

# Kurukshetra University , Kurukshetra

## Scheme of Examination for Undergraduate Programme

Scheme - A

### Subject: Health & Physical Education

as per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry-Exit, Internships and Choice Based Credit System Implemented from session 2023-24)

as per NEP 2020 Curriculum Framework for School Education					Credit System Implemented form session 2023-24				Max. Marks				
YEAR/ PROGRAMME	SEME STER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours (T+P)	Theory		Practical		Total
					Theory	Practical	Total		External	Internal	External	Internal	
1/BACHELOR' S CERTIFICATE	1	Core Course - 1 Major Core Course - 1	B23-PED-101 ✓	History and Foundation of Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 2	B23-PED-102	Heath Education	3	1	4	5 (3+2)	50	20	20	10	100
		Core Course Minor - 1	B23-PED-103	Olympics Movement	2	-	2	2	35	15	-	-	50
		Multidisciplinary course - 1	B23-PED-104	Fundamentals of Physical Education	2	1	3	4 (2+2)	35	15	20	5	75
	2	Core Course - 2 Major Core Course - 3	B23-PED-201 ✓	Basic Anatomy and Physiology	3	1	4	5 (3+2)	50	20	20	10	100
		Core Course Minor - 2	B23-PED-202	Asian and Commonwealth Games	2	-	2	2	35	15	-	-	50
		Discipline Specific Elective Course - 1	B23-PED-203	Athletics - Track Events and Road races	3	1	4	5 (3+2)	50	20	20	10	100
			B23-PED-204	First Aid	3	1	4	5 (3+2)	50	20	20	10	100

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2/ BACHELOR'S DIPLOMA	3	Multidisciplinary course - 2	B23-PED-205	Fundamentals of Yoga	2	1	3	4 (2+2)	35	15	20	5	75
		Core Course - 3	B23-PED-301	Exercise Physiology	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 4	B23-PED-302	Sports Psychology	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 5	B23-PED-303	Basics of Naturopathy	2	1	3	4 (2+2)	35	15	20	5	75
	4.	Multidisciplinary course - 3	B23-PED-303	Basics of Naturopathy	2	1	3	4 (2+2)	35	15	20	5	75
		Core Course - 4	B23-PED-401	Basics of Sports Fitness	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 6	B23-PED-401	Basics of Sports Fitness	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 7	B23-PED-402	Sports Injuries and Rehabilitation	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 8	B23-PED-403	Sports Nutrition	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective Courses - 2	B23-PED-404	Athletics Field Events	3	1	4	5 (3+2)	50	20	20	10	100
			B23-PED-405	Cricket	3	1	4	5 (3+2)	50	20	20	10	100
3/ Degree	5	Core Course - 5	B23-PED-501	Sports Training	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 9	B23-PED-501	Sports Training	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 10	B23-PED-502	Sports Sociology	3	1	4	5 (3+2)	50	20	20	10	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	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective - 3	B23-PED-504	Wellness and Life Style	3	1	4	5 (3+2)	50	20	20	10	100
			B23-PED-504	Kinesiology	3	1	4	5 (3+2)	50	20	20	10	100

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6	Core Course - 6	B23-PED-601	Organisation and administration	3	1	4	5 (3+2)	50	20	20	10	100
	Major Core Course - 11	B23-PED-602	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
		B23-PED-604	Bio Mechanics	3	1	4	5 (3+2)	50	20	20	10	100
	Discipline specific Elective - 5	B23-PED-605	Adapted Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
		B23-PED-606	Test and Measurement In Physical Education	3	1	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 Contact Hours	Theory External	Theory Internal	Practical External	Practical Internal	Total
Skill Enhancement Course - 2	B23-SEC-226	Self Defence Techniques ✓	2	1	3	4 (2+2)	35	15	20	5	75
Vocational - 2	B23-VOC-113	Basic Physiotherapy Techniques ✓	2	2	4	6 (2+4)	35	15	35	15	100
Vocational - 2	B23-VOC-213	Training In Yoga Asanas ✓	2	2	4	6 (2+4)	35	15	35	15	100
Value Added Course - 3	B23-VAC-302	Yoga and Meditation ✓	2	-	2	2	35	15	-	-	50
Vocational - 4	B23-VOC-410	Sports for life ✓	2	2	4	6 (2+4)	35	15	35	15	100

