

<b>Name of the Course</b>	PHYSICAL EDUCATION AND YOGA PRACTICES		
<b>Year of Introduction</b>	<b>2014</b>		<b>Year of Revision</b>
			<b>2021</b>
<b>Semester – wise Courses and Credit distribution</b>	<b>I</b>	<b>II</b>	<b>Total</b>
<b>No. of Courses</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>No. of Credits</b>	<b>1</b>	<b>1</b>	<b>2</b>

<b>Semester</b>	<b>I</b>	<b>Course Code</b>	21APEU001
<b>Course Title</b>	PHYSICAL EDUCATION AND YOGA PRACTICES		
<b>No. of Credits</b>	0+1	<b>No.of Contact hours per week</b>	<b>2.5</b>
<b>New Course / Revised Course</b>	Revised Course	<b>Percentage of Revision effected</b>	<b>As per ICAR</b>
<b>Category</b>	Foundation course		
<b>Scope of the Course</b>	Skill Development		
<b>Cognitive Levels addressed by the Course</b>	K-1, K-2 & K-3		
<b>Course Objectives</b>	The Course aims to Gain knowledge about the Fitness, Yoga and Sports & Games		
<b>Practical</b>	<b>Content</b>		<b>No of Hours</b>
<b>1</b>	Teaching of standing and sitting posture Asanas - demonstration, practice and correction.		<b>5</b>
<b>2&amp;3</b>	Teaching of skills in Hockey – demonstration practice of the skills and correction. And involvement of skills in games situation Teaching of advance skills in Hockey – demonstration practice of the skills and correction. Involvement of all the skills in games situation with teaching of rules of the game.		<b>10</b>
<b>4&amp;5</b>	Teaching of skills in Kho-Kho – demonstration practice of the skills and correction. Involvement of the skills in games situation. Teaching of advance skills in Kho-Kho – demonstration practice of the skills and correction. Involvement of all the skills in games situation with teaching of rules of the game.		<b>4</b>
<b>6&amp;7</b>	Teaching of different track events – demonstration practice of the skills and correction. Teaching of different field events – demonstration practice of the skills and correction.		<b>12</b>
<b>8&amp;9</b>	Teaching of weight training – demonstration practice and correction. Teaching of circuit training – demonstration practice and correction.		<b>6</b>
<b>10</b>	Teaching of calisthenics – demonstration practice and correction.		<b>3</b>
<b>References</b>	<b>References Books:</b> 1. Track and Field by C.Thirunarayanan and S. Harihara Sharma 2. Essentials of Exercise Physiology by Larry G.Shaver		

	<p>3. Organization of Physical Education by J.P. Thomas  4. Methods in Physical Education by S. Harihara Sharma  5. Principles of Physical Education by R.C. Sathiyanesan  6. The Complete Book of First Aid by John Handerson  7. The Official Rules book of Basketball, Football, Hockey, Volley ball, Kabbadi Federations of India.</p> <p><b>Web Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://www.iaaf.org/home">https://www.iaaf.org/home</a></li> <li>2. <a href="http://www.indiankabaddi.org/">http://www.indiankabaddi.org/</a></li> <li>3. <a href="https://www.olympic.org/the-ioc">https://www.olympic.org/the-ioc</a></li> <li>4. <a href="https://www.topendsports.com/testing/tests/yo-yo-endurance.htm">https://www.topendsports.com/testing/tests/yo-yo-endurance.htm</a></li> </ol>
<b>Course Outcomes</b>	<p>Students should be able to</p> <p>CO 1: Demonstrate the skills related to Hockey and Track and Field events  CO 2: Demonstrate the skills related to Kho-Kho  CO3: Demonstrate the different types of asanas  CO 4: Realize the different types of sports training methods.  CO 5: Demonstrate the freehand exercises / formal exercises.</p>

