

# DEPARTMENT OF PHYSICAL EDUCATION

**COURSE STRUCTURE & SYLLABI**  
(For the students admitted from year 2023-2024 onwards)

**Programme : Generic Elective**



**JAMAL MOHAMED COLLEGE (AUTONOMOUS)**  
Accredited with A++ Grade by NAAC (4<sup>th</sup> Cycle) with CGPA 3.69 out of 4.0  
(Affiliated to Bharathidasan University)  
**TIRUCHIRAPPALLI – 620 020**

**PART – IV - GENERIC ELECTIVE – PHYSICAL EDUCATION**

<b>Sem</b>	<b>Course Code</b>	<b>Course Category</b>	<b>Course Title</b>	<b>Hours/Week</b>	<b>Credit</b>	<b>Marks</b>		<b>Total</b>
						<b>CIA</b>	<b>ESE</b>	
<b>III</b>	23UPE3GE1P	Generic Elective - I	Physical Training and Fitness Assessment - Practical	2	2	20	80	100
<b>IV</b>	23UPE4GE2P	Generic Elective - II	Fit India - Fitness Through Yogic Practices - Practical	2	2	20	80	100
<b>Total Credits and Marks</b>				<b>4</b>				<b>200</b>

Semester	Course Code	Course Category	Hours/ Week	Credits	Marks for Evaluation		
					CIA	ESE	Total
III	23UPE3GE1P	<b>Generic Elective - I</b>	2 Hours per Week	2	20	80	100
<b>Course Title</b> <b>PHYSICAL TRAINING AND FITNESS ASSESSMENT - PRACTICAL</b>							

SYLLABUS		
Unit	Contents	Hours
I	<b>Fundamental exercises</b> Warming-up exercises, Walking, jogging, running, Spot running, Free hand exercises, Hopping, Skipping, Bounding strides, High knee action, Side stepping, stepping on the bench, Stretching exercises Calisthenics and Cooling down exercises.	6
II	<b>Basic methods of conditioning</b> Slow Continuous method, Fast Continuous method, Intensive Interval methods, Extensive Interval methods and Repetition method. Aerobics exercises and anaerobic exercises. Swimming, Cycling, Sand running, Uphill running and Fartlek training.	6
III	<b>Training Methods</b> Weight training, Circuit training, Plyometric training and Resistance training - own body weight, with partners, with equipment. Barbell exercises, Dumbbell exercises, Swiss ball exercises and Medicine ball exercises.	6
IV	<b>Assessment of Physical Fitness</b> Fitness tests: Speed - 50m run & 30m run; Strength – standing broad jump & standing shot put; Endurance – 12 minutes run & 2.4km run; Agility – shuttle run & zigzag run; Flexibility – sit and reach & forward bend and reach. AAPHERD Physical Fitness Test Battery. Beep test and Yo-Yo Endurance test.	6
V	<b>Health and Wellness Evaluation</b> Height and weight measurements. Height and weight ratio. Body Mass Index and its Evaluation. Waist to Hip ratio. Waist circumference. Resting pulse rate (manual method).	6
VI	<b>Current Trends (For CIA only)</b> – Contemporary developments related to the course during the semester concerned.	

<b>Text Book(s):</b>
<ol style="list-style-type: none"> <li>Lippincott, Williams &amp; Wilkins, American College of Sports Medicine, ACSM'S Guidelines for Exercise Testing and prescription, 7<sup>th</sup>Ed, 2006.</li> <li>Dick, Frank W, Sports training principles: Henry Kimpton publishers, 1980.</li> <li>Matreyev, L., Fundamentals of Sports training, progress publishes, 1981.</li> <li>Singh, Hardayal, Science of Sports training, D.V.S. Publications, 1995.</li> <li>Uppal, A.K, Physical Fitness How to Develop, Friends Publication, 1992.</li> </ol>

**Reference Book(s):**

1. Baechle, Thomas. R, & Earle, Roger.W. Essentials of Strength Training and Conditioning. Champaign: Human Kinetics. 2000.
2. Brooks, Douglas. S., The Complete Book of Personal Training, Champaign: Human Kinetics. 2004.
3. Don Franks. B. & Edward. T. Howley, Fitness Facts: The Healthy Living Handbook.Champain: Human Kinetics, 1989.
4. Harre, Dietrich, Principles of Sports training. (ed). Berlin: Sportverlag, 1982.
5. James and Leona Hart, Fitness and Wellness.New Delhi:Goodwill Publishing House, 2000.
6. Sandler, David, Fundamental Weight Training. Champaign: Human Kinetics, 2010.

