

Chaudhary Bansi Lal University, Bhiwani

(A State University established under Haryana Act No. 25 of 2014)



Scheme of Examinations & Syllabi

for

Health and Physical Education Subject

(w.e.f. 2024-25)

in

Undergraduate Programmes as per NEP 2020

Curriculum and Credit Framework for Undergraduate Programmes
(Multiple Entry-Multiple Exit, Internship and Choice Based Credit System LOCF)
With effect from the session 2024-25 (in phased manner)

DEPARTMENT OF PHYSICAL EDUCATION
Chaudhary Bansi Lal University, Bhiwani
HARYANA, INDIA

Chairperson
Department of Physical Education
CBLU Bhiwani

Chaudhary Bansi Lal University

Scheme of Examination for Undergraduate Programme

Subject: Health & Physical Education

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

YEAR/ PROGRAMME	SEME STER	Type of Course	COURSE CODE	PAPER/TITLE	CREDI TS			Contact Hours (T+P)	Max. Marks				
					Theor y	Practical	Total		Theory		Practical		
									External	Internal	External	Internal	
1/BACHELOR' S CERTIFICATE	1	Core Course - 1 Major Core Course – 1	24UN-PED-101	History and Foundation of Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 2	24UN-PED-102	Heath Education	3	1	4	5 (3+2)	50	20	20	10	100
		Core Course Minor - 1	24UN-PED-103	Olympics Movement	2	-	2	2	35	15	-	-	50
		Multidisciplina rycourse – 1	24UN-PED-MDC104	Fundamentals of Physical Education	2	1	3	4 (2+2)	35	15	15	5	70
		Ability Enhancement Courses	From available pool of Ability enhancement course as per NEP.										
		Skill Enhancement Courses	From available pool of Skill enhancement course as per NEP.										
		Value added Courses	From available pool of Value added course as per NEP.										
		Core Course - 2 Major Core Course – 3	24UN-PED-201	Basic Anatomy and Physiology	3	1	4	5 (3+2)	50	20	20	10	100
		Core Course Minor - 2	24UN-PED-202	Asian and Commonwealth Games	2	-	2	2	35	15	-	-	50

(Signature)

Chaudhary Bansi Lal University
Health & Physical Education

	Discipline Specific Elective Course – 1	24UN-PED-203	Athletics - Track Events and Road races	3	1	4	5 (3+2)	50	20	20	10	100
		24UN-PED-204	First Aid	3	1	4	5 (3+2)	50	20	20	10	100



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	Multidisciplinary course – 2	24UN-PED-MDC205	Fundamentals of Yoga	2	1	3	4 (2+2)	35	15	15	5	70
	Ability Enhancement Courses			From available pool of Ability enhancement course as per NEP.								
	Skill Enhancement Courses			From available pool of Skill enhancement course as per NEP.								
	Value added Courses			From available pool of Value added course as per NEP.								
2/ BACHELOR'S DIPLOMA	Core Course - 3 Major Core Course - 4	24UN-PED-301	Exercise Physiology	3	1	4	5 (3+2)	50	20	20	10	100
	Major Core Course - 5	24UN-PED-302	Sports Psychology	3	1	4	5 (3+2)	50	20	20	10	100
	Multidisciplinary course – 3	24UN-PED-MDC303	Basics of Naturopathy	2	1	3	4 (2+2)	35	15	20	5	75
	Ability Enhancement Courses			From available pool of Ability enhancement course as per NEP.								
	Skill Enhancement Courses			From available pool of Skill enhancement course as per NEP.								
4.	Core Course - 4 Major Core Course - 6	24UN-PED-401	Basics of Sports Fitness	3	1	4	5 (3+2)	50	20	20	10	100
	Major Core Course - 7	24UN-PED-402	Sports Injuries and Rehabilitation	3	1	4	5 (3+2)	50	20	20	10	100
	Major Core Course - 8	24UN-PED-403	Sports Nutrition	3	1	4	5 (3+2)	50	20	20	10	100
	Discipline specific Elective Courses - 2	24UN-PED-404	Athletics Field Events	3	1	4	5 (3+2)	50	20	20	10	100
		24UN-PED-405	Cricket	3	1	4	5 (3+2)	50	20	20	10	100

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 of 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.