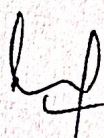
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### PROGRAMME LEARNING OUTCOMES (PLOs)

- 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 multidisciplinary settings to accomplish a common goal of the society.
- PLO – 8. Creativity: Acquire the ability to design, implement and evaluate process or program to meet desired needs in the field of physical education and sport at local, national and international level.
- PLO – 9. Research Aptitude: Participation in sports and physical activity develops analytical skills, logical reasoning, and problem-solving abilities, which are crucial for research aptitude.
- PLO – 10. Problem Solving: Apply the knowledge of basic sciences that is relevant and appropriate to physical education and sports leading solution of complex sports related issues and problems.

  
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**1<sup>st</sup> Semester Subject: Health & Physical Education**  
**(According to NEP2020 Implemented from Session 2023 - 24)**  
**Core Course – 1& Major Core Course – 1**

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	1 <sup>st</sup> Semester		
Name of the Course	History and Foundation of Physical Education		
Course Code	B23-PED-101		
Course Type:	Core Course - 1 Major Core Course - 1		
Level of the Course	100 - 199		
Pre-requisite (if any)	12 <sup>th</sup> pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. Describe the Aims, Objectives and scope of Physical Education. 2. Explain the historical development of Physical Education in India 3. Illustrate the basic knowledge of biological aspects of Physical Education 4. Tell the various Career opportunities in Physical Education and Sports. 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho Kho and Badminton.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
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)			Time: 3 Hours For End Term Exam
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 V <sup>th</sup> 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
I	<b>Introduction of Physical Education:</b> <ul style="list-style-type: none"> <li>• Meaning and definition of Physical Education</li> <li>• Relationship of Physical Education with Health and General Education</li> <li>• Aim and Objectives Physical Education</li> <li>• Scope of Physical Education.</li> <li>• Need of Physical Education in modern society.</li> <li>• Misconceptions regarding Physical Education.</li> <li>• Physical Education as Arts or Science</li> </ul>		12

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II	<b>History of Physical Education in India:</b> <ul style="list-style-type: none"> <li>Physical Education during Indus Valley Civilization (3250 BC – 2500 BC)</li> <li>Physical Education during Vedic period (2500 BC – 600 BC)</li> <li>Physical Education during Early Hindu Period (600 BC – 320 A.D)</li> <li>Physical Education during Later Hindu Period (320 A.D – 1000 A.D)</li> <li>Physical Education during Medieval Period (1000 A.D – 1757 A.D)</li> <li>Physical Education during British Period (Till 1947)</li> <li>Physical Education during After Independence</li> </ul>	12
III	<b>Biological Basis of Physical Education:</b> <ul style="list-style-type: none"> <li>Meaning of Growth and Development</li> <li>Meaning of Chronological Age, Anatomical age, Physiological age and Mental age</li> <li>Principles of Growth and development</li> <li>Difference between Growth and development</li> <li>Factor affecting Growth and development</li> <li>Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood.</li> </ul>	11
IV	<b>Career opportunities in Physical Education and Sports:</b> <ul style="list-style-type: none"> <li>Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions.</li> <li>Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others</li> <li>Qualifications and responsibilities as sports Event Managers, Technical Officials, Researcher and others</li> <li>Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance &amp; Recreation Clubs in Corporate Sectors and others.</li> <li>Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts</li> <li>Career opportunities in various Central Govt, State Govt., Private Organizations and others</li> <li>Career opportunities in Manufacturing and Marketing sectors.</li> <li>Entrepreneurs opportunities in Physical Education and Sports.</li> </ul>	11

