

Course Code: 22BPEA1	ALLIED COURSE – I A	T/P	C	H/W
	YOGA AND FITNESS EDUCATION	T	3	3
Unit-I	History of Yoga – Aims and Objectives of Yoga – Ashtanga Yoga Patanjalai Eight Limbs of Yoga – Principles of Practising Asana and Pranayama. Yogic Techniques : Methods & Benefits Asanas : Relaxation Asanas – shanthisana / Savasana, Makarasana Meditative Asanas – Padmasana.			
Unit-II	Yogic Techniques : Methods & Benefits Asanas : Cultural Asanas – Bhujangasana, Salabhasana, Dhanurasana, Pascimottanasana, Vakrasana, Ardha Matsyendrasana, Yogamudra, Viparita Karani, Sarvangasana, Halasana, Mayurasana, Sirshasana, Chakrasana, Parvatsana, Bakasana & Suryanamaskar.			
Unit-III	Yogic Techniques : Methods & Benefits Pranayama : Nadi Suddhi, Nadi Shodhana, Kaphalabhathi, Ujjiayi, Sitali, Sitkari. Meaning of Kriya – Types of Kriyas Kaphalabhathi, Trataka, neti, Dhauthi Nauli, Basti. Trataka : Practicing Method – Benefits Neti : Jala Neti, Sutra Neti – Methods of Practicing Neti and its benefits. Dhauthi : Vamana Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits.			
Unit-IV	Definition and Meaning of Physical Fitness – Brief Historical relevance of exercise and Physical fitness – Future challenges, Strategies for increasing physical fitness in India – Values of Physical fitness.			
Unit -V	Components of Health related physical fitness and Athletic related physical fitness – Factors influencing fitness – Relationship between fitness and exercise. Factors influencing fitness – (Age, Sex, Climate, Diet, Exercise and Training).			
Book for References: Erling Peterson ' <i>Yoga step by step</i> ' Indra Devi, ' <i>Yoga for you</i> ' Rasalind Widdowson ' <i>Yoga made Easy</i> ' M.Rajan, ' <i>Yoga Stretching and Relaxation for Sportsmen</i> '				
Outcomes	<ul style="list-style-type: none"> ➤ Will orient the student to the role of food on Physical Performance. ➤ Would make the student understand and prepare weight management plans. 			

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	PRACTICAL – I YOGA	P	2	2
Unit-I	History of Yoga – Aims and Objectives of Yoga – Ashtanga Yoga Patanjali Eight Limbs of Yoga – Principles of Practising Asana and Pranayama. Yogic Techniques : Methods & Benefits Asanas : Relaxation Asanas – shanthisana / Savasana, Makarasana Meditative Asanas – Padmasana.			
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Outcomes	<ul style="list-style-type: none"> ➤ Students would be able to organize the concerned sports event and officiate in it. ➤ Students shall also be able to organize and officiating in yogic events. ➤ A students would be oriented in the art of coaching the sports team. 			

Course Code: 22BPEA2	ALLIED COURSE – IB	T/P	C	H/W
	FITNESS AND WELLNESS	T	3	3
Unit-I	Definition and meaning of Physical fitness – brief Historical relevance of exercise and physical fitness – Future challenges, Strategies for increasing physical fitness in India – Values of physical fitness – Components of Health related physical fitness and Athletic related physical fitness – Factors influencing fitness – Definition and components of wellness – Relationship between fitness, health and wellness.			
Unit-II	Factors influencing fitness –(Age, Sex, Climate, Diet , Exercise and Training) – Types of exercise used in Fitness (Aerobic, Anaerobic, Isometric, Stretching, Agility and balancing). The acute and chronic effects of Physical Activity on various system of the body – Health benefits of Physical Activity – Assessment of Cardio – respiratory Fitness, Muscular Skeletal fitness, Flexibility and body composition.			
Unit-III	Prescription for aerobic exercise – modes of aerobic exercise – Implementing an aerobic fitness – Programme – principles of cardiovascular exercise prescription – aerobic programme (Walk-jog-run) aerobic dancing, rope jumping, treadmill running, jogging in place stair climbing, Stationary bicycling.			
Unit-IV	Wellness – Meaning – Concept of Wellness – Importance – health and Wellness – Types of exercise programme – Components of wellness – Physical fitness – Cardio Vascular Risk factors.			
Unit -V	Health habits Alcohol and Drugs – Smoking – Tension and stress – Proper Nutrition – Cancer Prevention – Spiritual well – being – The wellness challenge.			
Book for References:				
Bartels, Oliver – All Around Fitness, hone ran, Germany				
William J. Stone, Fitness for you, West Publishing Co., New York.				
Batman P and Van Capelle M(1995) The Exercise Guide to Resistance Training ITAU. Publications, Australia				
Sledntop Daryl, (1994) Introduction to Physical Education Fitness and Sport, Mayfield publishing company, Mountain view, California				
Williams H. Melvin (1995), Life time fitness and wellness, Brown publications, Dubugue.				
Outcomes	<ul style="list-style-type: none"> ➤ To develop skills to establish daily caloric requirement. ➤ To orient the student to the role of food on physical performance. 			

