Kurukshetra University, Kurukshetra Scheme of Examination for Undergraduate Programme

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as per	NEP 2	020 Curriculum Fra	Credit Sys	tem implemen	ited for	m sessi	on 202	Contact		DESCRIPTION	Max. Marks		PATRICE.	
1 - 1.1	SEME	Type of Course	COURSE CODE	PAPER/TITLE	Theory	Practical	Total	Hours	The	eory	Prac	tical	Total	
ROGRAMME	STER			With the	in and	13,000.04	Kareni.	(T+P)	External	Internal	External	Internal		
	U.S.	O THE LOCAL	1		2	3 - 1 ra	4	5	50	20	20	10	100	
1/BACHELOR' S CERTIFICATE	E M	Core Course - 1 Major Core Course - 1	B23-PED-101	Foundation of Physical	370	nee	1 3	(3+2)	The state of			ř		
		16.8		20 1 1 1 1	Education	3	1	4 9	(1) ,5 (1)	50	20	20	10	100
2 CEKIIFICATE		Major Core Course - 2	B23-PED-102	Education	S4-	khi d	2	(3+2)	35	15	H State	Mark Silver	50	
		Core Co	Core Course Minor - 1	B23-PED-103	Olympics Movement	2			4	35	15	20	5	75
Filter!		Multidisciplinary course - 1	B23-PED-104	Fundamentals	2	* P. S. W. 1	3	(2+2)		· Warran		44		
			a property	of Physical Education	Vid Since	i Wang Office	1	5	50	20	20	10	10	
			B23-PED-201	Basic Anatomy and Physiology	3	1. 16	in in I	(3+2)	35	15	4.1	0 9 •	50	
TO WATER	2	Major Core Course - 3	B23-PED-202	Asian and	2	129	2	1 1.12	35	10000				
1-3-4		Core Course Minor - 2		Commonwealth Games		1	4	5	50	20	20	10	10	
104 特許		Discipline Specific Elective Course - 1	B23-PED-203	Athletics - Track Events	14.8%		7	(3+2)	100.00		ri e		(A)	
· Company				and Road races	1,1394	1	4	5	50	20	20	10	10	
				B23-PED-204	First Ald	3	المراج	12	(3+2)	100	2			

(3+2)

	7	Multidisciplinary	B23-PED-205	Fundamentals	2	1 / 1	3	4 (2+2)	35	15	20	5	75
in J	VAL	course - 2	1760 1 St. 230 325	of Yoga Exercise	2 3 1/2	1,7	4	5.6	50	20	20	10	100
A MANAGET TO	3	Core Course - 3 Major Core Course - 4	B23-PED-301	Physiology	e went ge	nt in six	199005	(3+2)	50	20	20	10	100
2/	學的	Major Core Course - 5	B23-PED-302	Sports Psychology	3	1 USP 250	4	(3+2)		B. Jan	Sec. 17 2 1	I PUBLISH.	1.00
BACHELOR'S DIPLOMA		Multidisciplinary	B23-PED-303	Basics of	2 /4.	7 1	3 //	4 (2+2)	35	15	20	5 /	75
	4.	course - 3	B23-PED-401	Naturopathy Basics of Sports	3 (4)	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 6	B23-PED-402	Fitness Sports Injuries	3	1	4	5	50	97 20 a	20	10	100
		Major Core Course - 7	B23-PED-402	and Rehabilitation			13 12	(3+2)		1/2		Supply 2	1 4
		Major Core Course - 8	B23-PED-403	Sports Nutrition	3,	11.1	44	5 (3+2)	50	20	20	10	100
	100	Discipline specific Elective Courses -2	B23-PED-404	Athletics Fleid Events	3,7,7	1	4	5 (3+2)	50	20	20	10 .,	100
A de la composition della comp		Elective Courses -2	B23-PED-405	Cricket	3 Ac.		4	5 (3+2)	50	20	20	10	100
3/ Degree	5	Core Course - 5 Major Core Course - 9	B23-PED-501	Sports Training	6.5. 3 (6.6.)	1 (1)	19.4.16	(3+2)	50	20	20	10	100
		Major Core Course - 9		Sports Sociology	3	27 p. 1 p. p.	4	5 (3+2)	50	20	20	10 ~ 11	100
	Discipline specific Elective -2	B23-PED-503	Sports Journalism	3	# 1 · ·	4	5 (3+2)	50	20	20	10	100	
			B23-PED-504	Physical Literacy	134 3 10	1	17-4	(3+2)	50	14, 20)	20	10	100
	lári	Discipline specific	B23- PED-504	Wellness and Life Style	3	1	4	(3+2)	50	20	20	10	100