**Suggested Evaluation Methods:**

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

**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
I	Kho - Kho: Court specifications, general rules and basic skills	15 Marks	15
II	Badminton: Court specifications, general rules and basic skills	15 Marks	15

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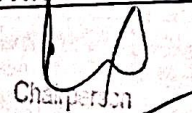


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<b>Internal Assessment: 10 Marks</b> Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Game)	<b>End Term Exam: 20 Marks</b> Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Game)
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### 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. 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.

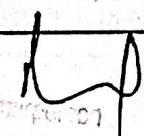
  
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**1<sup>st</sup> Semester Subject: Health & Physical Education**  
**(According to NEP2020 implemented from Session 2023 - 24)**  
**Multidisciplinary Course - 1**

<b>Part A - Introduction</b>			
<b>Subject:</b>	<b>Health &amp; Physical Education</b>		
<b>Semester</b>	<b>1<sup>st</sup> Semester</b>		
<b>Name of the Course</b>	<b>Fundamentals of Physical Education</b>		
<b>Course Code</b>	<b>B23- PED -104</b>		
<b>Course Type</b>	<b>Multidisciplinary Course - 1</b>		
<b>Level of the Course</b>	<b>100 - 199</b>		
<b>Pre-requisite (if any)</b>	<b>12<sup>th</sup> pass from any streams (Arts/Science/ Commerce). It is open for all.</b>		
<b>Course Learning Outcomes (CLO):</b>	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> <li>1. Describe the Aims, Objectives and scope of Physical Education.</li> <li>2. Illustrate the basic knowledge biological aspects of Physical Education</li> <li>3. Tell the various Carriers opportunities in Physical Education and Sports.</li> <li>4. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton.</li> </ol>		
<b>Credits</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	2	1	3
<b>Contact Hours</b>	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
<b>Max. Marks: 75</b> <b>Part I - Theory = 50</b> (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) <b>Part II - Practical = 25</b> (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)			<b>Time: 3 Hours</b>  <b>For End Term Exam</b>
<b>Part B- Content of the Course</b>			
<b>Instructions for Paper- Setter:</b> 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.			
<b>Unit</b>	<b>Topics</b>		<b>Contact Hours</b>
I	<b>Introduction of Physical Education:</b> <ul style="list-style-type: none"> <li>• Meaning and definition of Physical Education</li> <li>• Relationship of Physical Education with Health and General Education</li> <li>• Aim and Objectives of Physical Education</li> <li>• Professional Courses in Physical Education and Sports.</li> <li>• Need of Physical Education in modern society.</li> <li>• Misconceptions regarding Physical Education.</li> <li>• Physical Education as Arts or Science</li> </ul>		10

  
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II	<b>Biological Basis of Physical Education:</b> <ul style="list-style-type: none"> <li>• Meaning of Growth and Development</li> <li>• Meaning of Chronological Age, Anatomical age, Physiological age and Mental age</li> <li>• Principles of Growth and development</li> <li>• Difference between Growth and development</li> <li>• Factors affecting Growth and development</li> <li>• Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood.</li> </ul>	10
III	<b>Career opportunities In Physical Education and Sports:</b> <ul style="list-style-type: none"> <li>• Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions.</li> <li>• Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others</li> <li>• Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others</li> <li>• Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance &amp; Recreation Clubs in Corporate Sectors and others.</li> <li>• Qualifications and responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts</li> <li>• Career opportunities in various Central Govt, State Govt., Private Organizations and others</li> <li>• Career opportunities in Manufacturing and Marketing sectors.</li> <li>• Entrepreneur opportunities in Physical Education and Sports.</li> </ul>	10