Course Code: 22BPEAP2	ALLIED COURSE – IB	T/P	C	H/W
	PRACTICAL - FITNESS	P	2	2
Unit-I	Definition and meaning of Physical fitness – brief Historical relevance of exercise and physical fitness – Future challenges, Strategies for increasing physical fitness in India – Values of physical fitness – Components of Health related physical fitness and Athletic related physical fitness – Factors influencing fitness – Definition and components of wellness – Relationship between fitness, health and wellness.			
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Williams H. Melvin (1995), Life time fitness and wellness, Brown publications, Dubugue.				
Outcomes	<ul style="list-style-type: none"> ➤ To evaluate the role of Practicals. ➤ To understand the basic need of fitness. 			

Course Code: 22BPEA3	ALLIED COURSE -IIA	T/P	C	H/W
	HEALTH EDUCATION AND FIRST AID	T	3	3
Unit-I	Meaning, Nature, Need and Scope of health Education. Factors influencing Health. State, National and International health organization. Meaning of wellness and Health – components of Health-Physical and Mental Health. Community health, Environment health, Occupational health. Personal hygiene School health programme.			
Unit-II	Communicable diseases – agent, causative organism, Incubation period-Mode of spread, sign and symptoms and preventive measure of typhoid, Cholera, Pulmonary Tuberculosis, Amoebiasis, Malaria, Tetanus, Poliomyelitis, Non-Communicable diseases – Symptoms and Prevention of Peptic ulcer, Malignancy, Cancer, Hyper tension, Diabetic mellitus.			
Unit-III	Definition – Characteristics – Principles of Safety Education – Need for Safety Education in Physical Education. Factors affecting safety – Need and Importance of safety for preventing injuries.			
Unit-IV	Definition and importance of first aid – first aid for Athletic injuries – sprain, strain – dislocation – cramp – fracture and its types.			
Unit -V	Sign, Symptoms and first aid for Poisoning, Drowning, Dog Bit and Burns. Types of Bleeding – Wound and its type – Contusion – Abrasion – Puncture wound – Laceration. Artificial respiration.			
Book for References: Mangal SK and Chandra, P.C. (1979) Health and Physical Education, Ludhiana Tandon Brothers Publication. Neiniah (1978) School Health Education, New York: Harper and Brothers Royappa, Daisy Joseph and Govindarajulu, JK. (1972) Safety Education First Aid to the Injured, New Delhi: St. John Ambulance Association School Safety Policies, Washington: America Association for Health, Physical Education and Recreation. Florio, A.E and Stafford, G.T., (1969) Safety Education, New York: Mc Graw Hill Book Company. William, Evans, A, (1952) Everyday Safety, Lyons and Carnahan Miller, David. E, (1976) Occupational Safety, Health and Fire Index, New York: Marcel Dekker Inc.				
Outcomes	<ul style="list-style-type: none"> ➤ The student will be able to identify and synthesize the factors that influence health. ➤ The student will be able to recognize the health related challenges in current time and able to apply the preventive measures. 			