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B23- PED-504

Kinesiology

	6 3 / 7	Core Course - 6 Major Core Course - 11	B23-PED-601	Organisation and administration	3	1 (* 4)	4	5 (3+2)	50	20	20	10	100
***		Major Core Course - 12	a remove seeings	Sports Medicine	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective -4	B23-PED-603	Stress Management	3	1	4	5 (3+2)	50	20	20	10	100
in d	" Par int	Francisco	B23-PED-604	Bio Mechanics	3	1/(4	5 (3+2)	50	20	20	10	100
la nun	OI AND M	Discipline specific Elective - 5	B23- PED-605	Adapted Physical Education	3	1 V - W gr	4	5 (3+2)	50	20	20	10	100
√rarid	71	Consideration of the second	B23- PED-606	Test and Measurement In Physical Education	3	1 19	4	5 (3+2)	50	20	20	10	100

VOC, SEC & VAC under Department of Physical Education

Type of Course	COURSE CODE	PAPER/TITLE	Credits of Theory	Credits of Practical	Total Credits	Total Contac t Hours	Theory External	Theory Internal	Practical External	Practical Internal	Tota
Skill Enhancement Course - 2	B23-SEC-226	Self Defence Techniques	2	7 (1)	7 3	4 (2+2)	35	15	20	Transco	75
Vocational - 2	B23-VOC-113	Basic Physiotherapy Techniques	a √ 2 , , .	2 (4.2 (4.2 (4.2 (4.2 (4.2 (4.2 (4.2 (4.	4 akegar S	6 (2+4)	-35	15	35	15 1.19 _{2/20}	100
Vocational - 2	B23-VOC-213	Training In Yoga Asanas	2	2	4	6 (2+4)	35	15	35	15 (15) 15	100
Value Added	B23-VAC-302	Yoga and Meditation	2		2	2	35	15	10 - 10 - 10 - 10 - 10 - 10 - 10 - 10 -		50
Course - 3 Vocational - 4	B23-VOC- 410	Sports for life	2	1	14	6 (2+4)	35	15	35	15	100

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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 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 multidisciplin 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 solution of complex sports related issues and problems.

Contaction

क्षित्रहोत्ता होता है जिल्ला

1st Semester Subject: Health & Physical Education (According to NEP2020 Implemented from Session 2023 - 24)

Core Course - 1& Major Core Course - 1

Subject:	Health & Phy	sical Education		sal .
Semester	1 Semester	ndation of Physical Educ	ation)	er de la
Name of the Course	B23-PED-101		A STATE OF STATE OF THE STATE O	The second second
Course Code	Core Course - 1	2000年代於汉建建建设。2		1.
Course Type:	Major Core Cours	e-1	and the second	The state j.
Level of the Course	100 - 199	reams (Arts/Science/ Co	mmerce) prefer	able with
Pre-requisite (if any)	Sports Background	the learner will be	able to.	ducation.
Course Learning	1 Describe the A	ims, Objectives and see	hysical Educati	on in india
Outcomes (CLUs):	2. Explain the life of the lif	asic knowledge of biolog s Career opportunities in	Physical Educ	ation and
Outcomes (CLOs):	2. Explain the life of the lif	asic knowledge of biolog s Career opportunities in c specifications of court/ ne basic skills of Kho Kh	Physical Educ	ation and I rules and on. Total
	2. Explain the his 3. Illustrate the base Education 4. Tell the various Sports. 5. Know the base demonstrate the Theory	asic knowledge of biolog s Career opportunities in	Physical Educ	ation and If rules and on. Total 4
Outcomes (CLOs): Credits	2. Explain the his 3. Illustrate the base Education 4. Tell the various Sports. 5. Know the base demonstrate the Theory 3	asic knowledge of biolog S Career opportunities in c specifications of court/ ne basic skills of Kho Kh Practical 1	Physical Educ ground, genera o and Badminto	ation and I rules and on. Total
	2. Explain the his 3. Illustrate the base Education 4. Tell the various Sports. 5. Know the base demonstrate the Theory	asic knowledge of biolog s Career opportunities in c specifications of court/ ne basic skills of Kho Kh	Physical Educ ground, genera o and Badminto	ation and I rules and on. Total 4

