



# **RANI CHANNAMMA UNIVERSITY BELAGAVI**

THE COURSE STRUCTURE & SYLLABUS OF UNDER GRADUATE COURSES

IN

**PHYSICAL EDUCATION, SPORTS AND YOGA**

FOR THE ACADEMIC YEAR 2021-22 AND ONWARDS

**FRAMED AS PER NATIONAL  
EDUCATION POLICY-2020 KARNATAKA**

***PREFACE***

Physical Education is a movement education which plays an important role in Nation Building, through Fit India Movement, to keep one healthy and Fit. The institutions shall make provisions for the students to take part in Physical Education programme which has the different activities like Sports, Games, Yoga, Athletics, Aerobics and adventures activities.

The National education policy has given an opportunity to make physical education as an Academic, through which lot of opportunity are created for the students to develop, physical, mental emotional balance. Through active participation in movement exercises, sports & yoga.

In the present curriculum framework, the provisions were made based on the facilities available in the college, I am sure this is not the ultimate, this only a beginning, the mile run starts with first step..I take this opportunity to thank the Vice Chancellor and the authorities of the Rani Channamma university for giving me this opportunity, my sincere thanks to Srikanth Nodal officer, and to all the other members for their kind consideration.

**Dr.Sundar Raj Urs,**

Chairman,

SubjectExpertCommittee:PhysicalEducation,SportsandYoga  
&Former Principal UCPE, & Dean of Education&Retired  
Registrar evaluation Bengaluru North-University, Bengaluru.

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**RCUB-NEP 2020-21 Subject Expert committee**  
**Physical Education Sports and Yoga**

SL No	Name	Designation and Address	Position
1	Prof. SUNDAR RAJ URS	Former Principal UCPE, & Dean of Education And Retd Registrar Evaluation, Bengaluru North University, Bengaluru	Chairman
2	Prof. D M JYOTHI	Dept of Physical Education, Womens University, Vijaypur And NEP-2020 Expert Committee Member Karnataka State	Member
3	Shri SRIKANTH R	Nodal Officer, Dept of Collegiate Education And NEP-2020 Expert Committee Member Karnataka State	Member
4	Shri RAVI GOLA	Director of Physical Education, G P Porwal College, Shindagi, Vijaypur	Member
5	Shri S B CHALAGERI	Director of Physical Education, VNS College, Hunagund, Bagalkot.	Member
6	Shri RAMKRISHNA N	Director of Physical Education, Rani Parvati Devi College, Belagavi	Member
7	Dr. RAMARAO C	Director of Physical Education, Lingaraj College, Belagavi	Member
8	Smt. SHARADA NIMBARAGI	Director of Physical Education, Govt First Grade College, Rampur.	Member
9	Shri JAGADISH S GASTI	Director of Sports Rani Channamma University, Belagavi	Member Convenor

## PREAMBLE

Our country is growing rapidly as a global super-power. To overcome the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Rani Channamma University insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched Fit India Movement, Khelo India, TOP Sand National Sports Day, International Day of Yoga etc. These initiatives have given impetus and awareness among general public, professional and academicians. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. Thus, the Governments of India and Rani Channamma University Belagavi, have included Physical Education, Sports and Yoga as a key area under the NEP 2020.

The Rani Channamma University Belagavi has constituted an expert committee to draft the curriculum framework for creating professionals in the area of Physical Education, Sports and Yoga at the Higher Education Institutions. Several meetings are conducted in online and modes to discuss and prepare the Curriculum Framework. The curriculum framework is drafted for enhancing the skill development, value addition, overall personality development, entrepreneurship and employability. The courses proposed are Elective and Skill Enhancement in nature and can be offered through HEIs.

The graduate level course in Physical Education, Sports and Yoga contains subjects varying from Principle sand Practices of Yoga, application of Yoga etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education, sports and yoga courses are fit to join the jobs as physical and yoga trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers, yoga therapist etc. During their course of education the students also develop the expertise to establish their own business as entrepreneurs in the field of Fitness, Sports, Yoga, Recreation,

Adventure Sports, Camping, Event Management etc. The graduates who are interested can also pursue research in the field of Physical Education, Sports and Yoga.

