

E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.

(An Autonomous Institution – Affiliated to Madurai Kamaraj University)

Re-accredited (**3rd Cycle**) with Grade **A+** & **CGPA 3.51** by NAAC

DEPARTMENT OF PHYSICAL EDUCATION



CBCS SYLLABUS

COURSE STRUCTURE

(w.e.f. 2021 – 2022 Batch onwards)

E.M.G.YADAVA WOMEN'S COLLEGE, MADURAI - 14.**(An Autonomous Institution Affiliated to Madurai Kamaraj University)****(Re-Accredited (3rd Cycle) with Grade A⁺ and CGPA 3.51 by NAAC)****CBCS****DEPARTMENT OF PHYSICAL EDUCATION-UG****(W.e.f.2021 -2022 onwards)****COURSE STRUCTURE – SEMESTER WISE**

Sem	Part	Sub code	Title of the paper	Teaching hrs (per week)	Exam Duration (hrs)	Marks allotted			Credits
						CIA	SE	Total	
I	IV	21NMPEI	NME: Health Sciences	2	3	25	75	100	2
II	IV	21NMPE2	NME : Yoga and Physical Education	2	3	25	75	100	2

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Title of the Paper	: Health Science	
Semester	: I	Contact hours: 2
Sub Code	: 21NMPE1	Credits : 2

Objectives

1. To improve healthy generation
2. To provide basics knowledge about health
3. To bring awareness and prevent communicable diseases

Unit: I Meaning and Definition of Physical Education- Aims and Objectives - Need and importance.

Unit: II Communicable diseases: Meaning – Types – life style disorder

Unit: III Meaning and definition of Health education - Guidance of good health - factors affecting health - measures adopted to secure mental health.

Unit: IV Definition of posture - Importance of good posture- causes for Postural deformities – Remedial measure.

Unit: V Meaning and Definition of physical fitness – Developing the Components of Physical Fitness- Factors affecting physical fitness.

Reference Books:

1. Arul jothi, balaji .D.L., Physical and Health education ,printed at Balaji offset ,New Delhi, 2009.
2. Health Education and Health Promotion by Maria A. Koelen; Anne W. van den Ban
3. Chandrasekar .K., Sound health through yoga ,Printed at Krish office Madurai. 2005.
4. Caulfield LE, et al. Under nutrition as an underlying with diarrhea, pneumonia, malaria, and measles. American Journal of Clinical Nutrition. 2004; 80:193–198.
5. Krishnammal .T., A Text book of physical Education ,Priyakamal publications Madurai ,2007.

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1. To enable the student to have good health and improve healthy generation.
2. To provide Basics knowledge about human body.
3. To strengthen the connection between your body and mind
4. To strengthens the abdominal muscles and massages
5. To empty the mind and clear it of thoughts

Unit: I Meaning and concept of yoga –aims and objectives –Guidelines of Practicing Yoga - Benefits of Yoga and Asanas.

Unit: II Suriya namaskar -Twelve Steps- Suriya namaskar benefits for ladies

Unit: III Meaning and Definition of Pranayama - Methods of Pranayama - Effects of Pranayama.

Unit: IV Difference between Yoga and Physical Exercise - Do's and Don'ts in sports

Unit: V Definition of Meditation - Types of Meditation - Uses of Meditation

Reference Books:

1. Arul jothi, balaji .D.L., Physical and Health education ,printed at Balaji offset ,New Delhi,2009.
2. Basu D.S.M .Kamal .R., Introduction to Education A.P. Published Jalandhar .1989.
3. Chandrasekar .K., Sound health through yoga ,Printed at Krish office Madurai.2005.
4. Krishnammal .T., Physical Education and health Education ,Priyankamal publications Madurai ,2007
5. Krishnammal .T., A Text book of physical Education ,Priyakamal publications Madurai ,2007