

SYLLABUS

Generic Elective Course (GE)

For all Honours Courses

GE-1 (H) Semester-I : Yoga and Stress Management

GE-2 (H) Semester-II : Obesity Management

GE-3 (H) Semester-III : Aerobics Training

GE-4 (H) Semester-IV : Fitness & Exercise Management

Shaukat

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-1)

GE(H) : YOGA AND STRESS MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I: Introduction

- 1.1 Meaning, Definition and Importance of Yoga
- 1.2 Origin and Historical development of Yoga
- 1.3 Ashtanga Yoga (Maharishi Patanjali) : Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi and their importance

Unit-II : Yoga-Asanas, Pranayamas and Shat Karmas

- 2.1 Meaning, Procedure, Precautions and Benefits of the following Asanas: Meditative Asanas (Vajrasana, Padmasana, Swastikasana, Sukhasana); Supine Position Asanas (Ardh-Halasan, Sarvangasana, Chakrasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana); Sitting Asanas (Ardh-Matsyendrasana, Paschimotanasana, Supta Vajrasana, Yoga Mudra); Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana)
- 2.2 Meaning, Procedure, Precautions and Benefits of the following Pranayamas : Anulom-Vilom, Suryabhedh, Ujjayi, Bhrameri, Sheetal, Sheetkari Pranayamas
- 2.3 Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalbhati, Trataka, Neti and Vaman Dhauti.

Unit-III : Stress Management

- 3.1 Concept, Causes and Effects of Stress
- 3.2 Non-communicable diseases (due to stress), Stress prevention and good health
- 3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities as coping strategies

PART B : PRACTICAL

Maximum Marks : 25

1. Suryanamaskar and any five asanas
2. Pranayams (any two) and Shat-karmas / Kriyas (any one)
3. Practice Meditation for 10-15 minutes.

Assessment of Practical

Practical (Demonstration/ Performance):	10 Marks
Viva :	10 Marks
Record Book on all topics of Practical :	05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

1. Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
2. Greenberg J.S. (2008). Comprehensive Stress Management. McGraw Hill, USA
3. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
4. Iyenger, B.K.S. (1995). Light on Yoga: The Bible of Modern Yoga. USA: Schocken Publishers.
5. Kumari, Sheela, S.; Rana, Amita; and Kaushik, Seema (2009), A Practical Workbook on Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.
6. Sharma, J. P. (2006), Yoga Shiksha EK Parichaya, Delhi: Friends Publications.

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-2)

GE (H) :OBESITY MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I: Obesity & its Assessment

- 1.1 Concept and Causes of Obesity
- 1.2 Health Risks Associated with Obesity
- 1.3 Assessment of Obesity - Body Mass Index (BMI), Waist-Hip Ratio, Skinfold Thickness (Abdomen, triceps, thigh, Supra-iliac)

Unit-II: Management of Obesity through Diet

- 2.1 Nutrition and Balanced Diet
- 2.2 Dietary Aids and Gimmicks
- 2.3 Obesity and weight management through diet

Unit-III : Weight Management through physical activities and Behaviourmodification

- 3.1 Importance of maintaining Healthy Weight; Weight Management and Energy Balance
- 3.2 Principles of weight management; Aerobic & anaerobic activities
- 3.3 Behaviour Modification techniques for weight management

PART B : PRACTICAL

Maximum Marks : 25

1. Use BMI to identify the actual body weight status and desirable body weight status of at least ten students.
2. Calculate BMR and Waist-Hip ratio of at least ten students.
3. Measurement of Body Composition for calculating body fat and lean body mass

Assessment of Practical

Practical (Demonstration/ Performance)	:	10 Marks
Viva	:	10 Marks
Record Book on all topics of Practical	:	05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
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SUGGESTED READINGS

1. Anspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). Wellness: Concepts and applications. McGraw-Hill Companies.
2. Caliendo, M. A. (1981). Nutrition and preventive health care. Macmillan.
3. Hales, D. (2006). An invitation to health. Cengage Learning.
4. Hoeger, W. W. K., & Hoeger, S. A. (2007). Fitness & Wellness. Belmont, USA: Thomson Wadsworth
5. Howley, E. T., & Franks, B. D. (1986). Health/Fitness Instructor's Handbook. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
6. Kansal D.K. (2012). Test Measurement and Evaluation. Sports Spiritual Sciences Publications, New Delhi.
7. Kumari, S. S., Rana, A., & Kaushik, S. (2008). Fitness, Aerobics & Gym Operations. New Delhi: KhelSahitya Kendra.
8. Sharma K. et.al. (2014), Fitness Aerobics & Gym Operations, Jyoti Enterprises, Delhi.
9. Tiwari S. (1999). Exercise Physiology, Sports Publications, Delhi.