The meeting of the RCUB NEP expert committee was held on 29<sup>nd</sup> September 2021 in online mode at 10:30 am. The syllabus was made by referring Karnataka State NEP Curricular framework for Physical Education, sports and Yoga. Then finalized the syllabus for I & II semester curriculum framework and submitted to the authority of Rani Channamma University, Belagavi.

NEP-RCUB

## Curriculum

*Name of the Degree Program: BA/BSc/BCom/BBA/BCA & all other UG Courses*

*1. Open Electives: 03 Credits each (BA/BSc/BCom/BBA/BCA & all other UG Courses)*

*2. Skill Enhancement Courses: 01 Credit each (BA/BSc/BCom/BBA/BCA & all other UG Courses)*

*Starting Year of Implementation: 2021-22*

### **Aims & Objectives:**

- To bring the Physical Education, Sports and Yoga awareness among the students.
- To encourage every student, to actively participate at least in any one form of physical activity.
- To work their optimal level of Physical Fitness.
- To develop the individual as a fit citizen in the society.
- To enhance the mass participation.
- To get knowledge in different sport, Games, Athletics and Yoga.
- To Develop the activities required for organizing Physical Education, sports and Yoga.
- To acquire knowledge about yoga & physical exercises.
- To initiate job oriented training and certificate courses for students in various training program. (Gym instructor, yoga instructor, coaching of various sports/games etc.)

### **Program Out comes:**

Physical Education, sports and Yoga are very wide subjects in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through these subjects. Under these subjects, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education, Sports and Yoga for Students.

### **Opportunities after completion of the course**

1. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
2. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently
3. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of the same.
4. The students to be entrepreneur to start their own fitness center, gym, etc for different genders and age groups at all level
5. The students are enable to officiate, supervise and organize various sports events.
6. Student will learn to apply the knowledge of managing the fitness equipment's
7. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life
8. The student will earn and contribute on fitness management and fitness diet.
9. Students will understand and learn different dimension of active lifestyle
10. The student will gain knowledge of professional preparation In Physical Education, Sports and Yoga
11. Students will be able to assess the Physical Fitness in Scientific way
12. The students will be able to continue professional courses and research in Physical Education, sports and yoga.



## Assessment

### Weightage for Assessments

#### Semester-I

##### Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)

Course Theory Instructions & Demonstration	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PET-OE1-1 PET-OE1-2				60(40+20)
Theory	Yoga & Fitness/	1	1	
PEP-OE1/2	Sports & Recreation			
Practical's		2	4	40 (20+20)
<b>Total</b>		<b>3</b>	<b>3(5)</b>	<b>100</b>

*Note: For Open Electives the No: of Credits for Practical's & Theory shall be altered as per requirement.(1 Theory+2Practical or 2 Theory+1 Practical)*

#### Semester-1

##### Skill Enhancement Courses (SEC)

##### ValueBased-1Physical EducationandYoga-1 (BA/BSc/B.Com/BBA/BCA&all other UG Courses)

Course Theory Instructions & Demonstration	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
PEP-SEC1-1 Practical	Physical Education and Yoga-1	1	2	25
<b>Total</b>		<b>1</b>	<b>2</b>	<b>25</b>

##### Skill Enhancement Courses(SEC)

##### Value Based-2 Health and Wellness

##### (BA/BSc/B.Com/BBA/BCA&all other UG Courses)

PET-SEC1-2 Practical Instructions & Demonstrations	Health and Wellness	1	2	25
<b>Total</b>		<b>1</b>	<b>2</b>	<b>25 (IA)</b>

*Note: As Health & Wellness components include more of fitness components and Wealth & wellness is a component of physical education curriculum, HEALTH AND WELLNESS paper shall mandatorily handled by Physical Education professionals only.  
Instructions & Demonstrations to be given wherever necessary in HEALTH AND WELLNESS.*

