



SAVITRIBAI PHULE PUNE UNIVERSITY'S

Modern College of Arts, Science and Commerce,

Ganeshkhind, Pune 16

(Autonomous College)

Physical Education and Yoga Syllabus

(For NEP 1st Semester)

(2 CREDITS)

(For First Year Undergraduate Students of All the Faculties)

Effective from Academic Year 2023-2024

Physical Education and Yoga Syllabus

AIMS & OBJECTIVES OF THE COURSE:

The course's objectives are to promote student awareness of yoga and acquire knowledge of asanas and pranayama. This will enable them to adopt yoga into their way of life. These are the mandatory credits for the first year students in all the faculties.

Credit 1: Introduction to Physical Education and Yoga

Theoretical Part:

- The Definition and Scope of Physical Education
- Introduction to Ashtanga Yoga
- Mobility exercises – Neck up & down, Side to side, shoulder rotation, Twisting, Squats.

Practical Part

A student will have to perform asanas in different positions. He is also expected to know the benefits and contraindications of these asanas.

Category	Asana From			
	Standing	Sitting	Supine	Prone
A	Tadasana Samasthiti	Dandasana	Pawanmuktasana	Bhujangasana
		Vajrasana	Shavasana	Salabhasana
		Shashankasana		Makarasana
B	Vrikshasana	Paschimottanasana	Setu Bandhasana	Dhanurasana
	Padahastasana	Ushtrasana	Ardha Halasana	Chaturanga Dandasana
	Chakrasana -	Parvatasana	Halasana	Purvottanasana

	sideward			
	Utkatasana	Konasana	Anantasana	Vasisthasana
C	Trikonasana	Janu Shirshasana	Sarvangasana	Adho Mukha Svanasana
	Virabhadrasana 1	Navasana	Viparita Karani	Urdhva Mukha Svanasana
	Virabhadrasana 2	Vakrasana	Matsyasana	Urdhva Dhanurasana

Category A asanas are not for examination purposes.

EVALUATION STRUCTURE

Sr. No.	Marks	Mode of Evaluation
1	Practical 30 (6 marks x 5 Asana) External Evaluation	Students should demonstrate and explain a total of five asanas from the four different groups. Out of these five asanas, three will be of the students' choice from category B and C and two will be of the examiner's choice from category B.
2	Yoga Project Book 20 Marks :Internal Evaluation	Students should complete the yoga Book and should bring at the time examination or as per the instruction of the Internal Examiner. Project book should include information on Ashtanga Yoga, Mobility Exercises and Asanas from category B and C only along with your own photo of doing that asana.

EVALUATION OF THE ASANAS :

Each asana will be awarded from 0 to 10 marks. The evaluation is further distributed as under :-

- a) Technical Execution (Presentation) 4 Marks
- b) Complete Posture 4 Marks
- c) Retention period 2 Marks

EXPLANATION :

a) Technical execution (presentation) (4 Marks).

It involves methodical approach in its presentation which further depends on

- Arriving to the posture,
- Alighting from the posture,
- Expression,
- Breathing

b) Complete Posture (4 marks).

Attainment of the final posture and while being in this position certain aspects deemed necessary to be taken into consideration to constitute a complete posture

- Stability in the posture,
- Calmness & tranquility,
- Exactness and correctness,
- Smoothness and degree of flexibility,
- Body Alignment, its angles and beauty.

c) Retention 2 marks.

All posture are required to be held for 20 seconds each. During the retention period, no shivering, no untoward movement, consistent breathing, calm and proper body language is essential.

PASSING CRITERIA

Credits	Max. Marks	Minimum Passing %
2	50	40% (in each Internal and External Exam)

The examination will be conducted as per the convenience of the college in the second semester. To pass, a student must score a minimum of 40% marks in the internal and external examination.

Students who have failed or who have been absent for the entire course will have to complete the entire course during the 4th semester. Students will not be admitted to the 5th semester without completing the course.

General Guidelines:

Differently Abled Students

Students with disabilities will be excluded from the course after presenting the appropriate documentation. They may choose to take the test, but the results will be based only on how well they performed the asana, at the examiners' judgment. Because of this, they still have the same opportunities as other students. At the time of admission, the student must provide a civil surgeon's certificate from the relevant district civil hospital.

Important Note:

Illness that lasts just temporarily will not excuse pupils from the class. He or she will get another chance in the subsequent semester. If a student fails or absent in the examination in the first year he will get assessed in the third or fourth semester examination only.

STAFF:

The colleges must appoint qualified teachers in the fields of yoga or physical education and sports as per requirement. Every class should be divided into groups of 30 students each, with a team leader who would assist the teacher with the arrangement of the work, in order to facilitate the smooth operation of the course. The Head Department of Physical Education and Sports will monitor overall

functioning of the scheme.

GRADING:

Range of Marks	Grade	Grade Points
41-50	O	10
35-40	A+	09
30-34	A	08
28-30	B+	07
25-27	B	06
23-24	C	05
20-22	P	04
00-19	F	00
Absent	Ab	00

General Instructions:

- Classes will be conducted in the batches of 30 students in each batch.
- All norms related to credit courses of SPPU will be applicable.
- PE Scheme fees will be as per SPPU guidelines.
- Examiners, peons, and clerks will receive 60% of the examination fees as remuneration. The remaining 40% will be used for hospitality, printing documents, and exam preparation and administration charges of the college. 20% of the fees collected for the PE Scheme will go toward paying the coordinator's remuneration.

REFERENCE BOOKS:

Iyengar, B. K. **Light on Yoga..** (2008). Orient Longman Pvt. Ltd. Mumbai.

Iyengar, B.K. (2008). **Light on Ashtanga Yoga.** Alchemy Publishers. New Delhi.

Iyengar, B.K. (2008). **Yoga the Path to Holistic Health.** Dorling Kindersley. London.

Gharote, M. L. (2013). **Guidelines for Yogic Practices**. The Lonavla Yoga Institute. India.

Kaminoff, L. & Mathews, A. (2012). **Yoga Anatomy**. 2nd Edition. Human Kinetics.

अयंगर, गी. (२०१६). **स्त्रियांसाठी योग- एक वरदान**. रोहन प्रकाशन. पुणे.

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