

CURRICULUM PHYSICAL EDUCATION AND YOG



373enmis

Rationale

Physical Education and Yog are integral parts of the learning process in school education system. They have crucial role in all round development of the student. Physical Education and Yog explain students about their health, safety, well being and physical activity participation in context of scientific fields such as physiology, nutrition and psychology etc. Yog is an ancient art that focuses on healthy mind in healthy body. The great saints promoted yog as a universal element that enhances the physical, mental, spiritual aspects of a human being. Worldwide recognition of yog resulted in United Nations declaring 21 June an annual International Yoga Day. As per National Curriculum Framework (NCF), 2005 & National Policy on Education 2016 report, Physical Education and yog is a part of school curriculum. The aim of education system is to build citizens who can contribute in all aspects of life; holistic development of an individual; which cannot be achieved without Yog and Physical Education program at school level. The aim of physical education is to build a healthy citizen through physical activities that may be evaluated during competitions, inter-community sports contests, internal competition, special programs at school level etc. Such activities boost cooperation, discipline, competitive spirit, democratic values, socialization, culture, national spirit, employment and peace to a child. Researches show that regular physical activity can help in reduction of several diseases and improvement in overall quality of life. Individual health is influenced by biological, social, economic, cultural and political forces which can be indicated through mortality and nutritional indicators. Physical Education develops proficiency in movement skills, physical activities and movement concepts, and acquires an understanding of body moves in students. Physical activities are a powerful medium for learning, through which students can acquire and refine personal behavioral, social and cognitive skills.

Objectives

The main objectives of this course are:

- to appraise the courses in sports, physical education and yog.
- to understand the concept of Physical Education and yog.
- to learn origin and various paths of yog.
- to broaden the understanding of Physical, Physiological, Psychological, Social and Spiritual aspects of human beings.
- to provide an in-depth knowledge of different aspects of health, diet and nutrition



- to enhance the knowledge about health with special reference to lifestyle disorder.
- to provide knowledge and skills in Sukshma Vyayama, Assana, Pranayam, Meditation & Physical Fitness Test.
- to apprise career aspects in Physical Education, sports and yog
- to educate and inculcate ethics and values
- to educate the learners about sports competition and tournament organization.
- to educate about various sports injuries and their management.
- to promote awareness of health and wellness.
- to promote health, safety and physical activities.
- to understand allied fields of physical education and yog.

Approach

The course has been designed to provide conceptual and practical exposure to the learners in Physical Education and Yog and related areas for creating very relevant and professional approach to Physical Education and Yog. While the course focuses on all the aspects of Physical Education and Yog. Special emphasis would be laid on the contemporary development of physical education as an academic subject. Since the nature of the subject is inter disciplinary, different areas such as sports training, diet and nutrition, test and measurement, organization and physical education and Yog for various populations such as women, children, aged persons and Children With Special needs of DIVYANG has been incorporated.

- I. The course uses a unique blend of self instructional material, personal contact programmes, audio, video programmes and emphasis on the comprehensive continuous and assessment of learners.
- II. It adopts a case study approach to expose the learners to organization of tournaments, and management of sports events.
- III. It involves the study of Physical Education and Yog through historical, cultural, and management perspectives highlighting their relevance in the Promotion of Health.
- IV. The focus is also on building an academic – industry collaboration for wider practical orientation of the learners which will help in enhancing their employability.
- V. Throughout the course Physical Education and Yoga are looked at as a resource, profession and industry.

Eligibility Conditions

Pass certificate in Secondary Education



Medium of Instruction

English (The course shall be translated in Hindi and regional medium)

Duration of the Course

The duration of the course shall be one year, with a maximum of 5 years to complete the course.

Weightage

Theory : 70%

Practical : 30%

TMA : 20% of Theory

Teaching Methodology

Theory- Printed self learning materials with face-to-face contact sessions for academic support.

Practical

Assignment- One assignment shall be administered for continuous assessment.