Course Code: 22BPEAP3	ALLIED PRACTICAL-IIA	T/P	C	H/W
	HEALTH EDUCATION AND FIRST AID	P	2	2
Unit-I	Meaning, Nature, Need and Scope of health Education. Factors influencing Health. State, National and International health organization. Meaning of wellness and Health – components of Health-Physical and Mental Health. Community health, Environment health, Occupational health. Personal hygiene School health programme.			
Unit-II	Communicable diseases – agent, causative organism, Incubation period-Mode of spread, sign and symptoms and preventive measure of typhoid, Cholera, Pulmonary Tuberculosis, Amoebiasis, Malaria, Tetanus, Poliomyelitis, Non-Communicable diseases – Symptoms and Prevention of Peptic ulcer, Malignancy, Cancer, Hypertension, Diabetic mellitus.			
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Book for References: Mangal SK and Chandra, P.C. (1979) Health and Physical Education, Ludhiana Tandon Brothers Publication. Neiniah (1978) School Health Education, New York: Harper and Brothers Royappa, Daisy Joseph and Govindarajulu, JK. (1972) Safety Education First Aid to the Injured, New Delhi: St. John Ambulance Association School Safety Policies, Washington: American Association for Health, Physical Education and Recreation. Florio, A.E and Stafford, G.T., (1969) Safety Education, New York: McGraw Hill Book Company. William, Evans, A, (1952) Everyday Safety, Lyons and Carnahan Miller, David. E, (1976) Occupational Safety, Health and Fire Index, New York: Marcel Dekker Inc.				
Outcomes	<ul style="list-style-type: none"> ➤ The student will be able to demonstrate the expertise in above stated domains in a school setup. ➤ The student will be able to value the knowledge and skills required to preserve community health and well being. 			

Course Code: 22BPEA4	ALLIED COURSE -IIB	T/P	C	H/W
	SPORTS JOURNALISM	T	3	3
Unit-I	Ethics of journalism and sports Bulletins – Canons of Journalism – News, Information and Ideas – Journalism and Sports Education.			
Unit-II	Structure of sports Bulletin – Compiling a bulletin – Types of Bulletin – hourly bulletin and special bulletin – External bulletin.			
Unit-III	Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.			
Unit-IV	Brief review of Olympic Games, Common Wealth Games and Indian Traditional Games.			
Unit -V	Mass Media in Journalism – Radio and T.V Commentary – Running Commentary on the radio- Sports experts comments – sports reviews for the Radio and T.V.			
Book for References:				
<p>Ahiya B.N. 1998, Theory and Practice of journalism: Set to Indian context Ed. 3, Delhi, Subject publications,.</p> <p>Ahiya, B.N. and Choabra, 1990, S.S.A concise Course in Reporting Etc., Delhi., Subject publication.</p> <p>Bhaft, S.C. 1993, Broadcast Journalism Basic Principles, New Delhi, Har Anand Publications,.</p> <p>Parthasarathy, R. 1991, Journalism in india from the Earliest Time to the President day II road, Sterling Pulication Pvt., Ltd.</p> <p>Varma, A.K. 1993, Advanced Journalism, Har Anand Publications, New Delhi,.</p>				
Outcomes	<ul style="list-style-type: none"> ➤ The students will be oriented in basic art of mass communication and reporting of sports events through various mediums 			

Course Code: 22BPEAP4	ALLIED PRACTICAL -IIB	T/P	C	H/W
	SPORTS JOURNALISM	P	2	2
Unit-I	Ethics of journalism and sports Bulletins – Canons of Journalism – News, Information and Ideas – Journalism and Sports Education.			
Unit-II	Structure of sports Bulletin – Compiling a bulletin – Types of Bulletin – hourly bulletin and special bulletin – External bulletin.			
Unit-III	Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.			
Unit-IV	Brief review of Olympic Games, Common Wealth Games and Indian Traditional Games.			
Unit -V	Mass Media in Journalism – Radio and T.V Commentary – Running Commentary on the radio- Sports experts comments – sports reviews for the Radio and T.V.			
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