

GANPAT UNIVERSITY									
FACULTY OF AGRICULTURE, ALLIED SCIENCES & TECHNOLOGY									
Programme		B.Sc. (Hons)			Branch/Spec.		Agriculture		
Semester		III			Version		1.0.0.0		
Effective from Academic Year			2026-27		Effective for the batch Admitted in			July 2025	
Subject code		AEC05		Subject Name		Physical Education, First Aid, Yoga Practices and Meditation			
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture (DT)		Practical (Lab.)		Total		CE	SEE	Total
	L	TU	P	TW					
Credit	0	0	2	-	2	Theory	0	0	0
Hours	0	0	4	-	4	Practical	100	0	100
Pre-requisites									
Not Applicable									
Course Outcomes									
On successful completion of the course, the students will be able to:									
CO1	To explain the concepts of physical education, training and coaching, and apply different training methods such as aerobic, anaerobic, weight training, circuit training, interval training and Fartlek training for physical fitness and sports performance.								
CO2	To analyze the effects of exercise and nutrition on muscular, respiratory, circulatory and digestive systems, and evaluate physiological changes due to aging and the role of regular exercise and balanced diet.								
CO3	To describe personality, motivation, learning theories and adolescent problems, and analyze the role of sports in personality development, posture improvement and management of postural deformities.								
CO4	To demonstrate yogic practices including asanas, pranayama, meditation, mudras and yogic kriyas, and apply yoga principles for health promotion, stress management and sports performance.								
CO5	To identify the history, governance, rules and skills of major games and athletics, and apply appropriate first aid techniques for sports injuries, emergencies and safe handling of injured persons.								
Practical Content-									
<p>1 Physical education; Training and Coaching - Meaning and Concept; Methods of Training; aerobic and aerobic exercises; Calisthenics, weight training, circuit training, interval training, Fartlek training</p> <p>2. Effects of Exercise on Muscular, Respiratory, Circulatory and Digestive systems; Balanced Diet and Nutrition</p> <p>3. Effects of Diet on Performance; Physiological changes due to ageing and role of regular exercise on ageing process; Personality, its dimensions and types</p> <p>4. Role of sports in personality development; Motivation and Achievements in Sports; Learning and Theories of learning; Adolescent Problems and its Management; Posture; Postural Deformities; Exercises for good posture.</p> <p>Yoga; History of Yog, Types of Yog, Introduction to Yog</p> <ul style="list-style-type: none"> Asanas (Definition and Importance) Padmasan, san, Vajrasan, Shashankasan, Pashchimotasan, Ushtrasan, Tadasan, Padhastasan, Ardhchandrasan, Bhujangasan, Utanpadasan, Sarvangasan, Parvatasan, Patangasan, Shishupalanasan – left leg-right leg, Pavanmuktasan, Halasan, Sarpasan, Ardhhdhanurasan, Sawasan Suryanamskar Pranayama (Definition and Importance) Omkar, Suryabhedan, Chandrabhedan, AnulomVilom, Shitali, Shitkari, Bhastrika, Bhramari Meditation (Definition and Importance), Yogic Kriyas (Kapalbhati), Tratak, Jalneti and Tribandh Mudras (Definition and Importance) Gyanmudra, Dhyanmudra, Vayumudra, Akashmudra, Pruthvimudra, Shunyamudra, Suryamudra, Varunmudra, Pranmudra, Apanmudra, Vyanmudra, Uddanmudra <p>Role of yoga in sports</p> <p>Teaching of Asanas – demonstration, practice, correction and practice.</p> <ul style="list-style-type: none"> History of sports and ancient games, Governance of sports in India; Important national sporting events; Awards in Sports; History, latest rules, measurements of playfield, specifications of equipment, skill, technique, style and coaching of major games (Cricket, football, table Tennis, 									

Note: Version 1.0.0.0 (First Digit= New syllabus/Revision in Full Syllabus, Second Digit=Revision in Teaching Scheme, Third Digit=Revision in Exam Scheme, Forth Digit= Content Revision)

L=Lecture, TU=Tutorial, P= Practical/Lab., TW= Term work, DT= Direct Teaching, Lab.= Laboratory work

CE= Continuous Evaluation, SEE= Semester End Examination

<p>Badminton, Volleyball, Basketball, Kabaddi and Kho-Kho) and Athletics</p> <p>Need and requirement of first aid.</p> <ul style="list-style-type: none"> • First Aid equipment and upkeep. First aid Techniques, First aid related to the Respiratory system. First aid related to Heart, Blood and Circulation. • First aid related to Wounds and Injuries. First aid related to Bones, Joints Muscle related injuries. • First aid related to the nervous system and unconsciousness. First aid related to Gastrointestinal Tract. • First aid related to Skin Burns. First aid related to Poisoning. First aid related to Bites and Stings. First aid related with Sense organs, Handling and transport of injured traumatized persons. • Sports injuries and their treatments.
<p>Reference book</p> <ol style="list-style-type: none"> 1. Fundamentals of Physical Education, Health and Yoga – Dr. Vikesh Kumar 2. Physical Education and Sports Science – Crestwood Publications 3. A Textbook on Physical Education & Health Education – Mukesh Agrawal et al. 4. Foundations of Physical Education, Exercise Science and Sport – Deborah Wuest & Jennifer Walton-Fisette 5. Physical Education and Health – A.K. Uppal 6. Light on Yoga – B.K.S. Iyengar 7. Asana Pranayama Mudra Bandha – Swami Satyananda Saraswati

Mapping of CO with PO and PSO												
	PO1	PO2	PO3	PO4	PO5	PO6	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	1	1	1	1	1	1	1	2	1	2	1
CO2	1	1	1	2	1	1	1	1	2	1	2	1
CO3	1	1	1	2	1	1	1	1	2	1	2	1
CO4	1	2	1	2	1	1	1	1	2	2	2	1
CO5	1	1	1	2	1	1	1	1	2	1	2	1

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