

**School of Studies in Physical Education  
Pt. Ravishankar Shukla University, Raipur (C.G.)**

**Syllabus for Choice Based Credit System**

**Name of the Subject:** Physical Education, Health and Fitness

<b>Unit</b>	<b>Contents</b>	<b>Lecture</b>	<b>Tutorial</b>	<b>Practical</b>	<b>Credits</b>
I.	1. Structure and Function of Skeleton system, joints and effect of exercises on skeleton system. 2. Structure and Function of Circulatory system and effects of exercises on circulatory system. 3. Structure and Function of Muscular system and effects of exercises on circulatory system. 4. Structure and Function of Endocrine system and effects of exercises on circulatory system.	5	2		6
II.	5. Concept of Physical Fitness, Motor fitness and motor educability 6. Components of physical Fitness 7. Health related fitness 8. Different Training Methods 9. Training Load, Super compensation and Principles of Training Load	5	2		6
III.	10. Balanced Diet 11. Hydration Status: Needs and Functions of Water, Regulation of Water Balance, Fluid Balance, Dehydration and Performance, Hydration Guidelines for Pre, During and after Exercise. 12. Obesity and its Control 13. Aerobic and Anaerobic Activities	5	2		6
IV.	14. Personality Development 15. Motivation 16. Mental health development 17. Emotional Control 18. Psychomotor development 19. Emotional Control 20. Social skills development in sports (Team Building, Group Dynamics, Group cohesion)	5	2		6

V.	<p>21. Meaning, Concept and Art of Yoga.</p> <p>22. Parts of Yoga: Yama Niyama, Asana, Pranayama, Pratyhara, Dharana, Dhyan and Samadhi.</p> <p>23. Surya Namaskar: Meaning, Contents, Benefits and Steps.</p> <p>24. Meditation: Origin, Meaning, Types, Benefits, Research based findings.</p> <p>25. Concept of Nadis (System of Channels) and Chakras (Energy Centers), Expansion of Consciousness.</p> <p>26. Essence of Raj Yoga: Chitta, Vratties, States of Mind, Causes of repeated Births Development of Eight Spiritual Powers to enhance quality of life, re-orientation or redirection of sixteen basic instincts.</p> <p>27. Mudras and Bandhas.</p>	3	2	4	6
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