


UNIVERSITY OF RAJASTHAN,
JAIPUR

Bachelor Degree in Physical Education
(~~Annual Scheme~~)
2013-2014


10/10/13


10/10

FOR Exam - 2013 2014

ORDINANCES RELATING TO BACHELOR DEGREE IN PHYSICAL EDUCATION

O. 329-L(78)

1. A candidate possessing a B.A./B.Sc./B.Com. Degree under 10+2+3 scheme or Equivalent examination with a minimum of 40% marks in aggregate or possessing P.C. Degree with a minimum of 40% marks in aggregate shall be eligible for admission to the said diploma admission will be made after qualifying an entrance test as per syllabus laid down for the purpose.
2. In case of SC/ST candidates those with PG degree shall be eligible after fulfilling other conditions and they will also be required to qualify entrance test for the purpose.
3. Candidate seeking admission are required to have active interest in Physical Education and Sports Activities and also possess earlier participation in Inter University /International Games and Sports etc.
4. Candidates seeking admission are expected to be free from any physical disability/defects, possess sound health and should be medically fit. A candidate after qualifying the entrance test shall be required to produce a certificate from the University Medical Officer before the candidate is admitted to the course.
5. A candidate seeking admission shall be required to attain the age of 28 years on 1st July of each year. S.T., S.C. & O.B.C. as per University Rules. There shall be no restriction of age in case of in service candidates and out standing Sports persons.
6. The duration of the course of study shall extend over a period of one year and examinations shall be held at the End of one year.
7. A candidate shall be required to put in a minimum of 75% attendance separately in practical and theory paper/course of study, lectures and seminars etc. to enable him/her to appear at the examination.

R-43-B(10)

There shall be 7 theory papers of 3 hours duration for the annual examination. Each paper will carry 100 marks, (80 marks in written examination for theory and 20 marks for Internal Assessment.)

Scheme of Examination

PART-I THEORY		Marks 700				
S.No.	Paper/subject	I term Exam.	II term Exam.	Internal Assessment	Yearly Exam.	Total
1.	Principles of Physical Education & Educational Psychology	5	5	10	80	100
2.	Organization, Methods & Supervision in Physical Foundation	5	5	10	80	100
3.	Principles of Coaching and Officiating	5	5	10	80	100
4.	Basic Anatomy & Physiology of Exercises	5	5	10	80	100
5.	Kinesiology, Care of athletic Injuries & Health Education	5	5	10	80	100
6.	Recreation, Camping & History of Physical Education	5	5	10	80	100
7.	Yoga & Rehabilitation	5	5	10	80	100

Part-II Practical Work

Marks 400

Group I-Athletics

Game	Boys	Girls	Remarks
100 mtrs.	34	40	Any two
200 mtrs.			
400 mtrs.			
800 mtrs.			
1500 mtrs.			
High Jump	33	20	Any two
Long Jump			
Pole Vault			
Triple Jump			
Discus throw	33	40	Any two
Hammer throw			
Javelin throw			
Shot put			
Total	100	100	

Group-II-Gymnastics Activity

30 Marks

Group-III-P.T. Marching & Yoga

Mass P.T. & Marching	25	25
Yoga	25	25

Group-IV-Major Games -

Basket ball	25	25
Football	25	25
Hockey	25	25
Volleyball	25	25
Cricket	25	25
Swimming	25	25
Total	150	150

Group-V-Major Games (Objective Tests)

	Boys	Girls
Badminton	10	10
T.T.	10	10
Wrestling	10	10
Boxing	10	10
Kho-Kho	10	10
Handball	10	10
Kabaddi	10	10
Total	70	70

Note: In Practical activities i.e. Games and Sports, 60% marks will be given in Theory, 20% marks in Performance and 20% marks in style, officiating etc.

