

**Physical Education (373)**  
**Bifurcation of Syllabus**

<b>Total no. of Lessons =22</b>		
<b>MODULE (No. &amp; name)</b>	<b>I TMA (40%)</b>	<b>II Term End Examination (60%)</b>
	<b>No. of lessons-8</b>	<b>Total Lesson -14</b>
<b>Module-1</b> Concept of Physical Education and Yog	<b>L-3</b> (Physical Fitness & Wellness) <b>L-4</b> (Career Aspects of Physical Education)	<b>L-1</b> (Introduction and Historical Development) <b>L-2</b> (Ethics and Values)
<b>Module -2</b> Dimension of Physical Education and Yog	<b>L-7</b> (Social aspects)	<b>L-5</b> (Physical and Physiological aspects) <b>L-6</b> (Psychological aspects) <b>L- 8</b> (Spiritual aspects)
<b>Module -3</b> Holistic Health	<b>L-9</b> (Introduction to health) <b>L-11</b> (Awareness of Lifestyle Disorders)	<b>L-10</b> (Diet and Nutrition) <b>L-12</b> (School Health Programme)
<b>Module -4</b> Physical Education and Sports Sciences	<b>L-13</b> (Physical Education for various Population) <b>L-15</b> (Test and Measurement)	<b>L-14</b> (Sports Training) <b>L-16</b> (Organization of Tournament) <b>L-17</b> Athletic Injuries, First Aid and Safety)
<b>Module-5</b> Yogic Practices	<b>L-20</b> (Asana)	<b>L-18</b> (Hath Yog) <b>L-19</b> (ShatKarma) <b>L-21</b> (Pranayama) <b>L-22</b> (Mudra and Bandha)