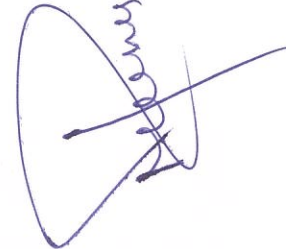
PLO – 8. Creativity: Acquire the ability to design, implement and evaluate process or program to meet desired needs in the field of physical education and sport at local, national and international level.

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 to solution of complex sports related issues and problems.


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Head of Department


Head of Institution

1st 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 st Semester		
Name of the Course	History and Foundation of Physical Education		
Course Code	24UN-PED-101		
Course Type:	Core Course - 1 Major Core Course – 1		
Level of the Course	100 – 199		
Pre-requisite (if any)	12 th 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			
<u>Instructions for Paper- Setter:</u> 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 th 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 Physical Education: • Meaning and definition of Physical Education • Aim and Objectives Physical Education • Scope of Physical Education. • Need of Physical Education in modern society. • Role of Physical Education in General health		12


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II	History of Physical Education in India: - Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) - Physical Education during Vedic period (2500 BC – 600 BC) - Physical Education during Hindu Period (600 BC – 1000 A.D) - Physical Education during British Period (Till 1947) - Physical Education during After Independence	12
III	Biological Basis of Physical Education: - Meaning of Growth and Development - Principles of Growth and development - Difference between Growth and development - Factor affecting Growth and development - Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood.	11
IV	Career opportunities in Physical Education and Sports: - Qualifications and responsibilities- Sports events Managers, technical Official. - Career opportunities in various Central Govt, State Govt., Private Organizations and others - Sports policy in India - National Sports Awards. - Career opportunities in Sports Journalism, Video analysis, Sports Photographer.	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

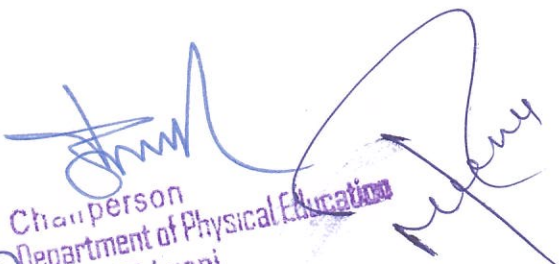
End Term Exam: 50 Marks

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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	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)
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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.

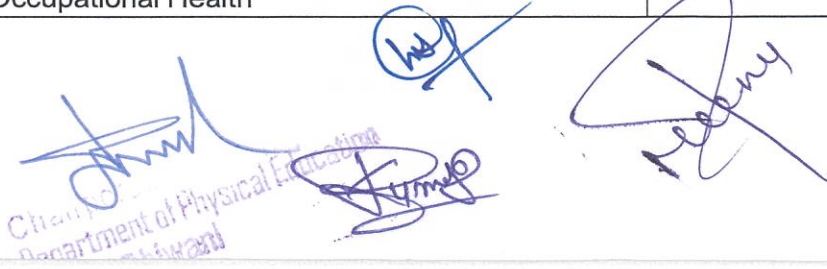


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1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)

Major Core Course - 2

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	Health Education		
Course Code	24UN- PED -102		
Course Type	Major Core Course – 2		
Level of the Course	100 – 199		
Pre-requisite (if any)	Course only for students studying Physical Education as Major Subject		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the concept of Health and Health Education. 2. Explain the concept of Occupational Health 3. Illustrate the basic knowledge of various Communicable Diseases 4. Acquire basic knowledge about the Communicable Diseases 5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level		
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			
<u>Instructions for Paper- Setter:</u> 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 th 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 Health and Health Education: • Meaning and definition of Health • Meaning and definition of Health Education • Objectives of Health Education • Dimensions of Health Education • Scope of Health Education • Principles of Health Education. • Need of Health Education in modern society.		12
II	Occupational Health • Meaning and definition of Occupational Health • Scope of Occupational Health		12



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	- Principles of Occupational Health. - Scope of Occupational Health - Factors responsible for Occupational Health Hazards and Diseases: Physical Hazards, Chemical Hazards, Biological Hazards, Mechanical Hazards, Psycho – Social Hazards. - Occupational diseases caused by Physical and Chemical factors	
III	Communicable Diseases - Meaning of Communicable Diseases - Name of various Communicable Diseases - Meaning, Causes, symptoms and Treatment of HIV/ AIDS - Meaning, Causes, symptoms and Treatment of Hepatitis A, B and C - Meaning, Causes, symptoms and Treatment of Tuberculosis and Chicken Pox - Meaning, Causes, symptoms and Treatment of COVID-19	11
IV	Non - Communicable Diseases - Meaning of Non-Communicable Diseases - Name of various Non-Communicable Diseases - Meaning, Causes, symptoms and Treatment of various types cardiovascular disease - Meaning, Causes, symptoms and Treatment of various types of Typhoid and Attention Deficit Hyperactivity Disorder (ADHD) - Meaning, Causes, symptoms and Treatment of Type I and Type II Diabetes - Meaning, Causes, symptoms and Treatment of Arthritis	10