## Assessment

### *Weightage for Assessments*

Semester-II				
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course Theory Instructions & Demonstration	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
<b>PET-OE2-1</b>				
Theory	<b>Fitness for Career/</b>	1	1	<b>60 (40+20)</b>
<b>PEP-OE2-2</b>	<b>Sports Event</b>			
Practical's	<b>Management</b>	2	4	<b>40 (20+20)</b>
<b>Total</b>		<b>3</b>	<b>3 (5)</b>	<b>100</b>
Semester-II Skill Enhancement Courses(SEC) Value Based-1 Physical Education and Sports-1 (BA/BSc/B.Com/BBA/BCA & all other UG Courses)				
Course Theory Instructions & Demonstration	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
<b>PETP-SEC2-1</b>	<b>Physical Education and Sports-2</b>			
Theory & Practical		1	2	<b>25</b>
<b>Total</b>		<b>1</b>	<b>2</b>	<b>25 (IA)</b>

Semester I Open Elective Paper Title of the Course: <b>Yoga and Fitness</b> (BA/BSc/B.Com/BBA/BCA&all other UG Courses)
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Course Code	Theory/ Practical	Credits	No. Of Teaching Hours/Week	Total No. Of Teaching Hours	Duration of Exam in hrs	Internal Assessment Marks	Semester End Exam Marks	Total Marks
PET-OE1-1	Yoga & Fitness / Sports & Recreation	1	1	14	3hrs	20	40	60
PET-OE1-2								
PEP-OE1/2		2	4	56	3hrs	20	20	40
Total		3	5	-	-	40	60	100

Content of Theory Course									
<p><b>Theory</b></p> <ul style="list-style-type: none"> <li>● Importance of Yoga and Fitness</li> <li>● Types and Principles of Asanas</li> <li>● Fitness Components</li> <li>● General and Specific Conditioning and its importance</li> <li>● Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities</li> <li>● Yoga, Fitness and Personality</li> <li>● Nutrition for Fitness</li> </ul> <p><b>Practical's</b></p> <ul style="list-style-type: none"> <li>● General and Specific Warm up</li> <li>● Aerobics/Zumba/Dance</li> <li>● Asanas</li> <li>● Recreation for Fitness</li> <li>● Report Preparation, Records and PPT</li> </ul>	14								
<p><b>Formative Assessment</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Assessment type</th> <th>Weightage in Marks</th> </tr> </thead> <tbody> <tr> <td>Theory</td> <td>Theory - 40 Marks Internal-20 Marks</td> </tr> <tr> <td>Practicals</td> <td>Practical - 20 Marks Internal-20 Marks</td> </tr> <tr> <td><b>Total</b></td> <td><b>100Marks</b></td> </tr> </tbody> </table>	Assessment type	Weightage in Marks	Theory	Theory - 40 Marks Internal-20 Marks	Practicals	Practical - 20 Marks Internal-20 Marks	<b>Total</b>	<b>100Marks</b>	56
Assessment type	Weightage in Marks								
Theory	Theory - 40 Marks Internal-20 Marks								
Practicals	Practical - 20 Marks Internal-20 Marks								
<b>Total</b>	<b>100Marks</b>								

## References

1. Ajith 'Yoga pravesha'' Rashtrotana parishad Bangalore
2. B K S Iyengar 'Light on Yoga' Rashtrotana parishad Bangalore
3. B.K.S.Iyengar 'Yoga the path to holistic Health', Dorling Kindersley Delhi 2001
4. Leslie Kaminoff, Amy Matthews 'Yoga Anatomy' Human Kinetics U.S.A. 2007
5. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports
6. Swami Sachidananda 'the yoga sutras of Pathanjali Integral yoga Publications 2012.

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**Semester-I**  
**Skill Enhancement Courses(SEC-1)**  
 Title of the Course:  
**PHYSICAL EDUCATION and YOGA**  
*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Course Code	Theory/ Practical	Credits	No. Of Teaching Hours/Week	Total No. Of Teaching Hours	Duration of Exam in hrs	Internal Assessment Marks	Semester End Exam Marks	Total Marks
PEP-SEC1-1 <b>Sub Total A</b>	Physical Education and Yoga	1	2	28	-	25	-	25
PET+PEP-SEC1-2 <b>Sub total B</b>	Health and Wellness	1	2	14+14	-	25	-	25