Evaluation Procedure

Theory Paper 70 marks

Practical 30 marks

Tutor Mark Assignment (TMA) 20% of the Theory

Pass Criteria 33% in each component

Course Structure

Distribution of Marks and Study hours for each module are as follows;

Module	Name of Module	Marks	Study Hours
1	Concept of Physical Education and Yog	10	24
2	Dimensions of Physical Education and Yog	14	33
3	Holistic Health	14	33
4.	Physical Education and Sports Sciences	16	39
5.	Yogic Practices	16	39
	Total	70	168



Practical

No.	Content	Marks	Study Hours
1	Measurement of Health related Fitness Tests(All the Components)	5	12
2	Measurement of Physical and Motor Fitness Test (All the Items)	5	12
3	Skills of any Team/ Individual Game	5	12
4	Yog Practical-I <ul style="list-style-type: none"> Sukshma Vyayama Asana (Surya Namaskar, Forward Bending, Backward Bending, Inverted Poses, Twisting, Balancing, Standing) 	5	12
5	Yog Practical-II <ul style="list-style-type: none"> Shatkarma (Jal Neti, Kunjal, Kapal-bhati, Tratak) Pranayam Mudra Bandh Meditation 	5	12
6.	Record File & Viva	5	12
	Total	30	72

Course Description

Module - 1: Concept of Physical Education and Yog

Weightage: 10 Marks **Study Hours:** 24 Hours

Approach

This module is developed to acquaint learners with the basic concept and historical development of Physical Education and Yog. The learner would be able to understand ethical values inculcated through physical education. They will be able to learn the importance of wellness and how physical fitness and wellness can be promoted. They will be able to learn various career avenues available in physical education & yog.



1. **Introduction and Historical Development**
2. **Ethics and Values**
3. **Physical Fitness & Wellness**
4. **Career Aspects**

Module - 2: Dimensions of Physical Education and Yog

Weightage: 14 Marks Study Hours: 33 Hours

Approach

This module is designed to familiarize the learner with various dimensions of physical education and yog. They will be able to learn how physical education and yog can help to promote physical aspect. They will be able to learn the physiological changes and adaptations. The learner will be able to learn the psychological benefits of physical activities and understand the social values as well as understand the spiritual aspects through yog.

5. **Physical and Physiological aspects**
6. **Psychological aspects**
7. **Social aspects**
8. **Spiritual aspects**

Module - 3: Holistic Health

Weightage: 14 Marks Study Hours: 33 Hours

Approach

This module is designed to make learner understand the spectrum of health and role of diet and nutrition for promoting health. He will be able to learn complexity of obesity and disease management, awareness about lifestyle disorder. The learner will be able to understand the conceptual framework of the school health program.

9. **Introduction to health**
10. **Diet and Nutrition**
11. **Awareness of Lifestyle Disorders**
12. **School Health Programme**



Module - 4: Physical Education and Sports Sciences

Weightage: 16 Marks Study Hours: 39 Hours

Approach

This module is developed to acquaint learners with the practitioners of the physical education program and sports. The learner would be able to understand various sections of population practising sports. They will be introduced to scientific process of sports training and performance enhancement, procedure and talent and sports performance. They will be able to understand different aspects of organization of competition and tournament. They will be able to understand various injuries associated with sports and their management.

- 13. Physical Education for various populations**
- 14. Sports Training**
- 15. Test and Measurement**
- 16. Organization of Tournaments**
- 17. Athletic Injuries, First Aid and Safety**

Module - 5: Yogic Practices

Weightage: 16 Marks Study Hours: 39 Hours

Approach

This module is designed to help learners understand the importance of Yoga as unification of physical, mental, intellectual and spiritual aspects of human being through various yogic practices. The learner will learn about various components of Hath yog such as Shatkarma, Asanas, Pranayams, Mudra and Bandh. They will be able to know the therapeutic aspects of yogic practices in preventing and curing various diseases.