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	BMI: Calculation of BMI, Categories of BMI	5 – Marks	8
II	Calculation of Peak Expiratory Flow with Spirometer, Analysis of Peak Expiratory Flow	5 – Marks	8
III	Measurement of Pulse Rate and Blood Pressure	5 – Marks	7
IV	Measurement of Oxygen Saturation level, its interpretation	5 – Marks	7

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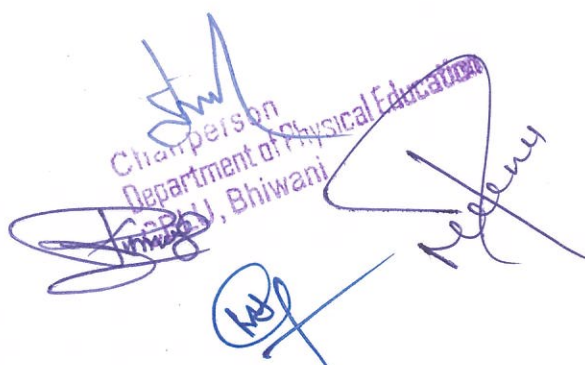
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Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	University Exam (UE): 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)
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Part C-Learning Resources

Suggested Readings:

- Sharma, V.K, Health & Physical Education Saraswati House Pvt. Ltd. Daryaganj, New Delhi.(2013).
- Bucher Olsen and Willgoose; The Foundation of Health Prentice Hall inc. Englewood Fliffs, New Jersey,(1976).
- Turner S and Smith, School Health and Health Education, The C.V. Mos by Company St. Loius (1961).
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
- Kang G.S. Deol N.S. An introduction to Health and Physical Education 21st century. Patiala (2008).
- Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana, 2015



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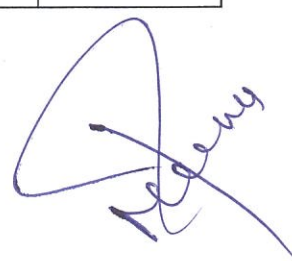
1st Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)

Minor Core Course - 1

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	Olympic Movement		
Course Code	24UN- PED-103		
Course Type	Minor Core Course – 1		
Level of the Course	100 – 199		
Pre-requisite (if any)	Course only for students studying Physical Education as Major Subject		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the concept of Olympic Movement and Ancient Olympics. 2. Acquired basic knowledge about Modern Olympics. 3. Describe the various Types of Olympics.		
Credits	Theory	Practical	Total
	2	Nil	2
Contact Hours	2 hours per week	Nil	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 3 Hours For
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> 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	Origin of Olympic Movement • Philosophy of Olympic movement • The significant stages in the development of the Ancient Olympic movement • Politics and Religion of Ancient Olympics, Opening ceremony, Different Events of Ancient Olympics, Participants of Various events, Prizes for winners, • Decline and Termination of the ancient Olympics		10
II	Modern Olympic Games • Revival of Olympic Games • Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem • Opening ceremony, Closing ceremony, medal ceremony • Olympic Protocol for member countries • Indian Performance in Modern Olympics		10


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III	Different Olympic Games - Paralympics Games: Brief History and symbols. Its relation with other Olympics - Winter Olympics: Brief History and symbols. Its relation with other Olympics - Youth Olympic Games: Brief History and symbols. Its relation with other Olympics - Indian Performance in Modern Paralympics, Winter and Youth Olympics.	10
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 = 10 Marks.
Part B - Learning Resources		
Suggested Readings: - Ajmer Singh, Jagdish Bans, Jagtar Singh Gill , Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers. - Burbank, J. M., Andranovich, G. D. & Cheyng Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner Osborne, M. P. (2004). - Magictree House Fact Tracker: Ancient Greece and the Olympics: A Nonfiction Companion To Magic Tree House: Hour of the Olympics. New York: random house books for young readers.		

