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Minor (M<sub>1</sub>)

**SYLLABUS FOR PHYSICAL EDUCATION  
(MINOR SUBJECT)**



**UDAI PRATAP COLLEGE, VARANASI**

**PROPOSED STRUCTURE OF UG-PHYSICAL  
EDUCATION  
SYLLABUS  
(MINOR SUBJECT)**

**2022**

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### OBJECTIVES

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports, yoga and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally can be kept healthy. As far as minor subjects are concern the two subjects 'Health: Personal & Environmental' and 'Yoga for All' are opted which will helpful to the students to aware about health. In these subjects students will study about personal health, environmental health and yoga. Personal Health is the ability to take charge of your health by making conscious decisions to be healthy. Environmental Health focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters healthy and safe communities. Yoga usually involves some combination of the following: postures and poses (asanas), regulated breathing (pranayama), and meditation and relaxation (samyana). It reduces stress, conflicts, improve concentration, improve posture, develop core muscles. Students will definitely be able to discharge duties towards themselves and society through this subject.

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Department of Higher Education U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

MINOR SUBJECTS – PHYSICAL EDUCATION

Course Code	Paper Title	Theory/ Practical	Credits
-	HEALTH: PERSONAL & ENVIRONMENTAL	THEORY	4
-	HEALTH: PERSONAL & ENVIRONMENTAL	PRACTICAL	2
-	YOGA FOR ALL	THEORY	4
-	YOGA	PRACTICAL	2

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# SYLLABUS FOR MNOR SUBJECTS

FIRST PAPER: PHYSICAL EDUCATION

SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code:	Course Title: <b>Health : Personal &amp; Environmental</b>	
Credits : 04	General Elective	
<p><b>Course Outcomes:</b> Students can be able to understand various aspects of health with respect to personal and environmental. In this subject students will study about personal health, environmental health. Personal Health is the ability to take charge of your health by making conscious decisions to be healthy. Environmental Health focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters healthy and safe communities.</p>		
Max. Marks : 25+75	Min. Passing Marks : 10 + 25	
Total No. of Lectures-Tutorials-Practical (in hours per week): -TLP:4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<b>HEALTH &amp; HEALTH EDUCATION</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Health Education</li> <li>• Aim, objective and Principles of Health Education</li> <li>• Scope &amp; Importance of Health Education</li> <li>• Meaning &amp; Definition of Health</li> <li>• Dimensions of Health</li> </ul>	06
II	<b>NUTRIATION, NUTRIENTS AND DIET</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Nutrition, Nutrients &amp; Diet</li> <li>• Basic Nutrition Guidelines</li> <li>• Sources of Nutrients : Macro &amp; Micro Nutrients</li> <li>• Adulteration &amp; Malnutrition</li> <li>• Balance Diet &amp; Preparation of Dietary Chart</li> </ul>	07
III	<b>HEALTH PROBLEMS</b> <ul style="list-style-type: none"> <li>• Obesity &amp; their Management</li> <li>• Personal and Environmental Hygiene</li> <li>• Environmental Sanitation</li> <li>• Care of Skin, Eyes, Ears, Teeth &amp; Nose</li> <li>• Brief Introduction to Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution</li> </ul>	08
IV	<b>DISEASES : COMMUNICABLE &amp; NON COMMUNICABLE</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Disease, Congenital Disease &amp; Acquired Disease</li> <li>• Meaning &amp; Definition of Communicable &amp; Non Communicable Disease</li> <li>• Communicable Diseases ( Contagious &amp; Non Contagious) - Viral Diseases &amp; Bacterial Diseases,</li> </ul>	08

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	<ul style="list-style-type: none"> <li>• Non Communicable Diseases – Blood Pressure, Diabetes</li> </ul>	
V	<b>POSTURE AND POSTURAL DEFFORMITIES</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Posture</li> <li>• Causes of Bad posture</li> <li>• Postural Deformities &amp; their Correctives Exercises &amp; Yogasanas</li> </ul>	08
VI	<b>FIRST AID</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition of First Aid</li> <li>• Qualities of First Aider</li> <li>• Dressing &amp; Bandages for Wound, Soft Tissue Injury, Bone Injury &amp; Joints Injury</li> <li>• Hand Washing &amp; Hygiene</li> <li>• Dealing with an Emergency like Cardiac Arrest- Resuscitation (Basics)</li> <li>• Fast Evacuation Techniques</li> <li>• Transport Techniques</li> </ul>	07
VII	<b>PSYCHOLOGICAL &amp; MENTAL HEALTH</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Mental Health</li> <li>• Mental Health Problems in the India</li> <li>• Mental Health First Aid Action Plan</li> <li>• Understanding Depression and Anxiety Disorders</li> </ul>	08
VIII	<b>ENVIRONMENTAL HEALTH</b> <ul style="list-style-type: none"> <li>• Definition, Scope, Need and Importance of Environmental Health.</li> <li>• Concept of Environmental Health</li> <li>• Tree Plantation, Plastic Recycling &amp; Probation of Plastic Bag / Cover.</li> <li>• Celebration World Environment Day and it's Importance</li> </ul>	08