Part-II: Practice Teaching and Officiating Ability

Section : I Practice Teaching (Internal)

100 Marks

	Within College	Within school or College Students
Major games	one	three
Minor games	one	two
Athletics	one	two
Gymnastics	one	two

PT and Marching	one	one
Yogic exercise	one	one
	Six	Eleven

Note: Marking is done for all the seventeen lesson @ 10 marks each but then ten best lessons are to be counted.

Section-II : Officiating (Internal)

50 Marks

Any three from major games

30

Any one form minor games

10

Any one event out of races/jumps/throws

10

Total

150

Section-III : Practice Teaching (External)

150 Marks

1. A candidate shall give four teaching lessons at the final examination each carrying 50 marks. Out of four lessons will consists of 50 Marks each :-

- a) Mass Calisthenics
- b) Teaching Game skill
- c) Teaching Athletics
- d) Class room theory subject teaching.

2. A candidate shall be assessed internally in Sections I and II and externally in Section III. The aggregate total marks obtained by him in all the three sections of Part-III together with will be his final score for the declaration of his result.

DETAILED SYLLABUS.

Paper-I Principles of Physical Education and Educational Psychology

Time : 3 Hours

Maximum Marks 80
Minimum Pass Marks 32

Unit I :-

Basic concept of physical education

1. Meaning and definition of education and physical education.
2. Aims and Objectives of Education & Physical Education.
3. Scope, Need and Importance of physical education.
4. Misconceptions about physical education.
5. Physical education is an art & a science, Physical education as a profession.
6. Meaning of term principle, sources of principles of physical education & related subjects.
7. Physical culture, physical training, yoga, P.T., Drills, calisthenics.

Unit II :-

Biological Foundation of Physical Education.

1. Hereditary traits, unsynchronized development.
2. Muscle tone, reciprocal innervations, body mechanics.
3. Somatotype classification, Exercise a biological necessity, growth and development.
4. Chronological, Anatomical, Physiological and mental age
5. Differences between boys and girls during the period of adolescence.

Unit III :-

Sociological and Philosophical Foundation of Physical Education.

1. Need & Importance of sociology in Physical Education and Sports, Gregarious Instinct.
2. Desire for reorganization and response of Individual, Society and social group and their significance: Family, Community, School, State and nation.
3. Democratic Thinking, National and International Integrity, Leaders and followers.
4. Philosophical Foundation :- Idealism, Pragmatism, Naturalism, existentialism.
5. Games and sports as a cultural heritage.

Unit IV :-

General concept of Psychology.

1. Meaning, Definition, Nature and sources of psychology, Need of psychology for physical education teachers.
2. Branches of psychology, scope and relation to other sciences, Importance of psychology in education with special reference to physical education.
3. Instincts :- Definition, characteristics and types of emotions.
4. Stages of growth and development.
5. Intelligence :- I.S. & P.S.

Unit V :-

Education and Sports Psychology

1. Individual differences and personality :- Meaning, Nature and factors affecting personality and types.
2. Learning :- Principles, Types, Theories and factors affecting learning, learning curve and plateau, Laws of learning, transfer of learning with special reference of physical skills.
3. Motivation :- Types and role in teaching physical activities.

Books Recommended:

1. Bucher, Charles A. Foundation of Physical Education St. Louis the C.V. Mosby Co. 1972.
2. Nixon E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
3. Obertentfer, Dalbert Physical Education, New York, Harper & Brothers Publisher, 1970.
4. Sharmen, J.R. Introduction to Physical Education, New York A.S. Barnes & Co. 1964.
5. William J.F. The Principle of Physical Education Philadelphia, W.B. Saunders Co. 1964.

Paper-II Organization Methods and Supervision in Physical Education

Time : 3 Hours

Maximum Marks 80

Minimum Pass Marks 32

Unit - I

1. Meaning of Organization and Administration. Its types & Importance of Organization.
2. Guiding Principles of organization
3. Equipment-Minimum requirement for an Educational Institution,
4. Purchase of equipment (Policies and Procedures) care of equipment (general and specific).
5. Relationship of Physical Education Teachers with the headmaster, Supervisor, class-room teachers, students, parents and the community student leadership.