Instructions for Paper- Setter:

The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

ype que	stions, which will cover the entire syllabus and will carry 2 memories Topics	Contact Hours
Unit		12
14194	 Introduction of Physical Education: Meaning and definition of Physical Education Relationship of Physical Education with Health and General Education Aim and Objectives Physical Education Scope of Physical Education. Need of Physical Education in modern society. Misconceptions regarding Physical Education. Physical Education as Arts or Science 	

- 11	History of Physical Education in India:	12
	 Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) Physical Education during Vedic period (2500 BC – 600 BC) Physical Education during Early Hindu Period (600 BC – 320 A.D) Physical Education during Later Hindu Period (320 A.D – 1000 A.D) Physical Education during Medieval Period (1000 A.D – 1757 A.D) Physical Education during British Period (Till 1947) 	
* 444	Physical Education during After Independence	7.00
111	Biological Basis of Physical Education:	11
	Meaning of Growth and Development Meaning of Chronological Age, Anatomical age, Physiological age and Mental age	
	Principles of Growth and development	
	I blillerence between Growth and development	the state of the state
Philips Thinks	I actor directing Growth and development	Electric p
	Glowin and Development at various Levels of Childhood: Dre	
V		Per 23
翻点	Career opportunities in Physical Education and Sports:	11. 11/25 10/25
	Qualifications and responsibilities of Physical Education and Special	
141	processionals at various levels of educational institutions	
	Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others	
in valu	Qualifications and responsibilities as sports Event Managers,	
4.2	Technical Officials, Researcher and others	
May.	Qualifications and responsibilities in Health Clubs and Fitness	
or girl	and others.	
	 Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts 	400 in 1800 in 1889. God 1889 in 1889
	Career opportunities in various Central Govt, State Govt., Private Organizations and others	all your result
	 Career opportunities in Manufacturing and Marketing sectors. Entrepreneurs opportunities in Physical Education and Sports. 	e de la creción.
aes	ted Evaluation Methods:	The state of the state of

Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5

Mid Term Test = 10

End Term Exam: 50 Marks Time = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks.

Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II - Practical (Internal Assessment - 10 Marks + External - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
37	Kho - Kho: Court specifications, general	15 Marks	15
ering ar eribag	rules and basic skills	AF Morks	15
<u> </u>	Badminton: Court specifications, general	The state of the s	
18	rules and basic skills	Choice	King by disch

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Internal Assessment: 10 Marks

Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Game)

End Term Exam: 20 Marks

Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Game)

Part C-Learning Resources

Suggested Readings:

- Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
- Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications.

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
- Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers,
- 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.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Saunders Co.

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Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi

Anand, R.L (1987) Play Field Manual, Patiala: NIŞ Publication.

Department of Physical Education Kurukshetra University

1st Semester Subject: Health & Physical Education (According to NEP2020 implemented from Session 2023 - 24) **Multidisciplinary Course**

Cubin	Part A - I	ntroduction	Lary A.	4 4.			
Subject:	Health 8	Physical Education					
Semester	1 st Semeste	eryolodi EddCation					
Name of the Course	Fundamentals of Physical Education						
Course Code	B23- PED -104						
Course Type	Multidisciplinary Course - 1						
Level of the Course	100 - 199						
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce). It is open for all.						
Course Learning Outcomes (CLO):	1. Describe Education 2. Illustrate Physical I 3. Tell the vi Education	the basic knowledge biologic Education arious Carriers opportunities and Sports. basic specifications of cound demonstrate the basic skills	cal aspe	Physical ects of sical d, general -Kho and			
Credits	Theory	Practical		Total			
Of Cares	2 (100)	11 1 march of PARTS and	8.784.5	3			
Contact Hours	2 hours per week	k 2 hours per week (Size of practical group = 20 students)					
Max. Marks: 75 Part I - Theory = 50 (Internal Assessment - 15 Part II - Practical = 25 (Internal Assessment - 5	Marks + End Terr	rm Exam – 35 Marks)	Time	e: 3 Hours			

Instructions for Paper- Setter:

The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.