#### **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
I	Kho - Kho: Court specifications, general rules and basic skills	10 Marks	15
II	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 Test/ Demonstration/ Viva Voce/ Practical Record File: (10 Marks for each Sports)	

#### **Part C-Learning Resources**



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### 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.
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- 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.
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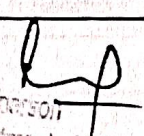
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**2<sup>nd</sup> Semester Subject: Health & Physical Education**  
**(According to NEP2020 implemented from Session 2023 - 24)**  
**Core Course – 2 & Major Core Course - 3**

Core Course – 2 & Major Core Course – 3			
Part A - Introduction			
Subject:	Health & Physical Education		
Semester	2 <sup>nd</sup> Semester		
Name of the Course	Basic Anatomy and Physiology		
Course Code	B23- PED -201		
Course Type:	Core Course - 2 Major Core Course - 3		
Level of the Course	100 - 199		
Pre-requisite (if any)	Student who has opted Core Course – 1 in 1 <sup>st</sup> Semester		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"><li>1. Describe the Anatomy, Physiology and structure of Cells.</li><li>2. Explain the structure of Joints and Muscular System</li><li>3. Illustrate the basic knowledge about Anatomy, Physiology of Circulatory and Digestive Systems of human body</li><li>4. Explain the Anatomy, Physiology of Respiratory and Excretory Systems of human body</li><li>5. Identify name and locations of bones, muscles and organs of various systems of human body.</li></ol>		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(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 V <sup>th</sup> 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
I	Introduction of Anatomy and Physiology <ul style="list-style-type: none"><li>• Meaning and Definition of Anatomy and Physiology.</li><li>• Importance of Anatomy and Physiology in Physical Education and sports</li><li>• Cell: Structure, Properties and functions</li><li>• Meaning of Cell, Tissues, Organs and System.</li><li>• Bone: Meaning and types</li><li>• Skeletal System: Structure and functions of Skeletal System.</li><li>• Axial and Appendicular Skelton</li></ul>		12

  
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II	<b>Joints and Muscular System</b> <ul style="list-style-type: none"> <li>• Meaning of Joints, Types of Joints</li> <li>• Types of Synovial Joints present in human body</li> <li>• Meaning of Muscle, Types of muscles present in human body</li> <li>• Gross Structure of Skeletal Muscle,</li> <li>• Structural Classification of Skeletal muscles.</li> </ul>	10
III	<b>Circulatory System and Digestive System</b> <ul style="list-style-type: none"> <li>• Constituents of blood and Function of blood</li> <li>• Structure of the heart</li> <li>• Types of Blood Circulation: Systemic, Pulmonary and Coronary.</li> <li>• Organs of Digestive System</li> <li>• Structure and functions of the digestive system,</li> <li>• Process of Food absorption, Name and functions of various digestive juices and enzymes</li> </ul>	12
IV	<b>Respiratory System and Excretory System</b> <ul style="list-style-type: none"> <li>• Organs of Respiratory system and their functions.</li> <li>• Structure of Respiratory system</li> <li>• Exchange of gases in the lungs and tissues,</li> <li>• Organs of Excretory System kidneys and skin</li> <li>• Parts and Functions of the urinary system</li> <li>• Structure and functions of Skin.</li> </ul>	11

**Suggested Evaluation Methods:**

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

**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**

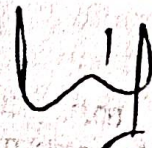
**(Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	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 Marks Evaluation through Viva Voce/ Practical Record File:	



### 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: Surjeet 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 Publications

  
Department of Physical Education  
Maharaja Ganga Prasad University  
Varanasi-221005