Unit- II

1. Preparation of time-table-fitting Physical Education into school Time-Table before school after school activities,
2. Types of Physical Education periods-Daily and annual schedules.
3. Finance and Budget: Source of income-Approved items of expenditure. Rules for the utilization of Games Fund or Physical Education
4. Fund-preparation and administration of a Budget Accounting.
5. Office Management -maintaining various types of records and registers and reports, check ups and their follow ups.
6. Public Relation: Meaning and its importance in the promotion in the Physical Education & Sports. Qualities of Public Relation Officer.

Unit -III

1. Introduction: Meaning and importance of Method.
2. Presentation Techniques :
 1. Personal Preparation-Technical preparation-organizing subject matter-teaching aids-class management.
 2. Steps in presentation-Orientation, Explanation, Demonstration exploration, correction, and repetition-discussion-evaluation.
 3. Various methods of teaching of activities-command methods-demonstration method-At will methods Lecture method-Part and whole method etc. and their merits & demerits.
3. Selection and Teaching of Activities:
Formal Activities, including indigenous exercises, Gymnastics, Rhythmic Activities, Major Games, Minor Games, Defensive Arts, Aquatics,

Unit -IV

1. Lesson Plans:General and Specific.
2. Tournaments- Types of Tournament and Leagues.
3. Intramurals-Extramural-Sports Meet. Play days.
4. Test and Measurements: Need and Importance Different types of test in Physical Education.
5. Classification of Pupils-Need and Importance-Methods of Classifications.

Unit -V

1. Introduction: Meaning and need for supervision-Guiding Principles of supervision.
2. Qualities of Supervisor: Qualification-His relationship with the Administrator and the Physical Education teacher.
3. Duties of Supervisor: Administrative duties-Duties pertaining to facilities.
4. Instruction of Professional growth.
5. Techniques of supervision in brief visitation. Individual and group discussion. Bulletins and Demonstration.

Reference Books:

1. Knapp. C. & Hagam. E.P. Teaching methods for Physical Education New York: McGraw Hill Book Co. Inc. 1953.
2. Kozman H.C. Cassidy R. & Jakson C. & Methods. in Physical Education, London: W.B. Saunders Co.1960.
3. Bossing N.L. Progressive Methods & teaching secondary school.
4. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikedi: South India Press, 1969.
5. शारीरिक शिक्षा में संगठन, संचालन एवं मनोरंजन, पी.के. अरोड़ा: वीरभूमि प्रिंटिंग प्रकस, जालन्धर।
6. शारीरिक शिक्षा में संगठन एवं प्रशासन: आर. सी. कवर: गीता प्रिन्टिंग प्रेस, 1995।

Paper-III Principles of Coaching & Officiating

Time : 3 Hours

Maximum Marks 80
Minimum Pass Marks 32

Unit- I

1. Meaning of Officiating. Importance, Principles, Qualities & Qualification of a good Referee /Umpire/Official.
2. Duties of Referee/Umpire- Pre-game, during and after game.
3. Mechanics of Officiating & Signal's.
4. Suggestion to improve the standard of officiating.
5. Relation of the officials.
6. Factors influencing officiating.
7. Reason for lacking in officiating

Unit- II

1. History and development of the games & sports at International & National level (Football-Hockey-Volleyball-Basketball-Cricket-Kabaddi, Kho-kho, Wrestling, Swimming-Track and Field Events, Table Tennis, Gymnastics, Badminton and Handball)
2. Grounds/Courts/ field dimensions,
3. Marking & Standard equipments
4. Rules and their interpretation of games & Sports. (above listed)

Unit-III

1. Teaching, Training & coaching; Its meaning. Principles, Importance of coaching.
2. Personal qualities & Qualification of a coach.
3. Philosophy of Coaching.
4. Teaching of fundamental & skills and their mastery
5. Lead up games & its importance.
6. Positional play.
7. Principles of offence and defence.
8. Integration of skills in the actual game.

