

Syllabus Distribution/ Lesson Plan-2026

Department of Physical Education & Sports

Semester – IV (Major)

Yoga Education

Course Code: PED-M-T-4

Total number of classes – 90 (60 Th + 60 Pr)

Session: 2026-2027

UNIT	Prescribed Course	LH	Teacher's Name	Total Credits in the Sem
I	<u>Introduction to Yoga and Yogic Practices</u> 1.1 Concept and principles of yoga 1.2 Definition, aim, objectives, and classification of yoga 1.3 Importance of yoga 1.4 Classical approach to Yoga practices: Kriyas, Yama, Niyama, Asana, and Pranayama 1.5 Bandha, Mudra & Dhyana as per yogic texts and research-based principles of yoga 1.6 General guidelines for performing yoga practices	15	MG	1
II	<u>Ancient systems of Indian Philosophy and Yoga System</u> 2.1 General introduction to Sad-darshana with special reference to Samkhya and Yoga 2.2 Jainism, Buddhism, Ajnana, Ajivika, Charvaka and Lokayata	10	SP	1
III	<u>Historical Aspect of Yoga</u> 3.1 Historical aspect of the Yoga philosophy – Ancient Period/Indus Valley Civilization, Vedic Period, Pre-classical Era, Classical Era, Post-classical Period, Modern Period 3.2 Yoga as reflected in Bhagwat Gita	10	SP	1
IV	<u>Introduction to Yogic Texts</u> 4.1 Significance to yogic texts in the context of schools of Yoga 4.2 Patanjali Yoga Shastra: Ashtanga Yoga and Kriya Yoga in Sadhana Pada 4.3 Hatha Yogic Texts: Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita 4.4 Complementarities between Patanjala Yoga and Hatha Yoga 4.5 Meditational process in Patanjala Yoga Sutras	15	UKB	1
V	<u>Yoga and Health</u> 5.1 Need of yoga for a positive health for the modern man 5.2 Concept of health and disease: medical and yogic perspectives 5.3 Concept of disease 5.4 Concept of Panch Kosh for an integrated and positive health 5.5 Utilitarian value of yoga in modern age	10	UKB	

Field Practical

VI	<p>6.1 <u>Advanced Yoga</u> 6.1.1 Standing posture: Natarajasana, Uttana Kurmasana, Ruchikasana 6.1.2 Arm balance: Mayurasana, Sirsasana, Kukkutasana 6.1.3 Seated posture: Baddha Padmasana, Hanumanasana, Mulabandhasana 6.1.4 Supine/Back lying posture: Yoga Nidrasana, Raja Kapotasana, Sirsasana, Urdhva Dhanurasana</p> <p>6.2 <u>Badminton</u> 6.2.1 Basic Knowledge: Various parts of the Racket and Grip 6.2.2 Service: Short service, Long service, Long-high service 6.2.3 Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash 6.2.4 Game practice with application of Rules and Regulations 6.2.5 Rules and their interpretations and duties of the officials</p> <p>6.3 <u>Table Tennis</u> 6.3.1 Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip) 6.3.2 Stance: Alternate & Parallel 6.3.3 Push and Service: Backhand & Forehand 6.3.4 Chop: Backhand and Forehand 6.3.5 Receive: Push and Chop with both Backhand & Forehand 6.3.6 Game practice with application of Rules and Regulations 6.3.7 Rules and their interpretations and duties of the officials</p>	60	SS	4
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Syllabus Distribution/ Lesson Plan-2026

Department of Physical Education & Sports

Semester – V (Major)

Anatomy, Physiology and Exercise Physiology

Course Code: PED-M-T-5

Total number of classes – 90 (60 Th + 60 Pr)

Session: 2026-2027

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
1	<u>Introduction</u> 1.1 Meaning and definition of Anatomy, Physiology and Exercise Physiology 1.2 Importance of Anatomy, Physiology and Exercise Physiology in Physical Education 1.3 Elementary concept of cell and cellular organelles: Basic concept of cell structure, Mitochondria, Endoplasmic reticulum, Lysosome 1.4 Tissue-types and functions 1.5 Energy sources for exercise – elementary concept	12	MG	1
2	<u>Musculo-skeletal System</u> 2.1 Skeletal System- structure of skeletal system. Classification and location of bones and joints 2.2 Muscular System- types of muscles. Location, structure and function of skeletal muscle 2.3 Types of muscular contraction 2.4 Fiber types and performance 2.5 Effect of exercise and training on muscular system	18	UKB	1
3	<u>Circulatory System</u> 3.1 Blood- composition and function 3.2. Heart- structure and functions, Process of blood circulation through the heart, Pulmonary and Systemic Circulation elementary concept 3.3. Cardiac cycle, Blood Pressure, Athletic Heart 3.4. Effect of exercise and training on circulatory system	18	MG	1
4	<u>Respiratory System</u> 4.1 Structure and function of respiratory organs 4.2. Mechanism of Respiration, - O ₂ and CO ₂ transport in blood 4.3. Vital capacity, O ₂ debt, EPOC and Second wind 4.4. Effect of exercise and training on respiratory system	12	UKB	
5	<u>Lab Practical</u> 5.1 Measurement of BMI and WHR (Waist-to-hip ratio) 5.2 Measurement of heart rate (through step test), Blood pressure, Respiratory rate, and Peak flow expiratory rate in resting and post exercise	60	UKB	

Syllabus Distribution/ Lesson Plan-2026
Department of Physical Education & Sports
Semester – IV (Minor)
Foundations and History of Physical Education & Sports
Course code: PED-MI-T-2
Total number of classes – 60
Session: 2026-2027

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
1	<u>Introduction</u> 1.1 Concept and definition of Sports Management 1.2 Importance of Sports Management 1.3 Principles of Sports Management 1.4 Sports Manager and his duties	12	UKB	1
2	<u>Tournaments</u> 2.1 Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge) 2.2 Procedure of drawing fixture 2.3 Methods of organizing Annual Athletic Meet and Play Day 2.4 Methods of organization of Intramural and Extramural competition	18	MG	1
3	<u>Facilities and Equipment</u> 3.1 Method of Standard Athletic Track marking 3.2 Care and maintenance of play ground and gymnasium 3.3 Importance, care and maintenance of sports equipments 3.4 Time Table: Meaning, importance and factors affecting school's Physical Education Time Table	18	UKB	1
4	<u>Leadership</u> 4.1 Meaning and definition of leadership 4.2 Qualities of good leader in Physical Education 4.3 Types of Leadership 4.4 Principles of leadership activities	12	MG	1