

**VIJAYANAGARA SRI KRISHNADEVARAYA  
UNIVERSITY, BALLARI.**



**NEP-2020  
Physical Education, Sports and Yoga  
Curriculum**



**Open Elective Subject Syllabus  
For  
BA/BSc/BCom/BCA and all UG Courses**

**2021-22 ONWARDS**



**Department of Physical Education and Sports Sciences  
Vijayanagara Sri Krishnadevaraya University, Ballari.**

## **PREAMBLE**

India is growing rapidly as a global super-power. To face the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Government of India insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched Fit India Movement, Khelo India, TOPS and National Sports Day, International Day of Yoga etc. These initiatives have given impetus and awareness among general public, professional and academicians. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. Thus, the Governments of India and Government of Karnataka have included Physical Education, Sports and Yoga as a key area under the NEP 2020.

The Government of Karnataka, through the Karnataka State Higher Education Council constituted an expert committee to draft the curriculum framework for creating professionals in the area of Physical Education, Sports and Yoga at the Higher Education Institutions. Several meetings are conducted in both online and offline modes to discuss and prepare the Curriculum Framework. The curriculum framework is drafted for enhancing the skill development, value addition, overall personality development, entrepreneurship and employability. The courses open elective in nature and can be offered through HEIs.

<b>Contents</b>		
<b>SL NO:</b>	<b>PARTICULARS</b>	
1	Yoga and Fitness	

## Model Curriculum

**Name of the Degree Program**

**Physical Education Open Elective Subject**

**BA/BSc/BCom/BBA/BCA & all other UG Courses**

**Open Elective Subject:**

**Yoga and Fitness**

**Starting Year of Implementation: 2021-22**

**Program Outcomes:**

**By the end of the program the students will be able to:**

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
4. The student learns to plan, organize and execute sports events.
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
6. Student will learn to apply the knowledge of managing the fitness
7. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
8. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
9. Student will learn the knowledge of fitness diet.
10. Students will be able to assess the Physical Fitness in Scientific way.

**Aim of the Course**

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promote Yoga, Health, Fitness and Wellness through Physical Activities and Healthy Lifestyle.

**Objectives of the Course**

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health, fitness and wellness.
2. To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth & development
3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
4. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

**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 schools and community level.

**Employability/ Entrepreneurship abilities:**

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga Fitness classes for rural and community level.

**Semester-I**  
**Physical Education**  
**Open Elective Paper**  
 Title of the Course: **Yoga and Fitness**

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
<b>1</b>	<b>14</b>	<b>2</b>	<b>28x2=56</b>
<b>Content of Theory Course</b>			
<b>Theory</b> ★ What is the Yoga and Fitness? ★ Importance of Yoga and Fitness ★ Benefits of Yoga and Fitness ★ Types Physical Fitness and Eight limbs of Yoga ★ Types of Asanas ★ Essential of Physical Fitness and Yoga in present era ★ Physical Fitness and Nutrition			<b>14</b>
<b>Practical's</b> ★ General and Specific Warm up ★ Aerobics/Zumba/Dance ★ Asanas, Pranayama and Meditation ★ Recreation activities for Fitness ★ Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities ★ Report Preparation, Records and PPT			<b>56</b>
<b>Formative Assessment</b>			
<b>Assessment Occasion/ type</b>	<b>Weightage in Marks</b>		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practical's	Practical - 20 Marks Internal - 20 Marks		
<b>Total</b>	<b>100 Marks</b>		

