

Syllabus for Physical Education sports /Yoga

Subject Code: 01PY0101

Subject Name: Physical Education Sports /yoga

B.Tech. Sem 1

Objective: Fitness is the key for any Kind of success, the main aim of this course to make students Fit Mentally and physically by making them participate in different Games .Which includes Indoor Games and Outdoor Games.

Credits Earned 0 Credits

Pre-requisite of course: Zeal to learn the subject.

Teaching and Examination Scheme

Teaching Scheme (Hours)			Credits	Theory Marks			Tutorial/ Practical Marks		Total Mark s
Theor y	Tutoria l	Practica l		ES E (E)	IA	CSE	Viv a (V)	Ter m work (TW)	
0	0	2	0	0	0	0	0	0	150

Contents:

Unit	Topics	Hours
1	INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA:	2
2	Health and Wellness	2
3	Adventure Sports/	2
4	Sports & Recreation/	2
5	Fitness for Careers	2

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	LIST OF SPORTS GAMES (Outdoor)	
1	Foot ball –Basic Skills taught to all students	3
2	Cricket : Basic skills of this Game taught to students	3
3	Basket Ball – Basic skills of this Game taught to students	3
4.	Volley Ball - Basic skills of this Game taught to students	3
5	Kabaddi _ Basic skills of this Game taught to students	3
6	Yoga _ Basic knowledge of Asanas/ Prayanam	3

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at Universities and National Level.
- Students are being given Professional level training in all Games where in they represent the University at national Level.