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

Multidisciplinary course - 2			
Part A - Introduction			
Subject:	Health & Physical Education		
Semester	2 <sup>nd</sup> Semester		
Name of the Course	Fundamentals of Yoga		
Course Code	B23-PED-205		
Course Type:	Multidisciplinary Course - 2		
Level of the Course	100 - 199		
Pre-requisite (if any)	It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the aims, objectives and principles of Yoga. 2. Illustrate the basic knowledge various types of yoga 3. Explain principles of various types of Asanas and Pranayams. 4. Perform various types of basic Asanas and Pranayams		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75		Time: 3 Hours	
Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)		For End Term Exam	
Part II - Practical = 25 (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)			
Part B- Content of the Course			
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
I	Introduction of Yoga <ul style="list-style-type: none"><li>Meaning and Definition of Yoga</li><li>Aims and Objectives of Yoga</li><li>Traditional &amp; Historical Development of Yoga</li><li>The Yoga Sutra: General Consideration</li><li>Need and Importance of Yoga in Modern Society</li><li>Misconceptions about Yoga</li></ul>		10
II	Foundation of Yoga <ul style="list-style-type: none"><li>The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi</li><li>Yoga in the Bhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga</li><li>Brief introduction of Hath Yoga.</li></ul>		10



III	<b>Asanas and Paranyam</b> <ul style="list-style-type: none"> <li>• Meaning of Asanas, Classifications of Asanas</li> <li>• Principles of Asanas</li> <li>• Meaning of Paranyam, Different Types of Paranyams</li> <li>• Principles of Paranyams.</li> <li>• Meaning of Shatkarm and types of Shatkarms</li> </ul>	10
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### **Suggested Evaluation Methods:**

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

#### **Internal Assessment:**

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 × 1 Marks = 5 Marks.

### **Part II – Practical**

**Maximum Marks: 25 (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Asanas: Ten Basic Asanas	10 Marks	15
II	Paranyams: Anulomvilom, Suryabehadan, Bhastrika, Shitali and Shitkari.	10 Marks	15
	<b>Internal Assessment: 5 Marks</b> Demonstration of Skill/Viva-Voce/ Practical Record File	<b>End Term Exam: 20 Marks</b> Demonstration of Asana and Paryanama = 5 Marks for each Evaluation through performance in Viva Voce/ Practical Record File: 10 Marks	

### **Part C-Learning Resources**

- Iyengar, 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



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

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	3 <sup>rd</sup> Semester		
Name of the Course	Exercise Physiology		
Course Code	B23-PED-301		
Course Type:	Core Course - 3 Major Core Course - 4		
Level of the Course	100 - 199		
Pre-requisite (if any)	Candidate who has opted Physical Education as Major		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the Exercise Physiology, Body Composition and types of muscle contractions 2. Explain the effect of exercise on the various aspects of Skelton muscles 3. Illustrate the effects of various aspects of circulatory system 4. Tell the various Effects of exercise on the various capacities and volumes of lung. 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Football and Boxing/Wrestling/Judo		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
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)			Time: 3 Hours  For End Term Exam
Part B- Content of the Course			
<b>Instructions for Paper- Setter:</b> 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 V <sup>th</sup> 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
I	<b>Introduction of Exercise Physiology</b> <ul style="list-style-type: none"> <li>Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism</li> <li>Importance of Exercise Physiology in Physical Education</li> <li>Types of muscular Contractions: Isometric, Isotonic and Isokinetic</li> <li>Meaning of Body Composition, Components of Body Composition</li> <li>Effect of Exercises on the body composition.</li> </ul>		11



