

Physical Education and Yog (373)

Bifurcation of Syllabus

Total no. of Lessons=22		
MODULE (No. & name)	I TMA (40%) (No. of lessons-8)	II Term End Examination (60%) Total Lesson -14
Module-1 Concept of Physical Education and Yog	L-3(Physical Fitness & Wellness) L-4 (Career Aspects of Physical Education)	L-1 (Introduction and Historical Development) L-2 (Ethics and Values)
Module -2 Dimension of Physical Education and Yog	L-7 (Social aspects)	L-5 (Physical and Physiological aspects) L-6 (Psychological aspects) L- 8 (Spiritual aspects)
Module - 3Holistic Health	L-9 (Introduction to health) L-11 (Awareness of Lifestyle Disorders)	L-10 (Diet and Nutrition) L-12 (School Health Programme)
Module -4 Physical Education and Sports Sciences	L-13 (Physical Education for various Population) L-15 (Test and Measurement)	L-14 (Sports Training) L-16 (Organization of Tournament) L-17 Athletic Injuries, First Aid and Safety)
Module-5 Yogic Practices	L-20 (Asana)	L-18 (Hath Yog) L-19 (ShatKarma) L-21 (Pranayama) L-22 (Mudra and Bandha)