility, Flexibility and Neuro-Muscular Coordination

SECTION-B

1. Transfer of Training: Types and factors effecting on Transfer of training
2. Load: Normal load, Crest load and Over load
3. Emotions: Meaning and Types of Emotions Conscious, Sub Conscious and unconscious
4. Motivation: Meaning, Types and factor effecting in Sports of Motivation

SECTION-C

1. Sports management: Meaning, Steps and Importance.
2. Event management: Organization and administration of sports events and athletic meet.
3. Tournaments: Byes, Fixtures, Types of tournament.
4. Intramural and Extramural: meaning, importance Scope of intramural and extramural

(Practical)

1. **ATHLETICS (Long Jump)**: Marking and Dimension of Long Jump Pit
   Practice of Explosive Jumping Exercises
   Practice of Jumping Technique
   Records and Names of National and International athletes
2. **Foot Ball:** Marking and Dimension of Foot Ball Ground
   Fundamental Techniques and Drills.
   Rules and Regulations Related to Football
   Lead up Games of Football
3. **Test and Evalutions:** Test 1: Philip's J.C.R. Test
   Test-2 Semo agility test, Shuttle run Test
   Test-3 Sit and Reach Test
   Test-4 Nelson Hand Reaction time test

RECOMMENDED BOOKS

1. Dick W.F. (1980) Sports Training Principles London Lepus Books.
2. Singh H. (1984) Sports Training General theory and methods patiala NSNIS
3. Uppal A.K. (1999) Sports Training New Delhi Friends Publication
4. Singh Bains, J.Gill, JS & Brar RS (2026) Essential of Physical Education Published by: Kalyani Publisher
5. Matvyew, L. P. (1981) Fundamental of Sports Training Moscow Progress Publishers

Minor: SPORTS COACHING AND ADMINISTRATION
BAMINPHY2204T/P

Total Marks: 100
External Evaluation: 50
Practical Evaluation: 30
Internal Assessment: 20

Total Pass marks: 35%
Credits: 4
Time Allowed: 3 Hours

COURSE OBJECTIVES

CO1. To understand the **basic concept of sports training**, its aim and objectives.
CO2. To I gain knowledge of **different training methods** like Interval, Weight, Fartlek, Repetition, and Circuit Training.
CO3. To understand the **importance of warm-up and cool-down** and their effects on the body.
CO4. To develop basic understanding of **physical fitness components** such as speed, strength, endurance, agility, flexibility, and coordination.

COURSE OUTCOMES

CO1. Students will understand the **concept of load** and its types in sports training.
CO2. Students will learn the **basics of transfer of training** and factors affecting it.
CO3. Students will understand **intramural and extramural activities** and their importance.
CO4. Students will gain knowledge about **event management** in sports and athletics meets.
CO5. Students will understand **emotions and their types** in sports.
CO6. Students will learn the **concept of motivation** and its importance in sports performance.

INSTRUCTIONS FOR THE PAPER SETTER

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INSTRUCTIONS FOR THE CANDIDATES

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SECTION-A

1. Sports Training: Meaning, aim and Objective.
2. Methods of Sports Training: Interval Training, Weight Training, Fartlek Training, Repitation Method and Circuit Training
3. Warm-up and Cool-down: Meaning, effects, Types and Importance of Warm-up and Cooling Down
4. Components of Physical Fitness: Speed, Strength, Endurance, Agility, Flexibility and Neuro-Muscular Coordination

SECTION-B

1. Transfer of Training: Types and factors effecting on Transfer of training
2. Load: Normal load, Crest load and Over load
3. Emotions: Meaning and Types of Emotions Conscious, Sub Conscious and unconscious
4. Motivation: Meaning, Types and factor effecting in Sports of Motivation

SECTION-C

1. Sports management: Meaning, Steps and Importance.
2. Event management: Organization and administration of sports events and athletic meet.
3. Tournaments: Byes, Fixtures, Types of tournament.
4. Intramural and Extramural: meaning, importance Scope of intramural and extramural

(Practical)

1. **ATHLETICS (Long Jump)**: Marking and Dimension of Long Jump Pit
   Practice of Explosive Jumping Exercises
   Practice of Jumping Technique
   Records and Names of National and International athletes
2. **Foot Ball:** Marking and Dimension of Foot Ball Ground
   Fundamental Techniques and Drills.
   Rules and Regulations Related to Football
   Lead up Games of Football
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RECOMMENDED BOOKS

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2. Singh H. (1984) Sports Training General theory and methods patiala NSNIS
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4. Singh Bains, J.Gill, JS & Brar RS (2026) Essential of Physical Education Published by: Kalyani Publisher
5. Matvyew, L. P. (1981) Fundamental of Sports Training Moscow Progress Publishers

MDC-IV
MEDITATION AND SHUDDHI KRIYAS
BAIDCPHY2246T

Total Marks: 100
External Evaluation: 50
Practical Evaluation: 30
Internal Assessment: 20

Total Pass marks: 35%
Credits: 3
Time Allowed: 3 Hours

COURSE OBJECTIVES

CO1. To Understand the **importance of yoga in modern life** for maintaining physical and mental health.

CO2. To Perform different **yoga asanas** with correct posture and technique.

CO3. To Practice various **pranayama techniques** (breathing exercises) for better lung capacity and relaxation.

CO4. To Understand and perform **shuddhi kriyas** (cleansing techniques) for internal body purification.

COURSE OUTCOMES

CO1. Develop the ability to practice **meditation** for concentration, stress reduction, and mental peace.

CO2. Improve **physical fitness**, flexibility, and body balance through regular yoga practice.

CO3. Enhance **mental stability, focus, and emotional control**.

CO4. Adopt a **healthy and disciplined lifestyle** through yoga practices.

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of three sections A, B and C. Each of sections A and B will have four questions from the respective sections of the syllabus and section C will consist of one compulsory question having 10 parts of short-answer type questions covering the entire syllabus uniformly. All questions of sections A and B will carry 10 marks each where as section C will carry 10 marks. Each question of section C will carry 1 marks. Paper is of 3 hours duration.

INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt five questions in all, selecting two questions from each section A and B and the compulsory question of section C. All questions of sections A and B will carry 10 marks each where as section C will carry 10 marks.

SECTION-A

1. MEDITATIO: Meaning Need and Importance of Meditation in Modern Life
2. BANDHAS: Jalandhar Bandh, Udiyan Bandh, Mool Bandh and Maha Bandh
3. SHAT KARMAS: Meaning Types and Benefits of Shudhi Kriyas
4. Techniques, Safety Measures and Precoutions during shudhi Kriyas

SECTION-B

1. CHAKRA: Meaning Types and benefits of Activate in 7 Chakras
2. PRANAYAMA: Meaning and Different Phases in Pranayama Practice Purka (Inhalation) Kumbhka (Retention Hold) Rechka (Exalation)
3. Types and Techniques of Pranayama
4. Differences Between Yoga and Non Yogic Systems and Exercises

(Practical)

TRAINING METHODS

1. Practices of different techniques of Meditation
2. Practices of different techniques of Pranayama
3. Practices of different techniques of Shuddhi Kriyas

4. Practices of different techniques of Bandhas

SUGGESTED READING

1. Brown, F. Y., (2000). How to use Yoga. Delhi: Sports Publication.
2. Debnath, M. (2000). Basic Core Fitness through Yoga and Naturopathy. New Delhi: Sports Publication,
3. Ghrote, M. L. & Ganguly, H. (1988) Teaching Methods for Yogic Practices. Lonawala: Kaivydahmoe.
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