- 18. Hath Yoga**
- 19. ShatKarma**
- 20. Asana**
- 21. Pranayama**
- 22. Mudra and Bandha**



Learning Outcomes

Physical Education and Yog

Lesson-1 Introduction and Historical Development

After studying this lesson, the learner will be able to:

- explain the meaning and importance of physical education.
- recognize different ages and period in historical development of Physical education.
- become familiar with concept of yog and discuss its historical development.
- list need and importance of yog- physically, socially and mentally.

Lesson -2 Ethics and Values

After studying this lesson, the learner will be able to:

- explain the concept of sportsmanship.
- describe ethics in sports and role of ethics in physical education and sports and role of physical education teacher in maintaining the code of ethics in sports.
- outline the Olympic values and different ways of incorporating Olympic values among children.
- recognize how to develop social and personal ethics through yog.

Lesson -3 Physical Fitness & Wellness

After studying this lesson, the learner will be able to:

- describe the concept to physical fitness with its importance in life.
- differentiate the type of Physical fitness and its components.
- explain the concept of wellness and enlist the dimensions of wellness.
- recognize the health benefits of yog



Lesson -4 Career Aspects of Physical Education

After studying this lesson, the learner will be able to:

- explain the different career opportunities in Physical Education.
- list the different courses and universities available for Physical Education.
- recognize the qualities of a Physical Education Teacher.

Lesson -5 Physical and Physiological Aspects of Physical Education

After studying this lesson, the learner will be able to:

- distinguish between the isometric, isotonic and iso-kinetic exercises and its effects on our body.
- explain the short-term effect and long-term effect of exercise on the muscular system.
- discuss the effect of exercises on respiratory rate, tidal volume, rate of gas exchange, lung volume, pulmonary diffusion, residual volume in function of respiratory system.
- describe the physiological aspects of yoga that can be observed in shudhi kriyas, pranayama and asanas.

Lesson -6 Psychological Aspects

After studying this lesson, the learner will be able to:

- recognize the different psychological characteristics due to physical, mental, social and cognitive changes in the adolescent age.
- develop a sense of personality, learning and its stages and also intrinsic and extrinsic motivation.
- explore the psychological factors and its effects on the performance of an athlete and how it can be improved through sports.
- identify the emotional and psychological impacts of yoga and its benefits.

Lesson -7 Social Aspects

After studying this lesson, the learner will be able to:

- learn micro and macro level of concern in sports socialization and its effects on society.



- imbibe the basic components of integration through sports which helps in development of national integration.
- identify the social factors that affect the performance of an athlete.
- recognize the effect of yog on holistic wellness and social well being of an individual.

Lesson -8 Spiritual Aspects

After studying this lesson, the learner will be able to:

- recognize the concept of inner awareness
- identify the importance of mantra chanting
- experience the wisdom of Ashtang yog
- describe the concept of Meditation

Lesson -9 Introduction to Health

After studying this lesson, the learner will be able to:

- explain the concept of Health
- outline the different dimensions of Health
- illustrate the principal of Health in day to day life
- recognize the factors that affect their life.
- acquire knowledge about yogic concept of health.

Lesson -10 Diet and Nutrition

After studying this lesson, the learner will be able to:

- describe the concept of diet and nutrition and the role of food choices in determination of health and durability of the individual.
- differentiate between macro and micro nutrients and their requirements in our body.
- define and explain the exact meaning of balanced diet.
- explain the yogic concept of diet and what is a good diet according to this concept.
- classify the three different types of yogic diet.



Lesson -11 Awareness of Lifestyle Disorders

After studying this lesson, the learner will be able to:

- recognize the concept of quality of life and how does lifestyle affect the quality of life.
- classify the dimensions of quality of life and physical and psychological disorders affecting the quality of life.
- illustrate the management skills of lifestyle disorders and role of yoga in day today life.
- identify the importance of yog in our day to day life.

Lesson -12 School Health Program

After studying this lesson, the learner will be able to:

- become familiar with the concept of school health programs and its main objectives along with its compulsion and evolution.
- outline the aspects of school health program and identify the features of health services, healthy environment and health education.
- identify the members of school health committee and their respective responsibilities.
- illustrate basic yogic practices for school children.