Content of Practical Course	28Hrs
<p><b>Unit1:-Physical Education</b></p> <ul style="list-style-type: none"> <li>● General &amp; Specific warm up exercises</li> <li>● Recreation Games and Fitness</li> <li>● Any 1 Major Game and one minor game (A student can choose any 1 major game based on the availability of facilities in the college, if not any two minor games.)</li> </ul> <p><b>Unit2:-Yoga</b></p> <ul style="list-style-type: none"> <li>● Shitalikarna Vyayama</li> <li>● Suryanamaskara (Compulsory)</li> <li>● Basic Set of Yoga Asanas</li> <li>● Basic Set of Pranayama &amp; Meditation</li> </ul>	28

<b>Formative Assessment</b>	
<b>K2Assessment type</b>	<b>Weightage in Marks</b>
Practicals	Internal Assessment- 25
<b>Total</b>	25 Marks

Pedagogy - The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural.

**References:**

1. Russell,R.P.(1994).Health and Fitness Through Physical Education. USA: Human Kinetics.
2. Uppal,A.K.(1992).Physical Fitness. New Delhi: Friends Publication.
3. Nagendra,H.R.&Nagarathna,R.(2002).Samagra Yoga Chikitse. Bengaluru: SwamiVivekanandaYoga Prakashana.
4. Kumar,Ajith.(1984)Yoga Pravesha. Bengaluru: Rasthrothanna Prakashana.
5. D.MJyoti,YogaandPhysicalActivities(2015)lulu.com3101,Hillsborough,NC27609,UnitedStates

**Semester-I**  
**Skill Enhancement Courses (SEC-2)**  
 Title of the Course:  
**HEALTH AND WELLNESS**  
*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

<b>Content of Course (1+0+1)</b>	<b>14+14 Hrs</b>
<p><b>Unit1:-Introduction</b></p> <ol style="list-style-type: none"> <li>1. Meaning, Definition and dimensions of Health and Wellness.</li> <li>2. Factors affecting Fitness and Wellness</li> <li>3. Role of Fitness in maintaining Health and Wellness</li> <li>4. Importance of Health Education and Wellness</li> </ol> <p><b>Unit2:-Methods to Maintain Health and Wellness</b></p> <ol style="list-style-type: none"> <li>1. Role of Physical Activities and Recreational Games for Health and Wellness</li> <li>2. Role of Yoga asanas and Meditation in maintaining Health and Wellness</li> <li>3. Nutrition for Health &amp; Wellness</li> </ol> <p><b>Unit3:-Anxiety, Stress and Aging</b></p> <ol style="list-style-type: none"> <li>1. Meaning of Anxiety, Stress and Aging</li> <li>2. Types and Causes of Stress</li> <li>3. Stress relief through Exercise and Yoga</li> </ol>	<b>28</b>
<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
Theory and Practical	Internal Assessment 25 Marks
<b>Total</b>	25 Marks

Pedagogy-The course shall be taught through Lecture, Practicals, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural.



## References

1. AAPHERD “Health related Physical Fitness Test Manual.”1980  
Published by Association drive Reston Virginia
2. Bucher.C.A (1979) foundation of Physical Education (5<sup>th</sup>edition Missouri CVM osby Co.)
3. Puri.k. Chandra S.S (2005)“Health and Physical Education ”New Delhi:  
Surjeet Publication
4. Thomas D Fahey and others. Fit and well:6<sup>th</sup> Edition New York:Mc Graw Hill Publishers, 2005
5. Dixit Suresh (2006) Swasthya Shiksha sports Publications Delhi.
6. Uppal AK & Gautam GP (2008) Health and Physical Education. Friends Publication New Delhi
7. Pinto John and Roshan Kumar (2021) “Introduction to Physical Education”, Louis Publication. Mangalore
8. Shanti KY(1987)“The Science of Yogic Breathier” (Pranayama) DB Bombay
9. Ziegler EF (2007) “An Introduction to Sports and Physical Education” Philosophy Delhi
- 10.Pinto John and Ramachandra K (2021) Kannada Version “Dahika Sikshanada Parichaya” Louis publications. Mangalore