Unit	Topics Topics	Contact Hours
e i inche	 Introduction of Physical Education: Meaning and definition of Physical Education Relationship of Physical Education with Health and General Education Aim and Objectives of Physical Education Professional Courses in Physical Education and Sports. Need of Physical Education in modern society. Misconceptions regarding Physical Education. Physical Education as Arts or Science 	10

	Biological Basis of Physical Education:	10
i i i i i i i i i i i i i i i i i i i	 Meaning of Growth and Development Meaning of Chronological Age, Anatomical age, Physiological age and Mental age Principles of Growth and development Difference between Growth and development Factors affecting Growth and development Growth and Development at various Levels of Childhood: Pre - Adolescence - Adolescence - Adulthood. 	
- 111	Career opportunities in Physical Education and Sports:	10
	 Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. Qualifications and responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts Career opportunities in various Central Govt. State Govt. 	
Sugge	Private Organizations and others Career opportunities in Manufacturing and Marketing sectors. Entrepreneur opportunities in Physical Education and Sports.	

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam - 35 Marks)

Internal Assessment:15

Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4

Seminar/Assignment/Quiz/class test, etc. = 4 Mid Term Test = 7

End Term Exam: 35 Marks Time = 3 hrs. One question of 10 marks from each Units I to III = 30 Marks.

Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II - Practical Maximum Marks: 25 (Internal Assessment - 5 Marks + External - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours		
ing Prince	Kho - Kho: Court specifications, general rules and basic skills	10 Marks	15		
11,	Badminton: Court specifications, general rules and basic skills	10 Marks	15		
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	University Exam (UE): 20 Marks Evaluation through performance in Skill 7 Demonstration/ Viva Voce/ Practical Recorbile: (10 Marks for each Sports)			

Part C-Learning Resources

Department of Physical Education Kurukshetra University



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.

Education

2nd Semester Subject: Health & Physical Education (According to NEP2020 implemented from Session 2023 - 24) Core Course - 2 & Major Core Course - 3

The state of the s	Part A -	Introduction	
Subject:	Health & Ph	ysical Education	
Semester	1 2nd Comester	y and Physiology/	er, a real, here
Name of the Course Course Code	B23- PED -201		
Course Type:	Core Course - Major Core Co	2 urse - 3	
Level of the Course	100 - 199		
Pre-requisite (if any)	Student who has op	oted Core Course - 1 in 1st	Semester
Course Learning Outcomes (CLO):	Describe the 2. Explain the st Illustrate the the control of the control	course, the learner will be ab Anatomy, Physiology and str ructure of Joints and Muscul pasic knowledge about Anato ad Digestive Systems of hum natomy, Physiology of Respi uman body	ar System omy, Physiology of an body
	5. Identify name various system	and locations of bones, mus ns of human body.	cles and organs of
Credits	Theory	Practical	Total
	3 7000	The transfer of the state of th	4
ontact Hours	3 hours per week	2 hours per week (Size of practical group = 20	students) 5
lax. Marks: 100	ol a di galay de came.		ime: 3 Hours

Part I - Theory = 70

(Internal Assessment - 20 Marks + End Term Exam - 50 Marks) Part II - Practical = 30

(Internal Assessment - 10 Marks + End Term Exam - 20 Marks)

Part B- Content of the Course

Instructions for Paper- Setter: The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Unit	Topics	Contact Hours
. 177	Introduction of Anatomy and Physiology	
	Meaning and Definition of Anatomy and Physiology.	e de la companya de l
	Importance of Anatomy and Physiology in Physical Education and	
	sports	12
	Cell: Structure, Properties and functions	and the second energy of
	Meaning of Cell, Tissues, Organs and System.	State Valence
	Bone: Meaning and types	
343	Skeletal System: Structure and functions of Skeletal System.	
	Axial and Appendicular Skelton	

l of Physical Education

For End Term Exam

	Meaning of Joints, Types of Joints Types of Synovial Joints present in human body Meaning of Muscle, Types of muscles present in human body Gross Structure of Skeletal Muscle, Structural Classification of Skeletal muscles.	10
	 Circulatory System and Digestive System Constituents of blood and Function of blood Structure of the heart Types of Blood Circulation: Systemic, Pulmonary and Coronary, Organs of Digestive System Structure and functions of the digestive system, Process of Food absorption, Name and functions of various digestive juices and enzymes 	12
IV	Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues, Organs of Excretory System kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin.	11

Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks	E
Continuous Comprehensive Evaluation (CCE): 20 Marks	0
Class presentation = 5	=
Seminar/ Assignment/Quiz/class test, etc. = 5	F
Mid Term Test = 10	- AST -

Time = 3 hrs nd Term Exam: 50 Marks One question of 10 marks from each Units I to IV 40 Marks.

