



C. U. SHAH UNIVERSITY
Wadhwan City

FACULTY OF: - EDUCATION
DEPARTMENT OF: - B.Ed.
SEMESTER: - III
CODE: - 4ED03PAY1
NAME: – Physical Activities and Yoga

Teaching & Evaluation Scheme:-

Subject Code	Name of the Subject	Teaching Scheme (Hours)				Credits	Evaluation Scheme							
		Th	Tu	Pr	Total		Theory				Practical (Marks)			Total
							Sessional Exam		University Exam		Internal		University	
							Marks	Hrs	Marks	Hrs	Pr/Viva	TW	Pr	
4ED03PAY1	Physical Activities and Yoga	0	0	4	04	2	-----	----	---	-----	25	25	-----	50

Objectives:

1. Understand the importance of yoga education for physical and mental health.
2. Understand the process of stress management through yoga education
3. Acquire the knowledge of techniques of performing yogasana and develop the skill for the same

Physical Activities and Yoga
Subject CODE: 4ED03PAY1

Unit-1 Physical Education

1.1 :Physical Education Meaning, Need And Importance In School curriculum

1.2 : Various types of games indoor and outdoor games

Unit: 2 Different types of games: (Nature. Types and Rules)

2.1: Douad, GolaFank,

2.2: Kabbadi, KhoKho

Unit-3 Introduction of Yoga and Yogasan

3.1 Yoga: Meaning, concept, Rules and importance, Stress: Meaning, Reasons, Role of in stress management Precautions to keep in mind while performing Yogasan

3.2Padmasana, Parvatasan (Viyogasan), Tadasana, Danursasan, Suryanamaskar, Savasana. PavanMuktasan,

Exam Pattern for Physical Activities and Yoga:Total Mark: 50

(25 Theories + 25 Practical)

Q.1 Answer any One from the following questions (8 Marks)

Q.2 Answer any Two from the following questions (10 Marks)

Q.3 Answer the following questions in One Word or One Sentence (07)

Practical Examination Consist Of:

1. Perform any Two Yogasan and their importance **(5 marks +5 marks =10 marks)**
2. General oral questions related to syllabus and participation or organising of sports activity in college or school.**(15 Marks)**

Reference:

1. Gharote, M.L. : Teaching Methods for Yogic Practice, K.S. M.Y. Samiti Lonavla (Pune).
2. .Iyengar, B.K.S.: Light in Yoga.
3. Joshi, K.S.: Yogic Pranayana, Orient Publishers.
4. KaramBelkar, :Patanjal Yoga Sutras, K.S.M.Y. Samiti P. V.Lonavla (Pune).
5. Safaya, R.:Indian Psychology, MunshramManoharLal Publisher Pvt. Ltd., NaiSarak. Delh
6. Swami : Yogic Therapy, Central Health Education Kuvalyananad Bureau, Ministry of Health, New Delhi.
7. Swami :Asanas. K.S.M.Y. Samiti Lonavla (Pune). Kuvalyananad (Pune).
8. Tiwari, O.P.: Asana KyonKaise. K.S.M.Y. Samiti Lonavla (Pune).