

SARDAR PATEL UNIVERSITY
Programme: BCOM
Semester: I
Syllabus with effect from: June 2011

Paper Code: UB01SCOM05	Total Credit: 3
Title Of Paper: Physical Education	

Unit	Description in detail	Weighting (%)
1	Yogasana: Introduction Need and importance Types of Yogasana : Padmasana, Badhha Padmasana, Shirasasan, Chakrasan, Paschimotanasan, Sarvangasan, Salbhasan Rechak Purak Kumbhak	25 %
2	First Aid: Introduction Common rules to prevent injuries Types of injuries : Ankle twist, Knee injuries, Fracture, Head injury, Wrist injury, Clavicle fracture, Muscle tair , Nail injuries, Eye injuries, Rid injuries	25 %
3	Diet: Introduction Components of Balanced diet Types of vitamins : Vitamin A, Vitamin B, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin C, Vitamin D, Vitamin E, Vitamin K	25 %
4	Practical: Aasanas Suryanamaskar & Yoga Rechak Purak Kumbhak	25 %

Basic Text & Reference Books -----