Lesson -13 Physical Education for various Populations

After studying this lesson, the learner will be able to:

- outline the effect of physical activities for growth and development of children and identify the exercises for various different age groups of children.
- discuss the need of physical exercises and activities for especially abled people in the society.
- explain the benefits of regular exercises for women in day today life.
- differentiate between moderate and vigorous exercises designed for different adults and their needs.

Lesson -14 Sports Training

After studying this lesson, the learner will be able to:

- recognize the concept of sports training and its principles.



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- identify the various components of physical fitness and sports training.
- differentiate between aerobic and anaerobic sports training methods and its requirements.

Lesson -15 Test and Measurement

After studying this lesson, the learner will be able to:

- list the benefits of test and measurement in field of physical education and sports.
- recognize the need and importance of test and measurement and its contribution to the evaluation process.
- list the components physical fitness.

Lesson -16 Organization of Tournaments

After studying this lesson, the learner will be able to:

- list the various types and methods of tournaments .
- differentiate between Intramural and Extramural tournaments.
- learn to organize a sports event and the preparations required for the organization of the sports events.
- list and draw the different types of fixtures used in organizing sports events.

Lesson -17 Athletic Injuries, First Aid and Safety

After studying this lesson, the learner will be able to:

- explain the anatomy of athletic injury and classification of injuries in sports on basis of its nature and location.
- outline the principles of first aid and common causes of injuries.
- illustrate the preventive measures of athletic injuries.
- learn safety precautions at school, home, road and sports ground.

Lesson -18 Hath-Yog

After studying this lesson, the learner will be able to:

- explain the concept of Hath-Yog.
- recognizes different ages and period in historical development of Hath- Yog
- outline the importance of Nadis and chakras
- list the benefits of Hath- Yog



Lesson -19 Shat-Karma

After studying this lesson, the learner will be able to:

- recognize the meaning of Shat- Karma
- identify the various components OF Shat – Karma
- acquire shat karma skills to detoxification of body
- explore the benefits and precaution of shat karma

Lesson -20 Asana

After studying this lesson, the learner will be able to:

- recognize the concept of Asana and its importance in day today life.
- explain the preparatory practices
- illustrate Surya namaskar
- differentiate forward bending, back bending and inverted bending asanas.
- list the twisting and balancing asanas.

Lesson -21 Pranayama

After studying this lesson, the learner will be able to:

- recognize the concept of pranayama and its importance in day today life.
- classify the pre pranayama activities
- identify the various components of pranayam.
- demonstrate various pranayam
- progression of pranayama to meditation

Lesson -22 Mudra and Bandha

After studying this lesson, the learner will be able to:

- describe the meaning and importance of Mudra
- recognize the different types of Mudras.
- explain the meaning and importance of bands.
- identify the types of bands and its importance.



PHYSICAL EDUCATION AND YOG (373)

Question Paper Design

Subject : Physical Education and Yog

Level : Senior Secondary

Maximum Marks : 70

Duration : 3 Hrs.

1. Weightage to Objectives

Objective	Marks	Percentage
Knowledge	18	25
Understanding	31	45
Application & Skill	21	30
Total	70	100

2. Weightage of Questions

Type of Questions	No. of Questions	Marks of Each Question	Marks Allotted
Long Answer	4	6	24
Short Answer	5	4	20
Very Short Answer	10	2	20
Multiple Choice Questions (MCQ)	6	1	6
Total	25		70

3. Weightage to Major Content Areas

Module No.	Name of the Module	Marks	Study Hours
1.	Concept of physical education and Yog	10	24
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3.	Holistic Health	14	33
4.	Physical Education and Sports Sciences	16	39
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	Total	70	168

4. Difficulty Level

	Easy	Average	Difficult	Total
Weightage	25%	45%	30%	100%
Marks Allotted	18	31	21	70

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SAMPLE QUESTION PAPER

Physical Education and Yog (373)

Time : 3 Hrs.