**Suggested Readings:**

- Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York.
- Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States
- Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OXZSDP, A division of Reed Educational and Professional publishing Ltd. New Delhi
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur
- Pearce, Evelyn C. (1997). Anatomy & Physiology for Nurses, Jaypee Brothers, New Delhi
- Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi

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- Verma, K. K.(1996). Health & Physical Education, Tandon Publication, Ludhiana
- Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness, Churchill Livingstone Elsevier

This course can be opted as an elective by the students of following subjects: **Open for all**

**Continuous Evaluation Methods: (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

FIRST PAPER PRACTICAL : PHYSICAL EDUCATION

Program/Class:	Year:	Semester:
<b>SUBJECT : PHYSICAL EDUCATION - PRACTICAL</b>		
Course Code:	Course Title: Personal & Environmental Health	
Course Outcomes: Students can be able to understand various aspects of health with respect to personal and environmental in a practical manner.		
Credits: 02	Elective	
Max. Marks : 25 + 75	Min. Passing Marks: 10 + 25	
Total No. of Lectures-Practical (in hours per week):L-T-P: 0-0-2		
UNIT	TOPICS	NO. OF HOURS
	<b>PART – A</b>	
I	<b>PERSONAL HEALTH:</b> <ul style="list-style-type: none"> <li>• First Aid for -Sprain, Fracture, Burn &amp; Drowning</li> <li>• Measurement of Blood Pressure &amp; Sugar</li> <li>• Measurement of BMI</li> <li>• Prepare chart for percentage of the students having Flat Foot, Claw Foot &amp; Normal Foot College students</li> </ul>	15
	<b>PART – B</b>	
II	<b>ENVIRONMENTAL HEALTH:</b> <ul style="list-style-type: none"> <li>• Procedure for waste management – Biodegradable &amp; Non Biodegradable</li> <li>• Procedure for rain water harvesting</li> <li>• Way to prevent us from Communicable Diseases</li> </ul>	15

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- Tree Plantation
- Application of 3R's- Reduce, Reuse, Recycle

**Suggested Readings:**

- Berube David M. (2021). Pandemic Communication and Resilience,
- Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Harkley Publishing Group, New York.
- Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States
- Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OX2SDP, A division of Reed Educational and Professional publishing Ltd. New Delhi
- Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur
- Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi
- Verma, K. K. (1996). Health & Physical Education, Tandon Publication, Ludhiana
- Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness, Churchill Livingstone Elsevier
- Manuel Cardoso Castro Rego, F., Morgan, P., Fernandes, P.M., Hoffman, C. (2021). Fire Science

This course can be opted as an elective by the students of following subjects: **Open for all**

Continuous Evaluation Methods (CIE)

**INTERNAL ASSESSMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**PRACTICAL ASSESSMENT (75 Marks)**

Practical – 50

VIVA – 15

Record book charts etc – 10

Course prerequisites: There is no any prerequisites only student physical and medically fit.

**Suggested equivalent online courses:**

- IGNOU
- Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.
- Rajarshi Tandon open University.

**SECOND PAPER THEORY: PHYSICAL EDUCATION****SUBJECT : PHYSICAL EDUCATION - THEORY**

Course Code:

Course Title: Yoga for All

**Course Outcomes:** Yoga is very helpful in prevention of many diseases and students will learn about it. This subject deals with basic knowledge about yogasanas, pranayama and rehabilitation aspects of yoga.

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Credits :04

Max Marks :25+75

General Elective

Min. Passing Marks : 10 + 25

Total No. of Lectures-Practical (in hours per week): L P 4 0 0

UNIT	TOPIC	NO. OF LECTURES
I	<b>INTRODUCTION OF YOGA</b> <ul style="list-style-type: none"> <li>• Concept, Meaning and Definition of Yoga</li> <li>• Aims and objectives of yoga</li> <li>• Scope of yoga</li> <li>• Importance of yoga</li> </ul>	06
II	<b>TYPES OF YOGA</b> <ul style="list-style-type: none"> <li>• Karma yoga</li> <li>• Raj yoga</li> <li>• Bhakti yoga, Gyan yoga</li> <li>• Hatha yoga, Jap yoga, Lay yoga</li> </ul>	07
III	<b>ASHTANG YOGA</b> <ul style="list-style-type: none"> <li>• Introduction &amp; Ashtang yoga</li> <li>• Yama, Niyam</li> <li>• Asana, Pranayam</li> <li>• Pratyahara</li> <li>• Dhyana</li> <li>• Samadhi</li> </ul>	08
IV	<b>YOGASANA</b> <ul style="list-style-type: none"> <li>• Meaning of Asana</li> <li>• Importance of Asana</li> <li>• Rules of Asana practice</li> <li>• Warming-up for Asana (Sukashma Vayayam)</li> </ul>	08
V	<b>SURYA NAMASKAR</b> <ul style="list-style-type: none"> <li>• Introduction of Suryanamaskar</li> <li>• Position of Suryanamaskar</li> <li>• Importance of Surya namaskar</li> <li>• Surya namaskar practice</li> </ul>	08
VI	<b>PRANAYAMA</b> <ul style="list-style-type: none"> <li>• Meaning of Pranayama</li> <li>• Meaning of Purak, Kumbhak &amp; Rechak</li> <li>• Importance of Pranayama</li> <li>• Bhastrika, Kapalbhati, Anulom-Vilom</li> <li>• Shitali, Shitikan, Ujjayi pranayama</li> <li>• Bhamri Pranayama</li> </ul>	07
VII	<b>REHABILITATION ASPECTS OF YOGA</b> <ul style="list-style-type: none"> <li>• Pain release therapy by Asana</li> <li>• Tention, Depression, Migraine</li> <li>• Anxiety</li> <li>• Increase vital capacity by pranayama</li> </ul>	08
VIII	<b>YOGA PALN</b>	08