Unit- IV

1. Motor abilities; Meaning, types & methods of improving (strength, speed, endurance, flexibility & coordinative ability).
2. Different Training methods- Interval training, fartlek, Circuit training, Pressure training, Weight training,

3. Warming up and cool down.
4. Load and types of exercise.

Unit- V

1. Meaning of Computer, M.S. office, file, word pad, Soft ware, Hardware, Computer terminology, E-mail & Internet,
2. Importance of Computer in Physical Education & Sports.
3. Statistics meaning Importance & Central Tendency.

Reference Books :

1. The art of officiating sports-John W. Bunn Englewood cliffs. N.J. Prentice Hall, 1968.
2. Scientific Principles of Coaching -John W. Bunn. Englewood cliffs N.J. Prentice Hall, 1972.
3. Singer, Robert N. Coaching Athletic & Psychology New York, M/c Graw Hill, 1972.
4. Lawther, J.D. Psychology of Coaching, New York, Pre. Hall, 1965.

Paper-IV Basic Anatomy and Physiology of Exercise

Time : 3 Hours

Maximum Marks 80
Minimum Pass Marks 32

Unit-I

1. Meaning and concept of anatomy and Its importance in Physical Education
2. Character of living bodies (animal).
3. Cell and its parts-cell division
4. A brief account of Evolution and Evolutionary adaptation of Man.
5. Tissues in the Human body.

Unit-II

1. Skeleton: Functions of the skeleton, Ribs, Vertebral column and the extremities.
2. Sex differences in the skeleton-Arches of the feet.
3. Type of muscles in the body, their differences and Skeleton Muscle.
4. Blood and circulatory system, Constituents of blood and their function-Functions of blood-blood groups and blood transfusion clotting of blood
5. -Structure of the heart, properties of the heart muscle, circulation of blood-cardiac cycle, blood-pressure Pulse, Blood vessels-lymph and Lymphatic Circulation.

Unit- III

1. The Respiratory System: The Respiratory passage the lungs and their structures and exchange of gases in the lungs mechanism of respiration.
2. The Digestive System:
3. A brief study of the structure and functions of the Tongue, Teeth, Salivary glands, Stomach, Small and Large Intestines, Pancreas and the Liver
4. The Excretory System :
5. Brief account of the same structure and functions of the kidneys and the skin.

Unit- IV

1. The Ductless glands: A brief account of the functions only of pituitary. Thyroid, Parathyroid, Adrenal and the sex glands.
2. Nervous systems: The Neuron-function of the Cerebrum and cerebral localization,
3. function of the cerebellum Medulla and spinal cord-Reflex Arch-Autonomic Nervous system and Central Nervous system.
4. Special Senses: A brief account of the structures and functions of the eye and ear.

Unit- V

1. Meaning and definition of Physiology.
2. A Physiological concept of health and fitness. Effect of exercise on the various systems of the body.

3. Muscle contraction in sports :
 - a. Properties and composition of voluntary muscles.
 - b. Minute structure of voluntary muscles.
 - c. Changes in muscle contraction.
 - d. Nerve control of muscular activity.
 - e. Conditions effecting muscular contraction.
 - f. Relation between duration and severity of exercise.
 - g. Physiological factors affecting skill and motor ability.
 - h. Second wind and oxygen debt.

Physiology Practical (for seasonal work only)

The student will attend demonstration and perform experiments themselves.

Section-I

1. To study the electrical apparatus use for stimulating excitable tissues and recording muscular contraction.
2. To draw the simple muscle curve.
3. To demonstrate the effect of repeated stimuli.
4. To demonstrate the effect of fatigue on simple muscle nerve preparation.
5. To demonstrate the effect of temperature on simple muscle nerve preparation.
6. To demonstrate the effect of load on muscular contraction.
7. To demonstrate the effect of various strengths of stimuli on a simple muscle curve.
8. To draw the curve of complete and incomplete tendon.

