

VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY, BALLARI.



NEP-2020 Physical Education, Sports and Yoga Curriculum



For
BA/BSc/BCom/BCA and all UG Courses

2021-22 ONWARDS



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

Contents

SL NO:	PARTICULARS	
01	Semester-I VBC-1 Yoga	
02	Semester-I VBC-2 Health and Wellness	

PREFACE

“Education is the manifestation of the Perfection Already existing in Man” said Swami Vivekananda. The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education, Sports and Yoga are integrated under the National Education Policy (NEP) 2020. Physical Education, Sports and Yoga professionals, will contribute in bringing Health and Wellness at every aspect of one’s personality. Thus, developing and proposing the syllabus for all UG courses to introduce Physical Education, Sports, Yoga and Health and Wellness as Value Based courses in all the affiliated colleges of Vijayanagara Sri Krishnadevaraya University, Ballari.

The aim of Board of Studies is to develop the framework and to make Physical Education, Sports and Yoga accessible and available to masses by creation of professions in Physical Education, Sports and Yoga through the Higher Education Institutions. This will help young youths of this region of India to be Healthy, Fit and Stay well.

Dr. Saheb Ali H. Niragudi
Chairman, BOS UG
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 Skill Enhancement (Value Based Courses) in nature and can be offered through HEIs.

Model Curriculum

Name of the Degree Program

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

1. Skill Enhancement Courses: Value Based Course - VBC 1 & 2

(BA/BSc/BCom/BBA/BCA all other UG Courses)

Total Credits: 02 Credits: 1 Credit for Yoga, 1 Credit for Health and Wellness for Semester I.

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 equipment's.
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.

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

Aim of the Course

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

Objectives of the Course

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health 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 classes for rural and community level.

Assessment

Weightage for Assessments

Semester-1				
(BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Semester-1 Skill Enhancement Courses (SEC) Value Based-1 Yoga ((BA/BSc/BCom/BBA/BCA & all other UG Courses))				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment (IA)
VBC-1 Practical	Yoga	1	2	25 (IA) Marks
Sub-Total (A)		1	2	
Skill Enhancement Courses (SEC) Value Based-2 Health and Wellness ((BA/BSc/BCom/BBA/BCA & all other UG Courses))				
VBC-2 Practical	Health and Wellness	1	2	25 (IA) Marks
Sub-Total (B)		1	2	
Grand Total (A+B)	(VBC-1 + VBC-2)	2	4	50
<p><i>Note: For effective teaching, learning and coaching, the Committee recommends that the above two papers shall be combined together Yoga + Health & Wellness (1+1=2 Credits).</i></p>				

Semester-I Skill Enhancement Courses
VBC-1
 Title of the Course: **YOGA**
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

COURSE CODE: 21BA1V1PE1

Number of Credits	Number of lecture hours/ semester
1	28
Content of the Course	
Unit 1: - Introduction to Yoga	28 Hrs.
<ol style="list-style-type: none"> 1. Principles of Yogic practitioner's 2. Ashtanga Yoga 3. Shitalikarna Vyayama/Physical Cultural Exercise 4. Suryanamaskara 	28
Unit 2: - Yoga	
<ol style="list-style-type: none"> 1. Standing, Sitting, Supine, Proline and Balancing Asanas. (Any three asanas from each)) 2. Techniques of Pranayama 3. Basic set of Meditation 	

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical's	Internal Assessment - 25 Marks
Total	25 Marks

References

1. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
2. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashthrothanna Prakashana.
3. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United State.

Semester-I Skill Enhancement Courses

VBC-2

Title of the Course: **HEALTH AND WELLNESS**
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

COURSE CODE: 21BA1V2HW1

Number of Credits	Number of lecture hours/ semester	
1	28 Hours	
Content of Practical Course		28 Hrs.
Unit 1: Introduction to Health and Wellness 1 Principles of Physical Exercise 2 Dimension and Importance of Health and Wellness 3 Stretching Exercise 4 General warmup exercises 5 Specific warmup exercises		28
Unit 2: Health and Wellness through Physical Exercise 1. Conditioning 2. Relaxation Techniques 3. Cardiac Exercise 4. Exercises/Activities' for stress management 5. Assessment of BMI		
Formative Assessment		
Assessment Occasion/ type	Weightage in Marks	
Practical	Internal Assessment - 25 Marks	
Total	25 Marks	

References

1. Dr. M S Pasodi, Dr. Esudas (2020) Health and Wellness Keerti Prakashana Bangalore.
2. Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publication.

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.

Contents		
SL NO:	PARTICULARS	
1	Yoga and Fitness	

Model Curriculum

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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

COURSE CODE: 21BA1O1PE1

Starting Year of Implementation: 2021-22

Program Outcomes:

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

11. 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.
12. The curriculum would enable to officiate, supervise various sports events and organize sports events.
13. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
14. The student learns to plan, organize and execute sports events.
15. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
16. Student will learn to apply the knowledge of managing the fitness equipment's.
17. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
18. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
19. Student will learn the knowledge of fitness diet.
20. Students will be able to assess the Physical Fitness in Scientific way.

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

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.
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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
1	14	2	28x2=56

Content of Theory Course		
Theory ★ 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		14
Practical's ★ 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		56

Formative Assessment					
Assessment Type	Internal Assessment			Semester Exam	Total
Theory	Test	10		40	60
	Assignment	5	20		
	Seminar	5			
Practical	Test	10		20	40
	Assignment	10	20		
Total					100

SCHEME / PATTERN OF EXAMINATION

OPEN ELECTIVE – THEORY

Max. marks: 40

Time: 02 Hours

Instructions:

1. Answer all questions

I. Answer any three of the following questions in not exceeding two pages 3x10=30

- 1.
- 2.
- 3.
- 4.

II. Answer any two of the following questions in not exceeding one-page 2x5=20

- 1.
- 2.
- 3.

OPEN ELECTIVE – PRACTICAL

Max. marks: 20

Time: 02 Hours

1. Assessment of any 3 activities from the respective syllabus 3 x 5 = 15 marks
2. Record Book 5 marks