**Web Resource(s):**

1. [www.teachPE.com](http://www.teachPE.com)

**Course Coordinator: Dr.B.S.Shayin Sha**

Semester	Course Code	Course Category	Hours/ Week	Credits	Marks for Evaluation		
					CIA	ESE	Total
IV	23UPE4GE2P	Generic Elective -II	2 Hours per Week	2	20	80	100
<b>Course Title</b> <b>FIT INDIA – FITNESS THROUGH YOGIC PRACTICES - PRACTICAL</b>							

SYLLABUS		
Unit	Contents	Hours
I	<b>Introduction to yoga</b> Prayer. Loosening exercises. Warming-up exercises. General guidelines for yoga practices. Difference between yogic practice and physical exercises. International Yoga day. Common yoga protocol. Suryanamaskar.	6
II	<b>Asanas</b> Techniques and benefits of asanas: Meditative asanas: Padmasana & Vajrasana; Relaxative asanas: Savasana & Makarasana; Cultural asanas: Bhujangasana, Salabhasana, Dhanurasana, Pascimotanasana, Vakrasana, ArthaMatsyendrasana, Yogamudra, Viparitarani, Sarvangasana, Mayurasana, Sirsasana, Chakrasana, Halasana and Tadasana	6
III	<b>Pranayama techniques</b> Techniques and benefits of Pranayama – Nadi Suddhi, Nadi Shodhana, Kapalapathi, Surya Bhedana, Bhastrika, Ujjayi, Bhramari, Sitkari and Sitali.	6
IV	<b>Meditation methods</b> Techniques and benefits of Meditation – Silent, Object, Mantra and Breathing. Transcendental Meditation, Buddhist Meditation, Zen Meditation.	6
V	<b>Bandhas, Kriyas and Mudras</b> Bandha – Uddiyana Bandha, Jalandhara Bandha, Mula Bandha and Maha Bandha. Kriyas - Kaphalabhati, Trataka, JalaNeti, Vamana Dhauti. Mudras - Chin Mudra, Chinmaya Mudra and Adi Mudra.	6
VI	<b>Current Trends (For CIA only)</b> – Contemporary developments related to the course during the semester concerned.	

Text Book(s):
<ol style="list-style-type: none"> <li>1. Author's guide, Yoga – The Science of Holistic living, Vivekananda Kendra Prakashana trust, 2003.</li> <li>2. Chandrasekaran. K, Sound Health through Yoga, PremKalyan, 1999.</li> <li>3. Gharote. M.L. &amp; Ganguly. H, Teaching methods for yogic practices, Lonawala: Kaivalyadhama. 1988.</li> <li>4. Iyengar, BKS, The Art of Yoga, Harper Collins, 2003.</li> <li>5. Karambelkar, P.V, Patanjala Yoga Sutras – Translation and Commentary. Lonavala: Kaivalyadhama, SMYM Samiti, 1984.</li> <li>6. Mariayah. P, Suryanamaskar. Perunthurai: Jaya Publishing House, 2000.</li> <li>7. Natarajan. B, Tirumoolar Thirumanthiram – Translation and Commentary in English. Mylapore: Dr. Ramkrishna Math, 1991.</li> <li>8. Saraswati, Niranjanananda, Prana and Pranayama, Mungaer: Bihar School of Yoga, 2010.</li> <li>9. Saraswati, Satyananda, Four Chapters on Freedom, Mungaer: Bihar School of Yoga, 2008.</li> <li>10. Swami Kuvalayananda, Asanas. Lonavala: Kaivalyadhama, 1993.</li> </ol>

**Reference Book(s):**

1. Bhowmil, Sanjibkumar, A text book on Yoga and Health. Delhi: Sports publication, 2012.
2. Brown, F.Y, How to use yoga. Delhi: Sports Publication, 2000.
3. Feuersten, Georg, The yoga tradition, Delhi: Motilalbanarsidass publishers, 2002.
4. Rajjan, S.M, Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers.1985.
5. Shankar.G, Holistic approach of yoga. New Delhi: Aditya Publishers, 1998.
6. Shekar, K.C, Yoga for health. Delhi: KhelSahitya Kendra, 2003.

**Web Resource(s):**

1. [www.ayush.gov.in](http://www.ayush.gov.in)
2. [www.yogamdniy.nic.in](http://www.yogamdniy.nic.in)

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