

Semester-I
Skill Enhancement Courses (SEC-1)
PHYSICAL EDUCATION

Title of the Course:
Health, Wellness & Yoga
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
2	4 Hours/Week
Activity Based Practical Course Content	
Activity Based Practical Course Content	Hours
<p>Unit 1:- Introduction</p> <p>a. Meaning, Definition and Importance of Health & Wellness</p> <p>b. Dimensions of Health and Wellness</p> <p>c. Factors influencing Health and Wellness <i>Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle</i></p> <p>d. Health & Wellness through Physical Activities <i>Sports, Games, Yoga, Recreation and Leisure time activities</i></p> <p>e. Causes of Stress & Stress relief through Exercise and Yoga</p> <p>Unit 2:- Practical- Exercises for Health and Wellness</p> <p>1. Warm-Up and Cool Down - General & Specific Exercises</p> <p>2. Physical Fitness Activities</p> <p>3. Stretching Exercises</p> <p>4. Strengthening Exercises</p> <p>5. Cardiovascular Exercises</p> <p>6. Flexibility and Agility Exercises</p> <p>7. Assessment of BMI</p> <p>8. Relaxation techniques</p> <p>Unit 3:- Yoga</p> <ul style="list-style-type: none"> ● Shitalikarna Vyayama ● Suryanamaskara ● Basic Set of Yoga Asanas ● Basic Set of Pranayama & Meditation 	56 Hours

Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students.

HEAD

CO-ORDINATOR

PRINCIPAL

DEPT. OF PHYSICAL EDUCATION
Smt. A.S.M. College for Women
BALLARI.

Smt. Allum Sumangalamma Memorial
College For Women, BELLARY.

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Formative Assessment	
Assessment type	Weightage in Marks
Activity Based Practical	<p>IA-Internal Assessment- 50 Marks</p> <ul style="list-style-type: none"> ● Skills/Physical Fitness Test =10 ● Classroom Activity (Discipline, Mass Participation Activity, Punctuality)= 10 ● Project/ Record=20 ● Performance = 10*
Total	50 Marks

*Note: 1. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

2. IA Guidelines shall further be modified at the University Level

References:

1. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA: Human Kinetics.
2. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
3. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hillsborough, NC27609, United States
6. AAPHERD "Health related Physical Fitness Test Manual."1980 Published by Association drive Reston Virginia
7. Bucher.C.A (1979) foundation of Physical Education (5th Edition Missouri CV Mosby Co.)
8. Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publication
9. Thomas D Fahey and others. Fit and well : 6th Edition New York :McGraw Hill Publishers, 2005
10. Dixit Suresh (2006) SwasthyaShiksha sports Publications Delhi.
11. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi
12. Pinto John and Roshan Kumar (2021) "Introduction to Physical Education", Louis Publication. Mangalore
13. Shanti K Y (1987) "The Science of Yogic Breathier" (Pranayama) D B Bombay
14. Pinto John and Ramachandra K (2021)Kannada Version "Dahika Sikshanada Parichaya" Louis publications. Mangalore

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

Number of Credits	Number of lecture hours/ semester (Inclusive of Theory & Practical)
2	4 Hours/Week
Activity Based Practical Course Content	
Physical Education & Sports	56 Hrs
<ul style="list-style-type: none"> ● Conditioning Exercises ● Aerobics & Calisthenics ● One Major Game and One Indigenous Game (Basic Skills) ● One Track/Field Event ● Intramural Competitions ● Project/Record ● Proficiency in particular Sport <ul style="list-style-type: none"> ➤ Rules & Regulations ➤ Marking & Ground Management ➤ Officiating 	56
<p>Note:</p> <ol style="list-style-type: none"> 1. <i>Colleges may offer required no: of games as per students' strength and available facilities.</i> 2. <i>Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters.</i> 3. <i>For Specially Challenged Students, the Program shall be designed at college level</i> 	

Note: Due Weightage in Assessment shall be given to Elite Sportsmen of the College


Formative Assessment	
Assessment type	Weightage in Marks
Activity Based Practical	IA-Internal Assessment- 50 Marks <ul style="list-style-type: none"> ● Skills/Physical Fitness Test =10 ✓ ● Classroom Activity (Discipline, Mass Participation Activity, Punctuality)= 10 ✓ ● Project/ Record=20 ✓ ● Performance = 10 ✓
Total	50 Marks

Note: IA Guidelines shall be formulated at the University Level

References:

1. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
2. IAAF Manual
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga

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


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