Semester II  
 Open Elective Paper  
 Title of the Course:  
**Physical Fitness for Career**  
*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Course Code	Theory/ Practical	Credits	No. Of Teaching Hours/Week	Total No. Of Teaching Hours	Duration of Exam in hrs	Internal Assessment Marks	Semester End Exam Marks	Total Marks
PET-OE2-1	Fitness for career/ Sports Event	2	2	14/28	3hrs	20	40	<b>60</b>
PEP-OE2-2	Management	1	2	56/28	3hrs	20	20	<b>40</b>
Total		3	4	-	-	40	60	<b>100</b>

<b>Content of Theory Course</b>		
<b>Theory</b> <ul style="list-style-type: none"> <li>● Importance of Yoga and Fitness</li> <li>● Physical Standards: Men and Women</li> <li>● Standard Fitness Tests: Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports &amp; Physical Education</li> <li>● General and Specific Conditioning and its importance</li> <li>● Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc</li> <li>Mode of Selections and Qualifying Standards</li> </ul>		<b>14</b>
<b>Practical's</b> <ul style="list-style-type: none"> <li>● General and Specific Warm up</li> <li>● Training for Endurance, Speed, Strength, Agility, Flexibility etc</li> <li>● Required Physical Fitness Tests: Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc</li> </ul>		<b>56</b>
<b>Formative Assessment</b>		
<b>Assessment type</b>	<b>Weightage in Marks</b>	
Theory	Theory-40 Marks, Internal-20 Marks	
Practicals	Practical -20 Marks, Internal -20 Marks	
<b>Total</b>	<b>100Marks</b>	

**Semester-II**  
**Open Elective Paper**

Title of the Course:

**Sports Event Management**

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

<b>Content of Theory Course</b>		<b>14 Hrs</b>
<p><b>Theory</b></p> <ul style="list-style-type: none"> <li>● Meaning, Definition and importance of Sports Management</li> <li>● Scope of Sports Event Management</li> <li>● Principles of Sports Event Management</li> <li>● Major and Minor Sports Events</li> <li>● Traditional Games Management</li> </ul>		<b>28</b>
<p><b>Practical's</b></p> <ul style="list-style-type: none"> <li>● Organization of Indoor Sports and Games Events</li> <li>● Project on Outdoor Sports and Games Events</li> <li>● Visits to Sports Clubs, Sports Stadiums, IPL. KPL and League Tournaments</li> <li>● Organization of Intramural - Sports Events, Sports Fests, Traditional GamesFest</li> <li>● Report Preparation, Records and PPT</li> </ul>		<b>28</b>
<b>Formative Assessment</b>		
<b>Assessment type</b>	<b>Weightage in Marks</b>	
Theory	Theory - 40 Marks Internal-20Marks	
Practicals	Practical - 20 Marks Internal-20 Marks	
<b>Total</b>	<b>100Marks</b>	

**Semester-II**  
**Skill Enhancement Courses (SEC-II)**  
 Title of the Course:  
**PHYSICAL EDUCATION & SPORTS**  
*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Course Code	Practical	Credits	No. Of Teaching Hours/Week	Total No. Of Teaching Hours	Duration of Exam in hrs	Internal Assessment Marks	Semester End Exam Marks	Total Marks
PEP-SEC2-1	Physical Education and Sports	1	2	28	-	25	-	25
<b>Total</b>		<b>1</b>	<b>2</b>	<b>28</b>	<b>-</b>	<b>25</b>	<b>-</b>	<b>25</b>

Content of Practical Course	28Hrs
<b>Unit1:-Physical Education &amp; Sports</b> <ul style="list-style-type: none"> <li>● Conditioning exercises</li> <li>● Aerobics &amp; Calisthenics</li> <li>● One Major Game and One Indigenous Game(Basic Skills)</li> <li>● One Track/Field Event</li> <li>● Intramural Competitions</li> </ul>	<b>28</b>

Formative Assessment	
Assessment type	Weightage in Marks
Practicals	Internal Assessment Marks-25
<b>Total</b>	<b>25 Marks</b>

**Pedagogy:** The course shall be taught through Lecture, Practicals, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural.