Section-II

1. To listen the breath sound by means of stethoscope.
2. To listen the heart sound by means of the stethoscope.
3. To Study the effect of exercise of pulse rate.
4. Harvard step test.
5. To find the vital capacity by means of the Spiro meter.
6. To record chest movements by means of Pneumograph.
7. To study the effect of rate movement, load and obstruction to blood supply on the onset of fatigue by means of ergograph.
8. To find out reaction time.
9. Demonstrate reflex action e.g. Knee joint.
10. To test vision with Sanlleu's test Chart.
11. To test colour vision by Ishihara's Chart.

Section-III

1. To demonstrate the presence of reducing sugar in the give solution.
 - a. Benedict's Test
 - b. Fehling's Test
2. To demonstrate the presence of starch in Rice-Potato Wheal flour etc.
3. To demonstrate the presence of proteins in
 - a. Egg White
 - b. Egg flour
4. To examine the normal urine-
 - a. Quantity
 - b. Specific gravity
 - c. Turbidity
 - d. Chemical test for
 - e. Urea and Uric acid



3. To find the percentage of Hemoglobin in human blood.

Books Recommended:

1. Gupta Manju and Gupta M.C. Body and Anatomical Science (Hindi) Delhi Swaran Printing Press, 1980.
2. Sharma R.D. Health and Physical Education (Hindi) Gupta Prakashan, 1979.
3. Singh and Sujen, Anatomy of Physiology and Health Education Ropar, Jeet Publications, 1979 (Hindi).
4. Pearca Evalyn, C. Anatomy and Physiology for Nurses (Hindi). London, Faber & Faber Ltd. 1962.
5. Karpovich, Peter V. Philosophy of Muscular Activity London W.B. Sundars Co. 1959.
6. More House, L.E. & Filler, J. Physiology of Exercise St. Louis the C.V. Mosby Co. 1967.

Paper- V Kinesiology, Care of Athletic Injuries and Health Education

Time : 3 Hours

Maximum Marks 80
Minimum Pass Marks 32

Unit- I

1. Meaning and Definition of Kinesiology, Importance & Role of Kinesiology in Physical Education and Sports.
2. Joints, Type of the Joint in the Body.
3. Fundamental Body Movements, Standing Position, Plane and axis.
4. Body Posture, Deformities & treatment
5. Origin insertion and action of the following muscles:
 1. Pectorals Major
 2. Pectorals Minor
 3. Serratus Anterior
 4. Rectus Abdominis
 5. Trapeziums
 6. Latissimus Dorsi
 7. Deltoid
 8. Teres Major
 9. Teres Minor
 10. Infraspinatus
 11. Supraspinatus
 12. Subscapularis
 13. Biceps
 14. Triceps
 15. Quadriceps Group
 16. Hamstring Group
 17. Sartorius
 18. Internal & External Oblique.

Unit- II

1. Biomechanical concept: Lever, Law of Motion, Force, Equilibrium, Motion, Velocity.
2. Angle of pull & Effect of angle of Pull. Angle of Resistance & effect of Angle of resistance.
3. Exercise programme for the development of the following parts of the body:
 - I. Muscles of the Chest.
 - II. Muscles of Abdomen.
 - III. Muscles of the Back
 - IV. Muscles of Neck.
 - V. Muscles of the upper Arm.
 - VI. Muscles of the Fore-Arm.

- VII. Muscles of the Thigh.
- VIII. Muscles of the Calf.

