

SARDAR PATEL UNIVERSITY
Programme: BCOM
Semester: II
Syllabus with effect from : November 2011

Paper Code: UB02SCOM04	Total Credit: 3
Title Of Paper: Physical Education - I	

Unit	Description in detail	Weighting (%)
1	Yogasana Introduction, Need and importance, Types of Yogasana : Padmasana, Badhha Padmasana, Shirsasan, 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 tear, Nail injuries, Eye injuries, Rid injuries, Calling 108 Service	25 %
3	Diet Introduction, Components of Balanced diet, Types of vitamins : Vitamin A, Vitamin B, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K	25 %
4	Yoga and Medical Aid Aasanas, Suryanamaskar & Yoga, Rechak, Purak, Kumbhak, Preventing Injury, Providing Aid	25 %

Basic Text & Reference Books -----