Five Questions short answer from entire syllabus 5 × 2 Marks = 10 Marks.

Part II - Practical (Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
1	Identification of Name and location of Human Bones on Skelton and Chart	10 Marks	10
II	Identification of Name and location of Major Muscles of Human Body on Model and Chart	10 Marks	10
III	Identification of Name and Location of organs of various systems: Circulatory, Digestive, Respiratory and Excretory on Models and Charts	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File	University Exam (UE): 20 N Evaluation through Viva N Record File:	flarks Voce/ Practical

Deparanect of Physical Education Kuruksheira University Kurukshetra-139119

Part C-Learning Resources

- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, (2010).
- Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surject Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet

Den and of Physical Education
National Library

2nd Semester Subject: Health & Physical Education (According to NEP2020 implemented from Session 2023 - 24) Multidisciplinary course - 2

	Part A - Ir	troduction	waters and the second	was the last
Subject:	Health & Phys	sical Education		tal ayes pa
Semester	2 nd Semester	y the property of the contract	FOR DISCOUNTED THE TOTAL OF	
Name of the Course	Fundamentals of	Yoga		
Course Code	B23-PED-205			
Course Type:	Multidisciplinar	y Course - 2		4. 24
Level of the Course	100 - 199	general and the second		
Pre-requisite (if any)	It is open for all.	and the second s	tropia de telepolita El como telepolita de el	
Course Learning Outcomes (CLO):	After completing this c	ourse, the learner will b	e able to:	
	Illustrate the b Explain princip	nims, objectives and print asic knowledge various oles of various types of A	types of yoga Asanas and Pa	ranayams.
April (1991) April (1991) April (1991)	Illustrate the b Explain princip	asic knowledge various	types of yoga Asanas and Pa	ranayams.
Credits	Illustrate the b Explain princip	asic knowledge various bles of various types of	types of yoga Asanas and Pa	ranayams.
Credits	Illustrate the b Explain princip Perform vario	asic knowledge various bles of various types of A sus types of basic Asana	types of yoga Asanas and Pa	ranayams. ams
Credits Contact Hours	2. Illustrate the b 3. Explain princip 4. Perform vario	asic knowledge various bles of various types of A us types of basic Asana Practical 1 2 hours per week	types of yoga Asanas and Pa as and Paranay	ranayams. ams Total
Credits Contact Hours Max. Marks: 75 Part I - Theory = 50 (Internal Assessment Part II - Practical = 25)	2. Illustrate the b 3. Explain princip 4. Perform vario Theory 2	asic knowledge various bles of various types of A us types of basic Asana Practical 1 2 hours per week (Size of practical group m Exam – 35 Marks)	types of yoga Asanas and Pa as and Paranay	ranayams ams Total 3 4

Instructions for Paper- Setter:

The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.

Unit	Topics	Contact Hours
	 Introduction of Yoga Meaning and Definition of Yoga Aims and Objectives of Yoga Traditional & Historical Development of Yoga The Yoga Sutra: General Consideration Need and Importance of Yoga in Modern Society Misconceptions about Yoga 	10
II	 Foundation of Yoga The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi Yoga in the Bhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga Brief introduction of Hath Yoga. 	10



	Asana	as and Paranayam	
	•	Meaning of Asanas, Classifications of Asanas	Section of the second
	•	Principles of Asanas	10
		Meaning of Paranayam, Different Types of Paranayams	
	** • **	Principles of Paranayams.	
1		Meaning of Shatkarm and types of Shatkarms	

Suggested Evaluation Methods:

Internal Assessment:

Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam - 35 Marks)

One question of 10 marks from each Units I to II Continuous Comprehensive Evaluation (CCE): 15 Marks = 30 Marks. Class presentation = 4 Five Questions short answer from entire syllabu Seminar/ Assignment/Quiz/class test, etc. = 4 $= 5 \times 1$ Marks = 5 Marks. Mid Term Test = 7

Part II - Practical Maximum Marks: 25 (Internal Assessment - 5 Marks + End Term Exam - 20 Marks)

