



गुरु घासीदास विश्वविद्यालय
GURU GHASIDAS VISHWAVIDYALAYA

(A Central University established by the Central Universities Act, 2009, No.25 of 2009)

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क्रमांक. 50.5 अ.मं. / पाठ्यक्रम / 2024

बिलासपुर, दिनांक 5 JAN 2024

प्रति,

विभागाध्यक्ष,
शारीरिक शिक्षा विभाग,
गुरु घासीदास विश्वविद्यालय,
बिलासपुर (छ.ग.)

विषय :- अनुमोदित पाठ्यक्रम का प्रेषण विषयक ।

संदर्भ :- अध्ययन मण्डल की बैठक दिनांक 17.11.2023 के कार्यवृत्त ।

महोदय,

उपरोक्त विषयान्तर्गत लेख है कि विश्वविद्यालय के विद्यापरिषद की स्थायी समिति के द्वारा बैठक दिनांक 07.01.2024 में विषय क्रमांक 03 के अधीन शारीरिक शिक्षा विभाग के एम.पी.एड., एव Value added पाठ्यक्रम का अनुमोदन किया गया है।

अनुमोदित पाठ्यक्रम इस पत्र के साथ संलग्न कर आवश्यक कार्यवाही हेतु प्रेषित है।

सुलभ संदर्भ हेतु विद्यापरिषद के स्थायी समिति के निर्णय की छाया प्रति भी संलग्न है।

सहायक-कुलसचिव (अका०)

प्रतिलिपि:-

1. परीक्षा नियंत्रक, गुरु घासीदास विश्वविद्यालय बिलासपुर को सूचनार्थ प्रेषित ।
2. उप/सहायक कुलसचिव परीक्षा गोपनीय की ओर आवश्यक कार्यवाही हेतु प्रेषित ।
3. कार्यालय प्रति ।

सहायक-कुलसचिव (अका०)

Office

20/2/24

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF VALUE ADDED COURSE
PHYSICAL FITNESS AND WELLNESS (VAC) 02 Credits
Marks:100 marks

Course Objectives: The objective of this course is to provide a clear understanding of fitness and wellness knowledge to the students. This course will also provide the knowledge about the importance of physical activity, exercise and sports.

Course Outcomes: At the end of the course, students will be able to-

- Understand importance of fitness and wellness in modern era.
- Get advantage with the knowledge of various health benefits through fitness and wellness.
- Understand different principles of physical activity and exercise program.

Unit I

- Meaning, definition and importance of Physical Fitness.
- Components of Physical fitness.
- Factors affecting Physical fitness.
- Warming up and cooling down

Unit II

- Meaning, definition and importance of Wellness.
- Components of wellness.
- Obesity: meaning, definition.
- Causes and management of obesity.

Unit III

Practical:

- Fitness drills for lower limbs.
- Fitness drills for upper limbs.
- Fitness drills for core muscles.
- Callisthenics exercises.

Unit IV

Practical:

- JCR Test
- Shuttle run test
- Sit and reach test
- Speed test
- Cooper-12 minute run test

ASSESSMENT –Practical and theory: 50 marks each.

Reference:

- David K. Miller & T. Earl Allen, *Fitness, A life time commitment*, Surjeet Publication Delhi 1989.
- Dr. A.K. Uppal, *Physical Fitness*, Friends Publications (India), 1992.
- Warner W.K. Oeger&Sharon A. Hoeger, *Fitness and Wellness*, Morton Publishing Company, 1990.
- Elizabeth & Ken day, *Sports fitness for women*, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, *Fitness Fun*, Human Kinetics Publishers 2002.
- Lawrence, Debbie, *Exercise to Music*, A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. *90 day fitness plan*, D.K. publishing, Inc. 95, Madison Avenue, New York 2001.

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF VALUE ADDED COURSE
YOGA AND MENTAL HEALTH (VAC)- 02 Credits
Marks:100 marks

Course Objectives:

- To develop the understanding about Concept of Yoga, its classification, and various forms of performing Yoga.
- To learn Yogic practices and therapeutic benefits.
- To Understand about the relation of Yoga with mental health.
- To learn and practice the asanas and pranayam in Yoga practices.

Course Learning Outcomes: After completion of the course the student will be able to-

- Define and describe the introduction and concept of Yoga and its classification.
- Explain the concept yogic practices, its therapeutic benefits, and its application in daily life.
- Relation of Yoga practice with mental health.

Unit 1

- Meaning and Definition of Health and Mental Health.
- Dimensions of Health.
- Concept of Yoga.
- Yoga Sutra of Patanjali or Eight limbs of Yoga: Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhayana, Samadhi.

Unit 2

- Asanas: Types, Techniques and benefits.
- Surya Namaskar: Methods and benefits.
- Pranayama: Types, Methods, and benefits.
- Yoga in its therapeutic benefits and its application in daily life.

Unit 3

Practical: Asanas

Sitting Asanas

- Standing Asanas
- Prone Position Asanas
- Supine Position Asanas

Unit 4

Practical: Pranayama:

- Anulom-Vilom
- Chandrabhedan
- Suryabhedan
- Bhastrika, Ujjaini, Bhamari

ASSESSMENT –Practical and theory: 50 marks each.

References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala:Kaixydamoe.
- Rajjan, S. M. (1985). *Yoga strentheningofrelexation for sports man*. NewDelhi:AlliedPublishers.
- Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). *Yoga for health*. Delhi: KhelSahitya Kendra.