II	<b>Muscular System and Exercise</b> <ul style="list-style-type: none"> <li>Gross Structure of the Skeletal Muscle</li> <li>Functions of Muscular system</li> <li>Properties of slow-twitch and fast-twitch muscle fibers</li> <li>Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy.</li> <li>Effect of exercises and training on the muscular system</li> </ul>	11
III	<b>Cardiovascular System and Exercise</b> <ul style="list-style-type: none"> <li>Meaning and functions of Cardiovascular System</li> <li>Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood pressure and Cardiac Hypertrophy</li> <li>Conduction System of the Heart</li> <li>Blood circulation in the Heart, Blood Supply to the Heart</li> <li>Effect of exercises and training on the Cardio vascular system.</li> </ul>	12
IV	<b>Respiratory System and Exercise:</b> <ul style="list-style-type: none"> <li>Meaning of Lung Volumes: Inspiratory Reserve Volume, Expiratory reserve volume, Tidal Volume and Residual Volume</li> <li>Meaning of Lung capacities: Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity.</li> <li>Mechanism of Breathing</li> <li>Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues</li> <li>Effect of exercises and training on the respiratory system.</li> </ul>	11

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

**Internal Assessment:**  
 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
I	Football: Court specifications, general rules and basic skills	15 Marks	15
II	Wrestling/Judo/Boxing: Ring/Mat specifications, general rules and basic skills	15 Marks	15
	<b>Internal Assessment: 10 Marks</b> Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Sports/Game)	<b>University Exam (UE): 20 Marks</b> Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Sports/Game)	

**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.
- Sandhya Tiwaji. (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.

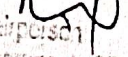
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CHANDAN  
D. YADAV  
M. K. SINGH  
H. K. SINGH



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**3<sup>rd</sup> Semester Subject: Health & Physical Education**  
**(According to NEP2020 Implemented from Session 2024 – 25(IHS from session 2023-24)**  
**Multidisciplinary course - 3**

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	3 <sup>rd</sup> Semester		
Name of the Course	Basics of Naturopathy		
Course Code	B23-PED-303		
Course Type:	Multidisciplinary course - 3		
Level of the Course	100 - 199		
Pre-requisite (if any)	It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the meaning and principles of Basics of Naturopathy 2. Illustrate the basic knowledge of various types of yoga 3. Explain the basic knowledge of various types of Hydrotherapy. 4. Able to Perform Surya Namaskar, Jal Neti and Rubber Neti.		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75		Time: 3 Hours	
Part I - Theory = 50 (Internal Assessment - 15 Marks + External – 35 Marks)		For End Term Exam	
Part II - Practical = 25 (Internal Assessment - 5 Marks + External – 20 Marks)			
Part B- Content of the Course			
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
I	Introduction of Naturopathy <ul style="list-style-type: none"><li>• Meaning and Definition of Naturopathy</li><li>• Philosophy of Naturopathy</li><li>• Principles of Naturopathy</li><li>• Misconceptions about Naturopathy,</li><li>• Relationship of Naturopathy with Yoga</li></ul>		10
II	Mudtherapy <ul style="list-style-type: none"><li>• Meaning and Definition of Prithvi Tatva.</li><li>• Principles of Mudtherapy.</li><li>• Importance of Prithvi Tatva.</li><li>• Different techniques of Mudtherapy and their benefits.</li><li>• Uses of Mudtherapy in different illness.</li></ul>		10

  
 Chairperson  
 Department of Health & Physical Education  
 Kuvempu University  
 Jangalpet



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III	<b>Hydrotherapy</b> <ul style="list-style-type: none"> <li>• Meaning and Definition of Jal Tatva.</li> <li>• General Principles of Hydro-therapy</li> <li>• Importance of Jal Tatva.</li> <li>• Different techniques of Hydrotherapy and their benefits</li> <li>• Uses of Hydrotherapy in different illness</li> </ul>	10
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### 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 × 1 Marks = 5 Marks.