End Term Exam: 35 Marks Time = 3 hrs

Unit	Topics	Marks distribution	Contact Hour
Oille	Asanas: Ten Basic Asanas	10 Marks	15
	Paranayams: Anulomvilom, Suryabehadan, Bhastrika, Shitali and Shitkari.	10 Marks	15
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	End Term Exam: 20 Mark Demonstration of Asana and Pareach Evaluation through performance Record File: 10 Marks	yanama = 5 Marks f

Part C-Learning Resources

- lyengar, B.K.S. (1995). Light on Yoga: The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis: The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust

3rd Semester Subject: Health & Physical Education (According to NEP2020 implemented from Session 2024 – 25 (IIHS from session 2023-24) Core Course – 3 & Major Core Course - 4

	Course – 3 & M Part A - In	IIIDuuou	the first territory	
Subject:	Health & Phys	ical Education		r Valada
Semester	1 Semester	A TANK OF THE RESERVE OF THE PARTY OF THE PA		6- 1- 1- 1- 1- 1- 1- 1- 1- 1- 1- 1- 1- 1-
Name of the Course	Exercise Physio	logy		
Course Code	B23-PED-301		part to the	
Course Type:	Core Course - 3 Major Core Course	9-4		***
Level of the Course	100 - 199		PERSONAL AREA SECTION	COMPANY OF THE SECTION OF THE SECTIO
Pre-requisite (if any)		ourse, the learner will be		
Course Learning Outcomes (CLO):	Describe the E of muscle cont Explain the eff muscles Illustrate the eff Tell the various	xercise Physiology, Do ractions ect of exercise on the va ffects of various aspects s Effects of exercise on	arious aspects of circulatory the various ca	of Skelton system pacities and al rules and Vrestling/Jud
Credits	Theory	Practical		Iotai
	3	T. 1. The second second	ites (1 cabe 1	4
Contact Hours	3 hours per week	2 hours per week (Size group = 20 students)	e of practical	5
Max. Marks: 100 Part I - Theory = 70	- 20 Marks + End Term		Time: 3 Ho	grés de Co

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question..

questio Unit	Topics	Contact Hours
	 Introduction of Exercise Physiology Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism Importance of Exercise Physiology in Physical Education Types of muscular Contractions: Isometric, Isotonic and Isokinetic Meaning of Body Composition, Components of Body Composition Effect of Exercises on the body composition. 	

The artist of Physical Education

II	Muscular System and Exercise	
	Gross Structure of the Skeletal Musels	11
	Functions of Muscular system Properties of slow twitch and the state of slow twitch and the slow	11 14 3 7 1/10.
	Properties of slow-twitch and fast-twitch muscle fibers Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy. Effect of exercises and training on the muscular system	Andrews State of the state of t
	Cardiovascular System and Exercise	12
	 Meaning and functions of Cardiovascular System Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood pressure and Cardiac Hypertrophy Conduction System of the Heart 	
A Same	 Blood circulation in the Heart, Blood Supply to the Heart Effect of exercises and training on the Cardio vascular system. 	e services
IV	Respiratory System and Exercise:	11
	Meaning of Lung Volumes: Inspiratory Reserve Volume, Expiratory reserve volume, Tidal Volume and Residual Volume	ta terk cit
	Meaning of Lung capacities: Total Lung Capacity, Inspiratory Capacity Vital Capacity and Functional Residual Capacity.	er Bagdinaen Songen Grand
	 Mechanism of Breathing Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues 	
34	Effect of exercises and training on the respiratory system.	 Ingly-report with Shidows Shidows Shidows Shidows Shidows

Suggested Evaluation Methods:

Mid Term Test = 10

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 2	0 Mark
Class presentation = 5	
Seminar/ Assignment/Quiz/class test, etc. = 5	

End Term Exam: 50 Marks Time = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks.

Five Questions short answer from entire syllabus = 5×2 Marks = 10 Marks.

Part II - Practical (Internal Assessment - 10 Marks + External – 20 Marks)

Variable of	Topics	Marks distribution	Contact Hours
Unit	Football: Court specifications, general	15 Marks	15
	rules and basic skills	gret set e da dre 1247 i borske 1991 i E da esperaj kritiset Woler e forske 124	Alter a service and
11	Wrestling/Judo/Boxing: Ring/Mat	15 Marks	15
	specifications, general rules and basic		
	skills		
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Sports/Game)	University Exam (UE): 20 M Evaluation through perform Demonstration/ Viva Voce/ (10 Marks for Each Sports/0	ance in Skill Test/ Practical Record File

Part C-Learning Resources

- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- SandhyaTiwaji. (1999). Exercise Physiology. Sports Publishers.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics

Philadelphia: Sanders College Publishing.

- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
- Sharma OP (2001). Teaching and Coaching -Football. Khel S.K. Delhi.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.

3rd Semester Subject: Health & Physical Education (According to NEP2020 implemented from Session 2024 – 25(IIHS from session 2023-24)

Multidisciplinary course - 3

	Part A - I	ntroduction		
Subject:	Health & Phy	sical Education		
Semester	3 rd Semester			
Name of the Course	Basics of Naturo	pathy		200 100 100 100 100
Course Code	B23-PED-303			
Course Type:	Multidisciplina	ry course - 3		The Control of the
Level of the Course	100 - 199		· " / X "	
Pre-requisite (if any)	It is open for all.			
Course Learning Outcomes (CLO):	Describe the r Illustrate the b	ourse, the learner will be neaning and principles of asic knowledge of variou	f Basics of Na is types of you	turopathy ga
	the strain and security for the second of the	sic knowledge of various m Surya Namaskar, Jal N		rotherapy.
Credits	4. Able to Perfor	m Surya Namaskar, Jal N		rotherapy. er Neti.
	the strain and security for the second of the			rotherapy. er Neti. Total
Contact Hours	4. Able to Perfor	m Surya Namaskar, Jal N Practical 1 2 hours per week	Neti and Rubb	rotherapy. er Neti.
	4. Able to Perform Theory 2 2 hours per week - 15 Marks + External	m Surya Namaskar, Jal N Practical 1 2 hours per week (Size of practical group = 3	Neti and Rubb	rotherapy. er Neti. Total 3 4 urs

Instructions for Paper- Setter:

The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.

Unit	Topics Topics	Contact
ÿ.(j.]	Introduction of Naturopathy	Hours
	Meaning and Definition of Naturopathy Philosophy of Naturopathy	10
	Principles of Naturopathy	
ra en ages	Misconceptions about Naturopathy, Relationship of Naturopathy with Yoga	and the second
11	Mudtherapy	and the last things
	 Meaning and Definition of Prithvi Tatva. Principles of Mudtherapy. 	10
	 Importance of Prithvi Tatva. Different techniques of Mudtherapy and their benefits. Uses of Mudtherapy in different illness. 	le Ma

^'	V
4	1

[]]]	Hydrotherapy	
100	Meaning and Definition of Jal Tatva.	10
1 1 18	General Principles of Hydro-therapy	Offinition
ALC:	Importance of Jal Tatva.	
	Different techniques of Hydrotherapy and their hand	
1311	Uses of Hydrotherapy in different illness	
AMERICA.	The state of the s	11-11-2

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment - 15 Marks + External – 35 Marks)

Internal Assessment: 15

Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4

Seminar/ Assignment/Quiz/class test, etc. = 4
Mid Term Test = 7

University Exam (UE): 35 Marks Time = 3 hrs One question of 10 marks from each Units I to III = 30 Marks.

Five Questions short answer from entire syllabus = 5 x 1 Marks = 5 Marks.

Part II – Practical Maximum Marks: 25 (Internal Assessment - 5 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
	Surya Namaskar : 12 Counts	10 Marks	15
	And the second	APPLICATION OF THE PROPERTY OF	
.11 ,****	Shatkarma: Rubber Neti and Jal Neti	10 Marks	15
erobic.	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	University Exam (UE): 20 Evaluation through performantion/ Viva Vocation (10 Marks for each)	rmance in Skill Test

Part C-Learning Resources

- History & Philosophy of Naturophaty Dr. S. J. Singh
- Philosophy of Nature Cure Dr. Henri Lindlhai.
- Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic
- Procedures, and the Technique of their Application in the Treatment of Disease Hardcover 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095
- Mud Therapy: Healing Through One of the Five Elements Paperback 13 Sep 2013 by
- Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-
- 13:978-8131908457. Rational Fasting (Ehret's Health Literature) Mass Market Paperback Import, Jun 1971 by
- Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978

Department of Physical Educati Repartment of Physical Educati Rundeheim University Kundeheim-136119

