

University of Kota, Kota
SEC: Physical Education & Yoga

Course Code:

Credits:02

Course Objectives: The course aims to provide students with knowledge of Physical education & yoga concepts, The primary objective of physical education and yoga is to promote holistic health by harmonizing the mind, body, and spirit. The curriculum builds lifelong wellness, improves physiological function, prevents lifestyle diseases, and equips students with practical skills in fitness management and stress reduction.

Learning out comes : Physical Education and Yoga programs cultivate holistic well-being by integrating physical fitness, mental calmness, and emotional balance. The primary outcomes empower individuals to develop lifelong health habits, enhance athletic abilities, build neuromuscular coordination, and utilize specific techniques to prevent injuries and manage daily stress.

Examination Scheme: For the session 2025–26, the examination of SEC will be of 50 marks. The pattern of examination for students shall consist of a single Multiple-Choice Question (MCQ) paper based on OMR, with a duration of 1:30 hours. There will be a total of 50 questions, with 10 questions from each unit. All questions are mandatory to attempt. Passing marks for UG is 40%.

Physical Education & Yoga

Unit I Meaning and Definition of Physical Education, Aims, Objectives and Importance of Physical Education.

Unit – II Sports Training Meaning, aim and characteristics, Principles of Sports Training, Importance of Warming Up and cooling down.

Unit –III Meaning, Definition and Scope of Psychology and Physical Education, Importance of Psychology in Physical Education and Sports

Unit –IV Meaning, Definition & Concept of yoga, Historical study of yoga, Misconceptions of about yoga, Importance of Yoga in modern life.

Unit –V Meaning, Definition & Concept of Aasan, Aasan according to Hatthapradipika, Objective, principles and precaution during Aasan, Health and Medical benefits obtained from Aasan.

Suggested Reading

- Loy J.W., Kenyon, G.S. & McPherson, B.D. (1978), Sports and social system London.
- Kamlesh M.L. (1998) Psychology in physical education & sports.
- Deshpande SH (2014) Physical education in ancient india.
- Singh vijay (2018) sports training.
- Vaido me yog vidhya.
- Hatpradiptika-Swami swatmaram-Surendra.