

- SEMETSER:- I
- COURSE NO.:- PHY..-111 (NC)
- COURSE TITLE:- PHYSICAL EDUCATION
- CREDITS:- 1(0+1)

1. *Running and warming up: Exercise for good posture and physical fitness and the exercise for Agility, Strength, Coordination, Endurance and Speed.*
2. *Yoga : Any five asnas*
3. *Athletics: A Running: 100,200,400, 800 mts.
 B Jumping: Long Jump, High Jump

 C Throwing: Shot-put, Disc Throw Participant should participate at

 least in one event Athletics group.*
4. *Skill development in any one of the following game:*
 - a) *Out-door: Volley ball, Basket ball, Football, Cricket, Kaabaddi, Kho-kho*
 - b) *Indoor: Table tennis, Badminton, Wrestling, best –Physique*
5. *Dand Baithkas : Skipping, Hoping and Gym. Exercises.*
6. *Recreation Game: Any one in spite of above syllabus the following points should also be considered for daily as per schedule 1. Attendance 2. Uniform 3. Dressing 4. participation in Inter-collegiate and Inter-University tournaments.

Uniform: Tracksuit, Canvas and socks.*