4th Semester Subject: Health & Physical Education 4" Semester Subject: Fleath & 1 1190.024 – 25(IIHS from session 2023-24) (According to NEP2020 implemented from Session 2024 – 25(IIHS from session 2023-24) Core Course - 4 & Major Core Course - 6

	Health & Phys	ical Education	
Subject:	Comesiel	35.00 (100 to 100 t	AND THESE PARTY
Semester	Basics of Sports	Fitness'	er en
Name of the Course	B23-PED-401		The committee with the
Course Code	Core Course – 4	Major Core Course - 6	
Course Type:	Core course	in Course	i dina santi
Level of the Course	100 - 199	Physical Education as Major Course	1
Pre-requisite (if any)	Candidate have taker		人。 《大原卷》
Course Looming	After completing this co	ourse, the learner will borms of Physica	I Fitness.
	Describe mean Illustrate mean Explain meani Describe the h	ourse, the learner will be able to: ning, importance and norms of Physical ning, principles and methods of warmin ng, principles and methods of cooling of ealth related and skill related compone he techniques of measuring strength, for	down. ents of fitnes lexibility,
Course Learning Outcomes (CLO): Credits	Describe mean Illustrate mean Explain meani Describe the h Demonstrate the agility and han	ning, important ling, principles and methods of warmin ng, principles and methods of cooling of ealth related and skill related component he techniques of measuring strength, f	down. ents of fitnes lexibility. Total
	Describe mean Illustrate mean Explain meani Describe the h	ling, importantially importantially importantially ing, principles and methods of cooling of ealth related and skill related component techniques of measuring strength, find eye coordination.	down. ents of fitnes lexibility,

Max. Marks: 100 Part I - Theory = 70

(Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Part II - Practical = 30

(Internal Assessment - 10 Marks + End Term Exam - 20 Marks) Part B- Content of the Course

Time: 3 Hours

For End Term Exam

Instructions for Paper- Setter:

The question paper will consist of Five Units I, II, III, IV & V. Unit I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question

Unit	Topics	Contact Hours
L 200	 Introduction of Physical Fitness Meaning and Definition of Physical Fitness Benefits of Physical Fitness in Sports and daily life Meaning and Types of Aerobic and Anaerobic activities Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities WHO guidelines and recommendations of Physical Activities for children under 5 years of age, Children and adolescents aged 5-17 years and Adults aged 18–64 years. 	11 (188) (188) (189)
ll	Warming Up Meaning and definition of Warming up Principles of Warming up Physiological and Psychological benefits of Warming up Types of warming up Methods of Warming up	11

of Education

111	Meaning and definition of Cooling Down Principles of Cooling Down	11 (****)
	 Physiological and Psychological Benefits of Cooling Down Procedure for Cooling Down Types of Cooling Down 	
IV -	Components of Physical Fitness: Meaning of Health-related components of Physical fitness: (i) Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance, (iv) Body Composition (v) Flexibility. Meaning of Skill Related Fitness Components: (i) Agility, (ii) Balance, (iii) Neuro Muscular Adaptations and Coordinative abilities, (iv) Speed, (v)	1:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment	End Term Exam: 50 Marks Time = 3 hrs
Internal Assessment: 20 Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10	

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Ma	ximum Marks: 30 (Internal Assessment - 10	Marks distribution	Contact Hours
Unit	Topics	(5+5) 10 Marks	the second second second
T.A.	Measuring Hand Grip and Leg & Back Strength by Dynamometer Measuring Flexibility by Sit and Reach	(5+5) 10 Marke	
11	Test i) Hand eye Coordination Test	10 Marks	10 mg 10 mg
111	Measuring Agility by LUS Agility	10 Marks	10
Series de Series de	Obstacle Course Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File/ score of test	End Term Exam: 20 M Evaluation through Den Viva Voce/ Practical Re	IIOHSHARON -

Part C-Learning Resources

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book. David K. Miller & T. Earl Allen (1989), Fitness, A life time commitment, Surject Publication Delhi.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. Bedford row,
- Uppal A.K (1992), Physical Fitness, Friends Publications (India),
- Warner W.K. Oeger& Sharon A. Hoeger (1990) Fitness and Wellness, Morton Publishing Company.
- Elizabeth & Ken day (1986), Sports fitness for women, B.T. Batsford Ltd, London.
- Hardayal Singh. (2005). Sports Training General Theory and Methods. Patiala: NSNIS.
- https://www.who.int/news-room/fact-sheets/detail/physical-activity.

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