Unit- III

1. Introduction: Need for the subject of physical and medical examination of all Athletes-Diet-Physiological rest Graduated Muscular exercise. Safety Education & First Aid.
2. Role of the Trainer in Injury Prevention.
3. Common types of Athletic Injuries (Pathology, Diagnosis and Treatment).
 - a. Sprains, Strain-Contusion-Laceration and Abrasion.
 - b. Fractures and Dislocation.
 - c. Internal Injuries.
 - d. Stitch & cramp
4. Regional Injuries and their First-Aid Treatment.
 - a. Ankle
 - b. Knee
 - c. Elbow
 - d. Shoulder
 - e. Wrist
 - f. Finger

Unit- IV

1. Physiotherapy- Meaning, Guiding Principles of Physiotherapy
2. Therapeutic Modalities and their application and effects.
 - a. Hydrotherapy.
 - I. Cold compress.
 - II. Hot water bottle/ bag.
 - III. Immersion in Hot water.
 - IV. Contrast bath
 - V. Whirl-Pool bath.
 - VI. Vapor bath.
3. Electro-Therapy:
 - I. Infrared
 - II. Diathermy
 - III. Ultra Sound.
4. Massage – Swedish System, History-Physiological Effect-Principle & Manipulation.

Unit - V

1. What is Health. Health Education, factors influence Health. heredity and environment, health requirements.
2. Causes of diseases- Infection Spread of Infections Community Health, Public Health Measures of combat Infection.
3. General methods of sanitation (drinking water supply, disposal of garbage, sewage, night soil and dead bodies.
4. Common communicable disease like Malaria, Filaria, AIDS, Typhoid, Cholera, Dysentery, small Pox, Whooping Cough Diphtheria, Tetanus, Hydrophobia, Tuberculosis and Leprosy serially with special. Emphasis Common Non communicable disease like diabetes, Blood Pressure (High/Low), Heart Disease and Cancer with their preventive methods.
5. Immunity.
6. Personal Hygiene.
7. School Health Problems, Organisation, Instruction and supervision

Books Recommended:

1. Rash, Philip J, and Burke R.K. Kinesiology and Applied Anatomy. Philadelphia Len & Febiger 1967.
2. Wells, Katharine F. Kinesiology, Philadelphia, W.R. Sanders Co. 1976.
3. Copper, John M. & Glasson, R.W. Kinesiology. St. Louis C.v. Mosby Co. 1963.
4. Anderson. T.M. Kenatics and Analysing Body Movements.
5. Tucker W.E. & Castle Molley, Sportsman and their injuries. Pelhem Books Ltd. 1978.

Paper-VI Recreation, Camping and History of Physical Education

Time : 3 Hours

Maximum Marks 80

Minimum Pass Marks 32

Unit- I

Introduction of Recreation

1. Definition, scope and significance-philosophy and objective
2. Relationship of play, work, leisure, theories of play and a recreation.
3. Leadership: Types of leaders and their qualifications Career aspect Recreations, techniques of leadership :
4. Organization and Administration :Agencies offering Recreation, Rural, Urban, community and Industrial recreation- Areas, facilities.
5. Programme Planning in Recreation:
General Principles of programme construction-Types of Recreational activities-indoor and outdoor games. Arts and Crafts Drama, Music, Hobbies, Equates Dancing, Nature Study, Hiking, Evaluation of Programme.

Unit- II

Camping

1. Definition, Scope and significance.
2. Types of Camps, Selection and lay-out of camp sites,
3. Organization and administration of camps.
4. Camp programme and activities.
5. Evaluation of camp work.

Unit- III

Ancient History of Physical Education

1. Physical Education in Ancient Greece: Sparta, Athens, Physical Education in Ancient India: Influence of Great Britain and U.S.A.
2. YM.C.A. and its contributions; teacher training in Physical Education.
3. All India council of sports, and Physical Education. All India Council of Sports; Rajkumari Schemes Coaching Schemes,
4. National Physical Efficiency Drive.. Akhada's.
5. Awards: Arjun, Dronacharya, Rajeev Gandhi Khel Ratan.