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

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	1 st Semester		
Name of the Course	Fundamentals of Physical Education		
Course Code	24UN- PED -MDC104		
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):	After completing this course, the learner will be able to: 1. Describe the Aims, Objectives and scope of Physical Education. 2. Illustrate the basic knowledge biological aspects of Physical Education 3. Tell the various Carriers opportunities in Physical Education and Sports. 4. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton.		
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: 70 Part I - Theory = 50 (Internal Assessment - 15 Marks+ End Term Exam – 35 Marks) Part II - Practical = 20 (Internal Assessment - 5 Marks +End Term Exam – 15 Marks)			Time: 3 Hours For End Term Exam
PartB- 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 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
II	Biological Basis of Physical Education: • Meaning of Growth and Development		10

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	• 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.	
III	Career opportunities in Physical Education and Sports: • 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., Private Organizations and others • Career opportunities in Manufacturing and Marketing sectors. • Entrepreneur opportunities in Physical Education and Sports.	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 × 1 Marks = 5 Marks.

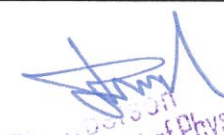
Part II – Practical

Maximum Marks: 20 (Internal Assessment - 5 Marks + External – 15 Marks)

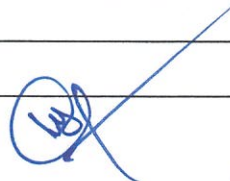
Unit	Topics	Marks distribution	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	7.5 Marks	15
II	Badminton: Court specifications, general rules and basic skills	7.5 Marks	15
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	University Exam (UE): 15 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File: (7.5 Marks for each Sports)	

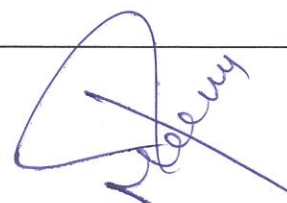
Part C-Learning Resources

Suggested Readings:


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

Core Course – 2 & Major Core Course - 3

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Basic Anatomy and Physiology		
Course Code	24UN- 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 st Semester		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the Anatomy, Physiology and structure of Cells. 2. Explain the structure of Joints and Muscular System 3. Illustrate the basic knowledge about Anatomy, Physiology of Circulatory and Digestive Systems of human body 4. Explain the Anatomy, Physiology of Respiratory and Excretory Systems of human body 5. Identify name and locations of bones, muscles and organs of various systems of human body.		
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 th 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 - Meaning and Definition of Anatomy and Physiology. - Importance of Anatomy and Physiology in Physical Education and sports - Meaning of Cell, Tissues, Organs and System. - Cell: Structure, Properties and functions		12

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II	Skeletal System and Muscular System - Skeletal System: Structure and functions of Skeletal System. - Axial and Appendicular Skelton - Meaning of Muscle, Types of muscles present in human body - Gross Structure of Skeletal Muscle, - Function of Muscles in Human body	10
III	Circulatory System and Digestive System - Structure and Function of the heart - Types of Blood Circulation: Systemic and Pulmonary - Introduction and structure of Digestive System - Functions of the digestive system,	12
IV	Respiratory System and Excretory System - Introduction and structure Respiratory system - Function of Respiratory system - Exchange of gases in the lungs and tissues, - Organs of Excretory System kidneys and skin - Structure 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

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)

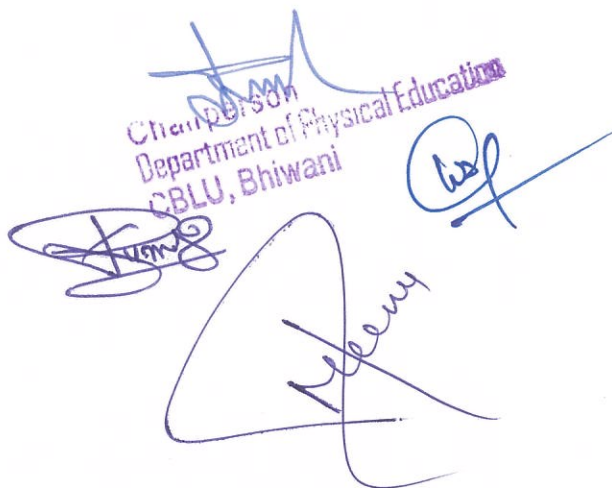
Unit	Topics	Marks distribution	Contact Hours
I	Identification of Name and location of Human Bones on Skelton and Chart	10 Marks	10
II	Identification of Name and location of Major Muscles of Human Body on Model and Chart	10 Marks	10
III	Identification of Name and Location of organs of various systems: 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:	

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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.
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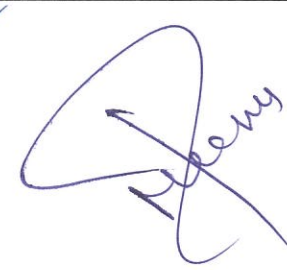
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The image shows several handwritten signatures in blue ink. One signature is a stylized 'S' with a horizontal line. Another is a large, looped signature. A third is a signature with a circular flourish. There are also some purple ink marks and a small circular stamp.