### Part II – Practical

**Maximum Marks: 25 (Internal Assessment - 5 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Surya Namaskar : 12 Counts	10 Marks	15
II	Shatkarma: Rubber Neti and Jal Neti	10 Marks	15
	<b>Internal Assessment: 5 Marks</b> Demonstration of Skill/Viva-Voce/ Practical Record File	<b>University Exam (UE): 20 Marks</b> Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File: ( 10 Marks for each)	

### Part C-Learning Resources

- History & Philosophy of Naturopathy – 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

*[Signature]*

Coordinator  
Department of Physical Education  
Kurukshetra University  
Kurukshetra-136119



**4<sup>th</sup> Semester Subject: Health & Physical Education**  
 (According to NEP2020 implemented from Session 2024 – 25(IHS from session 2023-24))  
**Core Course – 4 & Major Core Course - 6**

<b>Part A - Introduction</b>			
<b>Subject:</b>	<b>Health &amp; Physical Education</b>		
<b>Semester</b>	4 <sup>th</sup> Semester		
<b>Name of the Course</b>	Basics of Sports Fitness		
<b>Course Code</b>	B23-PED-401		
<b>Course Type:</b>	Core Course – 4      Major Core Course - 6		
<b>Level of the Course</b>	100 - 199		
<b>Pre-requisite (if any)</b>	Candidate have taken Physical Education as Major Course		
<b>Course Learning Outcomes (CLO):</b>	After completing this course, the learner will be able to: 1. Describe meaning, importance and norms of Physical Fitness. 2. Illustrate meaning, principles and methods of warming up. 3. Explain meaning, principles and methods of cooling down. 4. Describe the health related and skill related components of fitness 5. Demonstrate the techniques of measuring strength, flexibility, agility and hand eye coordination.		
<b>Credits</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	3	1	4
<b>Contact Hours</b>	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
<b>Max. Marks: 100</b> <b>Part I - Theory = 70</b> (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) <b>Part II - Practical = 30</b> (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			<b>Time: 3 Hours</b>  <b>For End Term Exam</b>
<b>Part B- Content of the Course</b>			
<b>Instructions for Paper- Setter:</b> 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.			
<b>Unit</b>	<b>Topics</b>		<b>Contact Hours</b>
I	<b>Introduction of Physical Fitness</b> <ul style="list-style-type: none"> <li>Meaning and Definition of Physical Fitness</li> <li>Benefits of Physical Fitness in Sports and daily life</li> <li>Meaning and Types of Aerobic and Anaerobic activities</li> <li>Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities</li> <li>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.</li> </ul>		11
II	<b>Warming Up</b> <ul style="list-style-type: none"> <li>Meaning and definition of Warming up</li> <li>Principles of Warming up</li> <li>Physiological and Psychological benefits of Warming up</li> <li>Types of warming up</li> <li>Methods of Warming up</li> </ul>		11



III	<b>Cooling Down</b> <ul style="list-style-type: none"> <li>• Meaning and definition of Cooling Down</li> <li>• Principles of Cooling Down</li> <li>• Physiological and Psychological Benefits of Cooling Down</li> <li>• Procedure for Cooling Down</li> <li>• Types of Cooling Down</li> </ul>	11
IV	<b>Components of Physical Fitness:</b> <ul style="list-style-type: none"> <li>• Meaning of Health-related components of Physical fitness: (i) Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance, (iv) Body Composition (v) Flexibility.</li> <li>• Meaning of Skill Related Fitness Components: (i) Agility, (ii) Balance, (iii) Neuro Muscular Adaptations and Coordinative abilities, (iv) Speed, (v) Strength (vi) Reaction Time.</li> </ul>	12

### Suggested Evaluation Methods:

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

#### Internal Assessment: 20

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

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

Unit	Topics	Marks distribution	Contact Hours
I	i) Measuring Hand Grip and Leg & Back Strength by Dynamometer ii) Measuring Flexibility by Sit and Reach Test	(5+5) 10 Marks	10
II	i) Hand eye Coordination Test	10 Marks	10
III	Measuring Agility by LUS Agility Obstacle Course	10 Marks	10
Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File/ score of test		End Term Exam: 20 Marks Evaluation through Demonstration of technique/ Viva Voce/ Practical Record File/ score of test	

### 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, Surjeet Publication Delhi.
- Difcore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. Bedford row, London 1998
- 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>.