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- Yoga plan for children
- Yoga plan for adult
- Yoga plan for adulthood
- Yoga plan for women
- Meditation

**Suggested Readings:**

- Kumar, Kamakhya (2011), Yog Mahavigyan, Standard publication, New Delhi
- Singh, A. (2004). Sharirik SikshaTatha Olympic Abhiyan, Kalyani Publishers, Rajendra Nagar, Patiyala
- Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- Swami Karmanand Saraswati (2013). Rog Aur Yog (2013), Yog Publication Trust, Munger
- Swami, Kuvalyananda (2012). Asanas, Kaivalyadhama, Lonavala, Pune
- Swami, Satyanand Saraswati (2005). Asana, Pranayam, Mudra Bandh, Yog Publication Trust, Munger
- Pandey, K.G. (2011). Sharirik Siksha Evam Khel, Shri Gyan Sagar Publication, Meerut
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Yoga, (2006), Vivekanad Kendra prakashan trust, Trilpiken
- Swami, Satyanand Saraswati (2013). Surya Namaskar, Yog Publication Trust, Munger

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**Continuous Evaluation Methods: (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

Written Test – 10 marks

Assignment/ Research Based Project - 10 marks

Attendance – 5 marks

Research Orientation of the student.

**Suggested equivalent online courses:**

- IGNOU
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**SECOND PAPER PRACTICAL: PHYSICAL EDUCATION**

Program/Class:	Year:	Semester:
<b>SUBJECT : PHYSICAL EDUCATION - PRACTICAL</b>		
Course Code:	Course Title: <b>Yoga</b>	
Credits: <b>02</b>	General Elective	
<b>Course Outcomes:</b> Yoga is very helpful in prevention of many diseases and students will learn about it in a practical manner. These practical deals with practical knowledge about yogasanas and pranayama.		
Max. Marks : <b>25 + 75</b>	Min. Passing Marks: <b>10 + 25</b>	
Total No. of Lectures-Tutorial-Practical (in hours per week):L-T-P: 0-0-2		

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UNIT	TOPICS	NO. OF HOURS
<b>PART - A</b>		
I	<ul style="list-style-type: none"> <li>Practices of Suksham Vyayam</li> <li>Standing Asanas – Vrikshasana, Tadasana</li> <li>Sitting Asanas – Padmasana, Vrihasana, Paschimuttanasana</li> <li>Laying Asanas (Supine Position) – Halasana, Sarvangasana, Naukasana</li> <li>Prone Position Asanas – Bhujanagasana, Dhanurasana, Navasana</li> </ul>	15
<b>PART - B</b>		
II	<ul style="list-style-type: none"> <li>Suryanamaskar with Mantra</li> <li>Practices of Pranayama – Bhastrika, Kapalbhathi, Anulom-Vilom, Bhramri</li> <li>Practices of Om Chanting (Om Jaap)</li> </ul>	15

**Suggested Readings:**

- Kumar, Kamakhya (2011), Yog Mahavigyan, Standard publication, New Delhi
- Singh, A. (2004). Sharirik SikshaTatha Olympic Abhiyan, Kalyani Publishers, Rajendra Nagar, Patiyala
- Singh, S. N. (2019). Khel Chikitsa Shastra Evam Yoga, Khel Sahitya Kendra, Daryaganj, New Delhi
- Swami Karmanand Saraswati (2013). Rog Aur Yog (2013), Yog Publication Trust, Munger
- Swami, Kuvalyananda (2012). Asanas, Kaivalyadhama, Lonavala, Pune
- Swami, Satyanand Saraswati (2006). Asana, Pranayam, Mudra Bandh, Yog Publication Trust, Munger
- Pandey, K. G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
- Yoga, (2006), Vivekanad Kendra prakashan trust, Trilpiken
- Swami, Satyanand Saraswati (2013). Surya Namaskar, Yog Publication Trust, Munger

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Research Orientation of the student.

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Practical – 50

VIVA – 15

Record book charts etc – 10

**Course prerequisites: There is no any prerequisites only student physical and medically fit.**

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