

Syllabus for B.Sc. (Hons) Agriculture Year – II (Sem. III)

Subject Code: 16PE0302

Subject Short Name: PE. 3.1

Subject Name: Physical Education, First Aid, Yoga Practices and Meditation

Objective:

1. To make the students aware about Physical Education, First Aid and Yoga Practices.
2. To disseminate the knowledge and skill how to perform physical training, perform first aid and increase stamina and general wellbeing through yoga.

Credits Earned: 2 Credits (0+2)

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

- Maintain them physical fitness and health.
- Improve their mental and emotional well-being.
- Create self interest in various sports.
- Know injury and first aid treatments.

Teaching Scheme (Hours)			Credits	Theory Marks			Tutorial/ Practical Marks		Total Marks
Theory	Tutorial	Practical		ESE (E)	Mid Sem (M)	Progressive Assessment (PA)	Viva (V)	Term work (TW)	
0	0	4	2	0	30	20	25	25	100

Practical Content:

Unit	Topics	Contact Hours
1	Physical education; Training and Coaching - Meaning and Concept; Methods of Training; aerobic and anaerobic exercises; Calisthenics, weight training, circuit training, interval training, Fartlek training	4
2	Effects of Exercise on Muscular, Respiratory, Circulatory and Digestive systems; Balanced Diet and Nutrition: Effects of Diet on Performance; Physiological changes due to ageing and role of regular exercise on ageing	4

	process	
3	Personality, its dimensions and types; Role of sports in personality development; Motivation and Achievements in Sports; Learning and Theories of learning; Adolescent Problems and its Management; Posture; Postural Deformities; Exercises for good posture.	4
4	Yoga; History of Yog, Types of Yog, Introduction to Yog, Asanas (Definition and Importance) Suryanamskar Pranayama (Definition and Importance) Meditation (Definition and Importance) Mudras (Definition and Importance)	4
5	Role of yoga in sports, Teaching of Asanas – demonstration, practice, correction and practice.	4
6	History of sports and ancient games, Governance of sports in India; Important national sporting events; Awards in Sports; History, latest rules, measurements of playfield, specifications of equipment, skill, technique, style and coaching of major games (Cricket, football, table Tennis, Badminton, Volleyball, Basketball, Kabaddi and Kho-Kho) and Athletics	4
7	Need and requirement of first aid. First Aid equipment and upkeep. First aid Techniques	4
8	First aid related with Respiratory system. First aid related with Heart, Blood and Circulation. First aid related with Wounds and Injuries. First aid related with Bones, Joints Muscle related injuries. First aid related with Nervous system and Unconsciousness. First aid related with Gastrointestinal Tract	6
9	First aid related with Skin, Burns. First aid related with Poisoning. First aid related with Bites and Stings. First aid related with Sense organs, Handling and transport of injured traumatized persons. Sports injuries and their treatments.	6
	Total	40

Instructional Method:

1. The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by white board may also use any of tools such as demonstration, role play, quiz, brain storming, MOOCs etc.
2. The internal evaluation will be done on the basis of continuous evaluation of students in the class-rooms.
3. Practical examination will be conducted at the end of semester for evaluation of performance of students in laboratory/ field.
4. Students will use supplementary resources such as online videos, NPTEL videos, e-courses, Virtual Laboratory.