<b>Semester</b>	<b>II</b>	<b>Course Code</b>	21APEU002
<b>Course Title</b>	PHYSICAL EDUCATION AND YOGA PRACTICES		
<b>No. of Credits</b>	<b>0+1</b>	<b>No.of Contact hours per week</b>	<b>2.5</b>
<b>New Course / Revised Course</b>	<b>Revised Course</b>	<b>Percentage of Revision effected</b>	<b>As per ICAR</b>
<b>Category</b>	<b>Foundation course</b>		
<b>Scope of the Course</b>	<b>Skill Development</b>		
<b>Cognitive Levels addressed by the Course</b>	<b>k-1, k-2 &amp; K-3</b>		
<b>Course Objectives</b>	<b>The Course aims to</b> Gain knowledge about the Fitness, Yoga and Sports & Games		
<b>Practical</b>	<b>Content</b>		<b>No of Hours</b>
<b>1</b>	Teaching of prone and supine posture Asanas – demonstration, practice and correction.		<b>5</b>
<b>2 &amp; 3</b>	Teaching of skills in Football – demonstration, practice of the skills, correction, involvement in game situation (For girls teaching of Tennikoit) Teaching of advance skills in Football – involvement of all the skills in game situation with teaching of rules of the game		<b>7</b>
<b>4 &amp; 5</b>	Teaching of skills in Basketball – demonstration, practice of the skills, correction of skills, involvement in game situation Teaching of skills in Basketball – involvement of all the skills in game situation with teaching of rule of the game		<b>7</b>
<b>6 &amp; 7</b>	Teaching of skills in Kabaddi – demonstration, practice of the skills, correction of skills, involvement in game situation Teaching of advance skills in Kabaddi – involvement of all the skills in game situation with teaching of rule of the game		<b>3</b>
<b>8 &amp; 9</b>	Teaching of skills in Ballbadminton – demonstration, practice of the skills, correction of skills, involvement in game situation Teaching of skills in Ballbadminton – involvement of all the skills in game situation with teaching of rule of the game		<b>3</b>
<b>10</b>	Teaching of skills in Table Tennis – demonstration, practice of skills, correction, practice and involvement in game situation with teaching of rules of the game		<b>3</b>
<b>11,12 &amp;13</b>	Teaching – Meaning, Scope and importance of Physical Education Teaching – Definition, Type of Tournaments Teaching – Physical Fitness and Health Education		<b>3</b>
<b>14</b>	Construction and laying out of the track and field (*The girls will have Tennikoit and Throw Ball).		<b>9</b>
<b>References</b>	<b>References Books:</b> 1. Track and Field by C.Thirunarayanan and S. Harihara Sharma 2. Essentials of Exercise Physiology by Larry G.Shaver 3. Organization of Physical Education by J.P. Thomas 4. Methods in Physical Education by S. Harihara Sharma		

	<p>5. Principles of Physical Education by R.C. Sathiyanesan</p> <p>6. The Complete Book of First Aid by John Handerson</p> <p>7. The Official Rules book of Basketball, Football, Hockey, Kabbadi Federations of India.</p>
	<p><b>Web Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://www.iaaf.org/home">https://www.iaaf.org/home</a></li> <li>2. <a href="http://www.indiankabaddi.org/">http://www.indiankabaddi.org/</a></li> <li>3. <a href="https://www.olympic.org/the-ioc">https://www.olympic.org/the-ioc</a></li> <li>4. <a href="https://www.topendsports.com/testing/tests/yo-yo-endurance.htm">https://www.topendsports.com/testing/tests/yo-yo-endurance.htm</a></li> </ol>
<b>Course Outcomes</b>	<p>Students should be able to</p> <p>CO 1: Demonstrate the skills related to Football, Basketball and Table Tennis</p> <p>CO 2: Demonstrate the skills related to Kabaddi and Ballbadminton</p> <p>CO 3: Explain the different types of asanas.</p> <p>CO 4: Differentiate the knock-out and League tournaments.</p> <p>CO 5: Outline the fitness and health concepts.</p>