

SARDAR PATEL UNIVERSITY
Programme: BBA (Information Technology Management)
Semester: I
Syllabus with effect from: JUNE 2011

Paper Code:UM01FBB104	Total Credit: 3
Title Of Paper: Physical Education - I	

Unit	Description in detail	Weighting (%)
I	Yogasana: Introduction, Needs and importance, Types of yogasana: Padmasana, Badhha Padmasana Shirsasan, Chakrasan, Paschimotanasan, Sarvangasan, Salbhasan, Rechak, Purak, Kumbhak.	12 %
II	First Aid: Introduction, Common rules to prevent injuries, Types of Injuries: Ankle Twist, Knee injuries, Fracture, Head Injury, Wrist Injury, Clavicle Fracture, Muscle Tear, Nail Injuries, Eye Injuries, Rid injuries, Calling 108 Services.	12 %
III	Diet: Introduction, Components of Balanced Diet, Types of vitamins: Vitamins A, Vitamins B, Vitamins B1, Vitamins B2, Vitamins B3, Vitamins B6, Vitamins B12, Vitamins C, Vitamins D, Vitamins E, Vitamins K.	12 %
IV	Yoga and Medical Head: Aasanas, Suryanamaskar & Yoga, Rechak, Purak, Kumbhak, Preventing Injury, Providing Aid.	