Max. Marks: 70

1. In which year the NCC was introduced? 1
 - (a) 1947
 - (b) 1948
 - (c) 1949
 - (d) 1950

2. Which one of the following 'indicates' the value of 'Excellence'? 1
 - (a) Giving space to other players
 - (b) Showing the best behaviour at all times
 - (c) Doing the best effort
 - (d) Telling the truth

3. To which one of the following is Psychomotor development related? 1
 - (a) Social Development
 - (b) Mental Development
 - (c) Motor Skill Development
 - (d) Physical Development

4. Which one of the following is not a sports leaders quality? 1
 - (a) assume responsibility
 - (b) Encourage fairplay
 - (c) Team spirit
 - (d) Self centred

5. Which one of the following body parts is involved in strain? 1
 - (a) Bones of joint
 - (b) tenclons and muscells
 - (c) Blood vessels
 - (d) Nerves

6. An open fracture is one in which 1
 - (a) The bone breakes but there is no puncture
 - (b) The bone breaks but there is no wound in the skin



- (c) The bone has fragmented into several pieces
- (d) The bone breaks through the skin
7. Explain the meaning of physical education. 2
 8. Assess the role of physical teachers to strengthen the ethical values in the education. 2
 9. Highlight any two features of school health services. 2
 10. Analyse the concept of meditation. $2 \times 1 = 2$
 11. Highlight the diseases related to physical and psychological disorders. 2
 12. Assess the role of sports training in achieving maximum efficiency. 2
 13. How does participation in a tournament prove a player's capabilities? 2
 14. Explain the difference between 'Jal Neti' and 'Sutra Neti'. 2
 15. Explain the importance of 'Pranayam'. 2
 16. Highlight any four benefits of Surya Mudra. 2
 17. Describe any four values that are learnt through sports. $4 \times 1 = 4$
 18. Examine the importance of cognitive stage of learning. 4
 19. Explain any four functions of the foods. $4 \times 1 = 4$
 20. Explain any four basic components which make an athlete fit for sports. $4 \times 1 = 4$
 21. Evaluate any four benefits of 'Hath Yog'. 4
 22. Describe any six steps of Patanjali Yog. $6 \times 1 = 6$
 23. Describe any three types of nutrients with examples for each. $3 \times 2 = 6$
 24. Explain any six needs of test and measurement. $6 \times 1 = 6$
 25. Classify the benefits given below under the three bandhas- $3 \times 2 = 6$
 - i) Jaladhara Bandha
 - ii) Uddiyana Bandha
 - iii) Moola Bandha



Benefits:-

- i) Stimulates the thyroid glands
- ii) Stimulates the digestive system
- iii) Balances the mind and anpey mood
- iv) Tones the reproductive system
- v) Prepares for a spritual awaking
- vi) Increases the blood flowing brain



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Marking Scheme

Q. No.	Expected value points	Distribution of Marks	Total Marks
1.	(b) (1948)	1	1
2.	(b) Showing the best behaviour at all times	1	1
3.	(c) Motor skill development	1	1
4.	(d) Self centred	1	1
5.	b) Tenclons and muscells	1	1
6.	d) The bone breaks through the skin	1	1
7.	Phphysical education is the combination of two words - physical and education. The word physical refers to body and indicates bodily characteristics. The word education means systematic instructions or training or preparation for life. Physiccal education is a science of complete development of the individual by participating in physical activities and sports.	2	2
8.	(i) They provide training framework of sports practices. (ii) Develope the qualities of leadership through sports. (iii) Training for fair play (iv) Stimulate the educational process through sporting activities. (v) Any other.	2	2
9.	i) Periodic medical examination of the students ii) Regular medical check ups and follow up iii) Prevention of communication diseases - immunization programme iv) First Aid v) Cleanliness vi) Check up of Eye sight and Dental Health	2	2
10.	• Meditation is a process of total perception. Total conciousness and unconditional awareness by which we are trying to come closer to our higher self. • Through meditation the practioner tries to acquire comple knowledge of his mind.	2 × 1	2



