

<b>INSTITUTE</b>	<b>FACULTY OF AGRICULTURE</b>
<b>PROGRAM</b>	<b>BACHELOR OF SCIENCE (Hons.) AGRICULTURE</b>
<b>SEMESTER</b>	<b>2</b>
<b>COURSE TITLE</b>	<b>NSS/NCC/PHYSICAL EDUCATION &amp; YOGA PRACTICES</b>
<b>COURSE CODE</b>	<b>16PE0201</b>
<b>COURSE CREDITS</b>	<b>1</b>

**Objective:**

- 1 To develop a sense of social and civic responsibility.
- 2 To develop discipline, character, brotherhood and ideals of selfless service among young citizens.
- 3 To develop all aspects of the human personality through physical and sports activity.

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Students will be able to maintain his physical fitness and health.
- 2 Students will be able to maintain disciplines of all kinds.
- 3 Students will be able to Create self interest in various sports.
- 4 Students will be able to take leadership.

**Pre-requisite of course:**To evoke social consciousness among students through various activities.

**Teaching and Examination Scheme**

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
0	0	2	0	0	0	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
<b>Total Hours</b>		

**Suggested List of Experiments:**

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Teaching of skills of Football</b> Teaching of skills of Football – demonstration, practice of the skills, correction, involvement in game situation (For girls teaching of Tennikoit)	2

**Suggested List of Experiments:**

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
2	<b>Teaching of advance skills of Football</b> involvement of all the skills in game situation with teaching of rules of the game	2
3	<b>Teaching of skills of Basketball</b> demonstration, practice of the skills, correction of skills, involvement in game situation	2
4	<b>Teaching of skills of Basketball</b> involvement of all the skills in game situation with teaching of rule of the game	2
5	<b>Teaching of skills of Kabaddi</b> demonstration, practice of the skills, correction of skills, involvement in game situation	2
6	<b>Teaching of advance skills of Kabaddi</b> involvement of all the skills in game situation with teaching of rule of the game	2
7	<b>Teaching of skills of Ball Badminton</b> demonstration, practice of the skills, correction of skills, involvement in game situation	2
8	<b>Teaching of skills of Ball Badminton</b> involvement of all the skills in game situation with teaching of rule of the game	2
9	<b>Teaching of some of Asanas</b> demonstration, practice, correction and practice	2
10	<b>Teaching of skills of Table Tennis</b> demonstration, practice of skills, correction and practice and involvement in game situation	2
11	<b>Teaching of skills of Table Tennis</b> involvement of all the skills in game situation with teaching of rule of the game	2
12	<b>Teaching – Meaning, Scope and importance of Physical Education</b> Teaching – Meaning, Scope and importance of Physical Education	2
13	<b>Teaching – Definition, Type of Tournaments</b> Teaching – Definition, Type of Tournaments	2
14	<b>Construction and laying out of the track and field (*The girls will have Tennikoit and Throw Ball).</b> Construction and laying out of the track and field (*The girls will have Tennikoit and Throw Ball).	2
<b>Total Hours</b>		<b>28</b>

**Textbook :**

1 NA, NA, NA, NA

**References:**

- 1 NA, NA, NA, NA, NA

**Suggested Theory Distribution:**

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
<b>Remember / Knowledge</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Higher order Thinking</b>
20.00	20.00	30.00	10.00	10.00	10.00

**Instructional Method:**

- 1 Evaluation will be done on basis of direct teaching, indirect teaching, movement exploration, command style, exploration style and reciprocal style.