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

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Asian and Commonwealth Games		
Course Code	24UN- PED-202		
Course Type:	Core Course Minor – 2		
Level of the Course	100 – 199		
Pre-requisite (if any)	Course only for students studying Physical Education as Major subject		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. Describe the concept of Commonwealth Games. 2. Acquire basic knowledge about Asian Games. 3. Describe the Indian's performance in Various Commonwealth and Asian Games		
Credits	Theory	Practical	Total
	2	0	2
Contact Hours	2 hours per week	0	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of Four Units I, II, III & IV. Units 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	Commonwealth Games • Meaning of Commonwealth Games • Brief History of Commonwealth Games • Symbol of Commonwealth Games, Mascots of Commonwealth Games • Countries that participate in the Commonwealth Games • Queen's Baton Relay, Opening and closing ceremony, Anthems of Commonwealth Games		10
II	Asian Games • Meaning of Asian Games • Brief History of Asian Games • Symbol of Asian Games, Mascots of Asian Games • Countries that participate in the Asian Games • Opening and closing ceremony • Indian Performance in the Commonwealth Games		10


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III	Different Olympic Games • Main features of Commonwealth games organized in India • Main features of Asian games organized in India • Indian Performance in the various Commonwealth Games • Indian Performance in the various Asian Games	10
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 B-Learning Resources		
• Ajmer Singh, Jagdish Bans, Jagtar Singh Gill , Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers. • Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi. • Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi. • Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.		

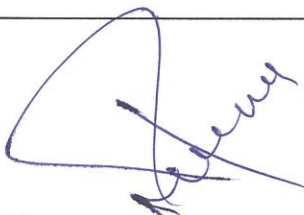


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2nd Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2023 - 24)
Discipline Specific Elective Course - 1

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Athletics Track Events and Road Races		
Course Code	24UN-PED-203		
Course Type:	Discipline Specific Elective Course - 1		
Level of the Course	100 – 199		
Pre-requisite (if any)	Candidate have taken Physical Education as Major Course		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe the Athletics Events and Governing Bodies of Athletics 2. Illustrate the basic knowledge about Sprints, Hurdles and Relay race events. 3. Describe the rules and regulations of Middle and Long Distance races and 3,000m Steeplechase. 4. Explain the rules and regulations of Marathon and Walking Events 5. Demonstrate the techniques of crouch start and Baton Exchange.		
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			
<u>Instructions for Paper- Setter:</u> 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
I	Introduction of Athletics • Brief History of Athletics • National and International Governing bodies of Athletics • Events of Athletics for Men and Women • Marking of Athletics track 200m • Marking of Athletics Track 400m		12


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II	Sprints, Hurdles and Relay race events - Basic Rules of Sprints events: 100m, 200m and 400m - Basic Rules of Hurdle events: 100m, 110m and 400m - Basic Rules of Relay races: (4×100) and (4×400) - Specification of starting blocks, Baton and Shoes used athletes in these events. - Famous Indian Athletes of Sprint and Hurdle events	11
III	Middle and Long Distance races and 3,000m Steeplechase - Basic Rules of Middle distance races: 800m and 1500m. - Basic Rules of Long Distance Races: 3000m, 5000m and 10000m - Basic Rules of Steeplechase: 3000m - Specifications of Hurdle and water jumps in steeplechase - Famous Indian Athletes of Middle & Long Distance races and 3,000m Steeplechase	11
IV	Marathon and Walking Events - Distance of Marathon, Walking and other road races, - Basic rules of Marathon Race - Basic Rules of Walking Events: 20 km and 50 km - Basic technique of walking. - Basic rules of Cross-Country races organized at university level. - Famous Indian Athletes of Marathon and walking events	11