Unit- IV

1. Origin and Development of Ancient Olympics.
2. Modern Olympics, Start of Olympics,
3. Objectives of Olympic,
4. Olympic Moto and flag.Olympic Charter opening and Closing.
5. Indian Olympic Association, Federation
6. Para Olympics, Winter Olympic Games

Unit- V

1. Teachers training in Physical Education, National School Games Federation
2. Association Inter- University Board of Sports (AIU)
3. Sports personalities associated with sports.
4. Contribution to the growth of Physical Education by leaders & movements: Johan Basedone, Guts Muths, G.D. Sodhi, Dr. P.M. Josheph, Prof. Karan Singh, Sh. H.C. Buck, Prof. Ajmer Singh.
5. Asian Games, Common Wealth Games, SAF, NSNIS, LNCPE, National Games, SAI.

Books Recommended :

1. Butler George D. Introduction to Community Recreation (5th ed.) New York M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald, B. Leadership in Recreation, New York A.S. Bames and Co. 1941.
3. Meyer, Herold D. and Bright Bill, Charles K. Community Recreation Bostom D.C. Health Co. 1948.

4. Slavson, S.R. Recreation and the total Personality, New York Association, Press 1948.
5. Khan, Eraj Ahamd, History of Physical Education Patna, Scientific Book Co. 1961.
6. Rajgopalan K.A Brief History of Physical Education in India. Delhi, Army. Publishers Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhaiana, Prakashan Brothers, 1976.
8. S. Sanyal, Asian Games.
9. Dr. PM Joseph, Dr. H.C. Buck, Prof. Karan Singh, Prof. M. Robson, Prof. Ajmer Singh.

Paper – VII

Yoga & Rehabilitation

Time : 3 Hours

Maximum Marks 80
Minimum Pass Marks 32

Unit –I

1. Introduction of Yoga, Definition of Yoga according to Patanjali, Upnishads , Gita Hatha Yoga etc.
2. Types of Yoga, Astang Yoga, Citta, Vrati, Antraies Citta Pradashan.
3. Character tics of Indian Culture. Purshartha
4. Yoga as the basis of Culture & Humanitarianism.

Unit- II

1. Pancha Prana, Nadi,
2. Sudhi Kriyas , Classification & Their role & Importance. Techniques, Benefits & Limitation of following- Vaman Dhauti, Neti, Nauli, Kapalbhathi.
3. Introduction & Defination of Asana. Classification of Asana- Cultural, Meditative & Relaxatetive techniques,
4. Silent features of Asana. Difference between Asana & Exercise.

Unit –III

1. Defination & Introduction of Pranayams, Kumbhaka According Hatha Yoga
2. Four types of Pranayam according to Patanjali
3. Techniques & benefits of Anuloma-Viloma ,Ujjai , Bhramri Pranayam.
4. Different between Pranayam & Deep Breathing.
5. Tri Bandh- Jalandhar,Uddiyan, Moola Bandh- Techniques, benefits& Limitations

Unit-IV

1. Tracking ill effects.
2. Prayer Its signification in Yoga Practices.
3. Yoga & Mental Health- Concept of Health, introduction & definition of mental health.
4. Personality theories with reference to Freudian Concept, Indian Concept of Personality. Personality-integration from the view point of Yoga.
5. Emotion : Frustration & conflicts Introduction

Unit –V

1. Yoga & Physical Education & Sports .
2. Yoga & Rehabilitation of Injuries.
3. Therapeutically uses of Kriyas Asana. Pranayam & Meditation. Yogic-Diet.
4. Yoga in Morden life.

Reference Books

- | | | |
|----|--------------|--|
| 1. | M.M. Gore | Anatomy & Physiology of Yogic Practice : |
| 2. | Kuvalyananda | Yogic therapy |
| 3. | Kuvalayanada | Yoga Asanas |
| 4. | Pitabharjha | Yoga Prichaya |
| 5. | M.L. Gharote | Yoga & Your Heart |
| 6. | R.S. Bhogla | Yoga & Mental Health |