**References:**

1. Muller, J.P. (2000). Health, Exercise and Fitness. Delhi: Sports.
2. IAAF Manual
3. Vanaik, A. (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
5. Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

**Note:** Skills of Sports and Games (Game Specific books) may be referred

## Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practicals) by Physical Education Faculty, qualified as per the UGC guidelines.
2. Physical Education Faculty shall be Enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
3. Health and Wellness (Value based paper under SEC) paper shall be taught by Physical Education Faculty only.
4. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
5. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.
6. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e. BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22.
7. The existing work load of the Physical Education Faculty for preparing colleges sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
8. Along with Discipline Specific Core papers, appropriate measures shall be ensured to conduct practical and theory assessments for Open Electives and skill enhancement courses.
9. Physical Education as Discipline Specific Core (DSC) may be included next year in RCUB Curriculam

**Model Question Paper**  
Scheme of Evaluation Open Elective

Maximum Marks: 40

Time : 90 Minutes

Instructions:

1. Answer any FIVE questions in the Part-A,
2. Answer any FOUR questions in the Part-B,

each question carries 2 marks.  
each question carries 5 marks.

**PART – A**

I. Answer any FIVE questions

10x2 Marks = 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

**PART – B**

II. Answer any FOUR questions

4x5Marks = 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**Scheme of Evaluation**

Skill Enhancement Course (B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Physical Education Yoga/Health & Wellness/Sports (1 Credit Each)

Internal Assessment = 25 Marks

<b>Attendance</b>	<b>Intramural Participation</b>	<b>Skill Test/Inter Collegiate/State/National level/AIU Participation</b>
15 Marks	5 Marks	5 Marks

**Semester-I**  
**Skill Enhancement Courses (SEC-1)**  
Title of the Course:  
**PHYSICAL EDUCATION and YOGA**  
Model Syllabus in detail

UNIT-I

- A) General And Specific Warm up Exercises and cooling down.  
Meaning, types and Significance of warming up exercises  
Meaning, types and Significance of Cooling down  
Callisthenic Exercises, Stretching Exercises, Free hand Exercises (Specific Exercises – Shoulder, wrist and arm rotation, Leg Swing, Ankle rotation, Hip rotation.
- B) Recreation Games And Fitness  
Hopping, Two leg jump relay, Frog Jump relay, Shifting of Dumbbells etc (Can be Modified as per available equipment's)  
Fitness
- C) Any 1 major game and one minor game. Or any two minor games  
Major Games-  
Foot Ball, Volley Ball, Kbadidi, Cricket, KhoKho, Basket Ball, Hand Ball, Net Ball, Throw Ball, Hockey,  
Individual Games- Athletics, Swimming, Judo, Werstling, Taekwondo, Weight Lifting, Best Physique,  
Racket Sports- Badminton, Tennis, Ball Badminton, Table Tennis.  
Minor Games- Blind Man Buff, Dodge the Ball, Capture the flag

UNIT II

- A) Shitalikarna Vyayama
- B) Suryanamaskara (12 Poses are Compulsory 1. Ardachakrasana 2. Padhastasana 3. Ashwasanchalāsana 4. Dhandāsana 5. Shasangāsana 6. Astangāsana 7. Bhujangāsana 8. Parvathāsana 9. Shashangāsana 10. Ashwasanchalāsana 11. Padhastasana 12. Ardachakrasana)
- C) Basic Set of Yoga Asanas -Sitting Poses  
Padmasana, sukhasana, Vajrasana, Gomukhasana, paschimottanasana  
Prone Position Asanas - Bhujangāsana, Shashankāsana, Shalabhasana  
Supine Position – Padauttanasana, Suptapawanmuktāsana, Kandharāsana  
Inverted Asanas- Sarvangāsana, Halāsana, Shirashāsana
- D) Basic Set of Pranayama & Meditation  
Pranayama- Anulom-Vilom Pranayama, Bhramari Pranayama, Ujjai Pranayama, Bhastrika Pranayama, Dhirga Pranayama  
Meditation- Mindfulness, Meditation for healing, Self Enquiry, Body scan meditation

Kindly recommend for BOS & BOE