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	Technique Crouch Start	10 Marks	10
II	Techniques of Baton Exchange	10 Marks	10
III	Basics of Track Marking (200m/400m)	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Demonstration of Skill/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Practical demonstration of skill of crouch start and Baton exchange: 5 Marks for each Evaluation through Viva Voce/ Practical Record File: 10 Marks	

Part C-Learning Resources

- Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book.
- Arnheim D., & William E Prentice. (1978). Athletic Training. St. Louis: Mosby Year Book.
- Authors Guide (2018) IAAF Competition Rules 2018-2019, Monaco Cedex: IAAF Publishing.
- George Immanuel.(1997).Track and Field Event layout and Marking. Chennai:
- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

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- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Josse, P, Moprtensen., & John, M, Copper. (1998). Track and Field for Coach and Athlete. St.Louis: C.V.Mosphy Company.
- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New Delhi
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.


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2nd Semester (Health & Physical Education)
(According to NEP2020)
Discipline Specific Elective Course - 1

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	First Aid		
Course Code	24UN-PED-204		
Course Type:	Discipline Specific Elective Course – 1		
Level of the Course	100 – 199		
Pre-requisite (if any)	Students who have opted Health and Physical Education as core/major subject.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Understand the concept of First Aid and role of First Aider. 2. Manage an Incident and Assessing the Casualty 3. Explain First Aid management for Respiratory problem, Bone, Joint and Muscle Injuries. 4. Describe First Aid measures for Wounds, Foreign objects, poisoning, bites and medical conditions. 5. Provide First Aid through CPR and Dressings.		
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 th will consists 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 First Aid • Meaning and definition of First Aid • Purpose of First Aid • Prerequisite personal qualities of a First Aider • Principles of First Aid • Material/Articles of First Aid Box		10
II	Managing an Incident and Assessing the Casualty • Action at an emergency: Traffic accidents, Fires, Electrical incidents, Water incidents, Major incident/Mass casualties. • Assessing the Casualty: Primary survey, Secondary survey, Head-to-toe examination, Monitoring vital signs		11

	Meaning and Technique of Cardiopulmonary Resuscitation CPR	
III	First Aid for Respiratory problem, Bone, Joint and Muscle Injuries - First Aid for Respiratory Problems: Airway obstruction, Choking, Hanging and strangulation, Drowning and Asthma Attack. - First Aid for Bone, Joint and Muscle Injuries: Fractures, Dislocated joint, Strains, Sprains and Cramps	12
IV	First Aid for Wounds, Foreign objects, poisoning, bites and Medical conditions: - First Aid for Wounds: Simple Bleeding, Severe external bleeding and Blisters, - First Aid for Foreign objects: Swallowed foreign object, foreign object in the eye, foreign object in the ear and Foreign object in the nose. - First Aid for poisoning and bites: Swallowed poisons, human bites, and Snake bite. - First Aid for Medical conditions: Heart attack, Stroke, Seizures and Allergy.	12

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.
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Part II – Practical (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Technique of CPR	15 Marks	15
II	Technique of Dressings, Roller bandages, Tubular gauze bandages, square knots and Arm sling,	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)	

Part C-Learning Resources

- The authorized manual of St. John Ambulance, St. Andrew's Ambulance association and the British red cross society, First Aid manual, 9th edition, Dorling Kindersley, London
- American college of emergency physicians, First Aid manual, 5th edition, Dorling Kindersley, London
- Clement Text book on First Aid & Emergency Nursing, First edition, JP brothers, 2012
- Philip Jevon, Emergency care and First Aid for Nurses, A practical guide, Churchill Living Stone, 2007


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 Head of Department


 In-charge

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

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	2 nd Semester		
Name of the Course	Fundamentals of Yoga		
Course Code	24UN-PED-MDC205		
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 Paranyams. 4. Perform various types of basic Asanas and Paranyams		
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 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 25 (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> 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 • 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


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III	Asanas and Paranayam • Meaning of Asanas, Classifications of Asanas • Principles of Asanas • Meaning of Paranayam, Different Types of Paranayams • Principles of Paranayams. • Meaning of Shatkarm and types of Shatkarms	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

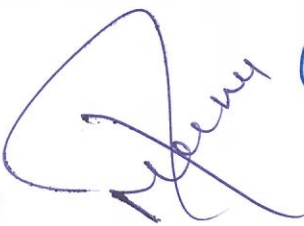
Maximum Marks: 25 (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Asanas: Ten Basic Asanas	10 Marks	15
II	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 Marks 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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