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-3)

GE (H) :AEROBICS TRAINING

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I : Introduction

- 1.1. Introduction to Aerobics, Evolution of Aerobics
- 1.2. Benefits of participation in Aerobics
- 1.3. Individualized and Group Training in Aerobics

Unit-II : Aerobics

- 2.1. Forms of Aerobics (Floor, Step, Weight and Aqua Aerobics)
- 2.2. Appropriate Aerobic Gear, Flooring and Required Equipment
- 2.3. Need, Benefits and Selection of Music for Aerobics

Unit-III : Group Training

- 3.1 Development of Aerobic Fitness Programmes
- 3.2 Group Training Methods, Group Formation
- 3.3 Prevention and Care Specific to Aerobics - Foot Injuries, Shin Injuries, Knee Injuries, Multiple Site Injuries

PART B : PRACTICAL

Maximum Marks : 25

1. Develop a 5-10 minute routine of aerobics.
2. Compilation of music on a pen drive for low-impact, medium-impact and high-impact floor aerobics.
3. Demonstrate various group formations in an aerobics routine.

Assessment of Practical

Practical (Demonstration/ Performance)	:	10 Marks
Viva	:	10 Marks
Record Book on all topics of Practical	:	05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

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INSTRUCTIONS TO THE EXAMINERS

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SUGGESTED READINGS

1. James, L. (2011). The first book of life skill. Embassy Book Distributors.
2. Kumar, M. (2000). Developing communication skills. Delhi: Macmillan.
3. Kumar, S., & Pushplata. (2011). Communication skills. Oxford.
4. Peel, M. (1995). Improving your communication skills. Kogan Page.
5. Raman, M., & Sharma, S. (2011). Communication skills. Oxford.
6. Sharma, P.C. (2008). Communication skills & personality development, NiraliPrakashan, Pune.

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-4)

GE (H) : FITNESS & EXERCISE MANAGEMENT

PART A: THEORY
Duration: 2 Hrs

Maximum Marks : 50

Unit-I : Physical Fitness

- 1.1. Concept and Significance of Physical Fitness
- 1.2. Components of Physical Fitness, Assessment of Health Related Physical Fitness Components - Cardio-respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance, Flexibility
- 1.3. Principles of Training, Development of Fitness

Unit-II : Suggested Exercises for Fitness

- 2.1. Exercises for developing Cardio-respiratory Endurance, Weight Management, Resistance Training, Flexibility
- 2.2. Exercises for Children, Youth, Adults, Women, Senior citizens
- 2.3. Exercises for Coronary Heart Disease, Obesity, Diabetes, Asthma and Pulmonary Disease

Unit-III : Exercise Programming and Management

- 3.1. Health Appraisal, Setting Fitness Goals, Measuring Energy Expenditure
- 3.2. Behaviour Modification, Fitness Module, Prevention of Injuries and First-Aid
- 3.3. Evaluation of the implemented programme of fitness and Report generating

PART B : PRACTICAL

Maximum Marks : 25

1. Assessment of Wellness and Fitness for Life : Lifestyle Assessment Inventory (Assessment Activity -1), Physical Activity Readiness Questionnaire (PAR-Q), Functional Fitness Test for Senior Citizens
2. Evaluation of Fitness : Cooper's 9/12 min. (Girls/Boys) Run/ Walk Test, Sit and Reach Test/Modified Sit & Reach Test, Modified Sit-ups (one minute), Pull-ups/ Flexed Arm Hang (one minute), Body Mass Index (BMI), Basal Metabolic Rate (BMR), Waist-Hip Ratio (WHR)

Assessment of Practical

Practical (Demonstration/ Performance) :	10 Marks
Viva :	10 Marks
Record Book on all topics of Practical :	05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

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2. Camaione, D. N. (1993). Fitness management. WCB Brown & Benchmark.
3. Fahey, T. D., Insel, P. M., & Roth, W. T. (2009). Fit & well. USA: McGraw Hill.
4. Howley, E. T., & Franks, B. D. (2007). Health/Fitness Instructor's Handbook. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
5. Kansal D.K. (2012). Test Measurement and Evaluation, Sports Spiritual Sciences Publications, Delhi.
6. Kumari, S. S., Rana, A., & Kaushik, S. (2008). Fitness, Aerobics & Gym Operations, KhelSahitya Kendra, Delhi.
7. Powers, S. K., Dodd, S. L., & Noland, V. J. (2006). Total Fitness and Wellness, Daryl Fox, USA.
8. Tiwari S. (1999). Exercise Physiology Sports Publications, Delhi.

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