11.	i)	Physical disorders are heart related disease, cancer, respiratory disease, diabetes, hypertension etc.	2	2
	(ii)	Psychological disorders include stress, peer pressure among adolescents, work load.		
12.	•	Sports training prepares for better performance in various sports competitions	2	2
	•	Sports training enhances the physical fitness, to achieve efficiency.		
	•	Better training leads to more efficiency.		
13.	(i)	Tournament provides an opportunity to demonstrate the games skills.	2	2
	(ii)	Participation in a tournament relieves the players.		
	(iii)	It helps the player to monitor the level off his/her performance.		
	(iv)	It evaluates the standard of achievement.		
14.		Jal Neti means cleaning of nose and its surrounding area with the help of luke warm saline water. It is performed in the morning only with empty stomach. Sutra Neti is used to clean the nasal cavity with the help of a waxed cotton thread or rubber cathetre. Thread is inserted into the nose and then pulled out from the mouth. Cleaning is done by to and fro motion of the thread.	2	2
15.		Pranayam is the one vital component Yog that directly or indirectly affects the proper functioning of different systems of the body. It provide the freedom from any harmful and negative mental conditions such as depression and anger.	2	2
16.	(i)	Reduces coldness of body	2	2
	(ii)	Beneficial in inactivity of thyroid glands.		
	(iii)	Beneficial in over weight and obesity		
	(iv)	Beneficial in loss of appetite		
	(v)	Beneficial in digestive problems.		
	(vi)	Cures vision or eye problems.		



17.	Components health related of physical fitness.	4×1	4
	<ul style="list-style-type: none"> i) Coordination of mind and body ii) Health iii) Respect for others iv) Pursuit of Excellence v) Performance in Sports. 		
18.	<ul style="list-style-type: none"> • It is the first stage of learning. • It allows the learner to develop the skill of performance as learnt during this stage. • It helps the learner to plan. • This stage allows to commit mistake as learner is slow to perform and his confidence level is also weak at this stage. • It prepares the learner to practice. 	4	4
19.	<ul style="list-style-type: none"> i) Provides Energy ii) Helps the growth and development of body iii) Repairs the wear and tear in our body iv) Protects from diseases v) Any other relevant point 	4× 1	4
20.	Physical exercises for age group 9 to 12.	4×1	4
	<ul style="list-style-type: none"> i) Physical strenght ii) Endurance iii) Speed iv) Flexibility v) Coordinative abilities 		
21.	<ul style="list-style-type: none"> (i) It purifies the body to reach at the higher realm of conciousness. (ii) It is helpful in curing various diseases and problems. (iii) It is helpful in relaxing the mind and releases tension. (iv) It tones our nerves, muscles and visceral organs and makes our body and mind fit. (v) It helps to keep spine flexible and supple. 	4	4



22.	i) Yama	4×1½	6
	ii) Niyama		
	iii) Asana		
	iv) Pranayama		
	v) Pratyahara		
	vi) Dharna		
	vii) Dhyana		
	viii) Samadhi		
23.	(i) Carbohydrates - foods like cereals, potatoes, sugar etc.	3×2	6
	(ii) Fats - Ghee, Oils, Cheese		
	(iii) Protiens - All dairy products, poultry, meat, fish, eggs-soyabeen.		
24.	(i) To measure quality,, capacity, strength and weakness.	6×1	6
	(ii) To predict in advance the performance potentials.		
	(iii) To conduct research and prepare new norms and standards based on the result.		
	(iv) To evaluate the teacher, coach & trainer		
	(v) To evaluate the learners progress.		
	(vi) To motivate athletes to perform better.		
	(vii) To diagnose learning problems of an individual.		
	(viii) To find the success level of physical education programme.		
25.	i) Jaladhara Bandha - i & vi	3× 2	6
	ii) Uddiyana Bandha - ii & iii		
	iii) Moola Bandha - iv & v		

