

For the Year 2025

Physical Education
(Yoga, Sports) – 321
Syllabus for
CUET(UG)

PHYSICAL ED

UNIT - I: *Health Status and Programmes In India Major Diseases and Health Policies Present Health Status*

- Major diseases: Communicable – Typhoid, Influenza, Malaria, Dengue, HIV Infection Non Communicable – Diabetes, Hypertension, Depression
- Nutritional status: Hypo and Hyper nutrition Health Policies and Programmes
- National Health Policies (National Health Policy documents, Mental Health etc). • National Policy on Education.
- School health services and midday meal programme.
- National Rural Health Mission.
- Adolescence Education programme.

Unit – II : *Psychological and Sociological Aspects of Physical Education and Sports Psychological Aspects*

- Role of Psychology in Games and Sports.
- Interest, Aptitude and Motivation in sports.
- Personality development through sports.
- Role of sports in managing emotion, stress and aggression.

Sociological Aspects

- Socialization through sports (Impact of sports on society).
- Understanding the impact of caste, class, and gender and differently disabled on health and sports.
- Development of leadership qualities through games and sports.

Unit - III: *Theoretical Aspect of Games, Sports and Yogic Practice Basics of Games and Sports Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Hand ball, Hockey, Judo, Kabbadi, Kho-kho, Volleyball, Swimming, Table tennis and Wrestling Handball. (One to be opted of your choice)*

- 1) Individual/Team
- 2) Indoor/Outdoor
- 3) Number of players, Equipment/gears
- 4) Play field areas
- 5) General rules
- 6) Interpretation of Rules
- 7) Advance skills of the Games and Sports

8) Basic Strategies of the Games and Sports

9) Criteria of participation

10) Fouls and penalties

11) Scoring rules

12) Winning or losing parameters

13) Safety and Guidelines Awards

Unit - IV: *Yoga Basics of Yogic Practices*

- Suryanamaskar/Sun Salutation

- Asanas: - Standing: Utrikshasana , Trikonasana, Padhatasana, Utkatsana, Ardhchakrasana, - Sitting: Pravatasana, Urstasana, Yogmudrasana, Simhasana, Dhanurasana, Sukhasana - Lying: Proline-Makarasana, Shalabhasana; Supine-Viparitarakani, Sarvangasana - Advance Asana- Utkatasana, Kukutasana

- Kriya: Kapalbhati

- Bandha:Uddiyana

- Pranayama:Bhramari, Sheetli and Sheetkari

- Yognidra - Knowledge of Do's and don'ts of yogic practices

Unit - V: *Nutrition and Athlete's Care Food and Nutrition*

- Importance of balanced diet for sports persons.

- Diet for Power Sports, Short and long duration sports.

- Food adulteration and awareness. Athlete's Care

- Causes and management of Common Sports Injuries: Sprain, Strain, Contusion, Abrasion, Cramp, Muscle Pull, Dislocation and Fracture.

- Obesity and its Management

- Drugs and doping Education.

Unit - VI: *Policy, Programmes and Career Options (10 Periods)*

- National Sports Policies in India.

- Sports Awards-Rajiv Gandhi Khel Ratna Award, Arjuna Award, Dronacharya Award.

- Career Opportunities in Physical Education, Sports and Yoga in India.

- Courses offered in Physical Education, Sports and Yoga in India.

Unit-VII: Skill Related Physical Fitness Means and methods for improvement of

- Power.
- Speed.
- Agility.
- Balance.

Unit-VIII: Measurement and Evaluation

- Power: Standing Broad Jump: Backward Medicine Ball Throw
- Speed: Sprint- (40 Meters) Sprint- (50 Meters)
- Agility: Shuttle Run (4X10 Meters) SEMO Agility test
- Balance: Static Balance (Stroke Stand Test) Dynamic Balance (Modified Bass Test)

PHYSICAL EDUCATION