

**Co-Curricular Activities**  
**(For All Faculties of UG)**  
**Creditization and Assessment**  
**of Physical Activities**

**NEP 2020**

**Co-Curricular Activities**  
**Creditization and assessment of Physical Activities**

## Course: Yoga Education

### Yoga Education (Practical)

Course Name	Classes	Semester	Credits	Teaching Hours
Yoga Education	All UG Courses	I to IV	1	2 hr/Week

### Course Outcomes

<b>About Course</b>	Nowadays due to fast routine and stressful life of the workplace every human being is suffering with the psychosomatic disorders. There is a need of very systematic approach of complete yogic practices. The complete yoga system is a bundle of Asana, Kriya, Bandh, Mudra and Pranayama. Every individuals are in the need of physical fitness as well mental fitness, because the day todays problem of poor health and obesity. To overcome such type of problems there is a need of Complete Yoga.
<b>Course objectives</b>	<ol style="list-style-type: none"> <li>To provide fundamental knowledge and practical application of Yoga.</li> <li>Know about the significance of yoga in daily life.</li> <li>Get the knowledge about the Yogic practices</li> </ol>
<b>Course Outcomes</b>	<p>After successfully completion of course students might be able to –</p> <ol style="list-style-type: none"> <li>Know about our ancient system of Yoga</li> <li>Prevention from various illness and deformities</li> <li>Awareness amongst the students to overcome the stress and Anxiety level.</li> <li>Useful in concentrating towards the studies, students might be excel in their examinations.</li> <li>Fear free life may enjoy the students.</li> </ol>

### Grading System

Course Content	Workload Allotted	Points	Weightage of Credits	Incorporation of Pedagogies
<ol style="list-style-type: none"> <li>Asana               <ol style="list-style-type: none"> <li>Simple Asana</li> <li>Difficult Asana</li> </ol> </li> <li>Kriya</li> <li>Performing KriyaKapalbhati</li> <li>Nauli ,WastraDauti, DandDahuti, Neti, Basti and</li> <li>Bandha</li> <li>Performing Every Bandha</li> <li>MulaBandha, UddayanBandha, AgnisaraBandha, JaldhandharaBandha, JivhaBandha, Tri-bandha</li> </ol>	30 Hours	10	01	<ul style="list-style-type: none"> <li>Self-preparations</li> <li>Experiential learning</li> <li>Practical Approach</li> <li>Participative learning</li> </ul>

8. Mudras				
9. Executing Every Hand Gesture or mudra 1 point each				
10. Pranayama				
11. Execution of Every Pranayama				
12. Anuloma Viloma, Bhastrika, Bhramari, Shitali, Sitkari and Ujjai				

### Rubrics for Assessments and Credits of Practical Yoga Education

Sr. No.	Activity		Level of Attainment	Maximum Points	Points	Credit
1.	Asana	Simple	Students must be able to perform the yoga asana through proper way	10	01 Every Asana	01
		Critical			02 Every Asana	
2.	Kriya		Students must be able to do the yogic kriya in a proper fashion	10	02 Every Kriya	
3.	Bandha		Students must be able to do the various Bandha in a proper manner.	10	02 Every Bandha	
4.	Mudra		Executing Every Hand Gesture or mudra with meditation	10	01 Every Bandha	
5.	Pranayama		Attaining the best way of pranayama	10	02 Every Pranayama	

#### Note

1. Every participating student must adopt minimum three of the above yogic practices to gain 10 points means 01 Credit through co-curricular activity of yoga.
2. Total 30 hours of engagement in any kind of yogic practices anywhere either offline or online.
3. Total 30 hours of attendance is compulsory. If anyone likes to attend such practices in online or offline mode he must reported to the concerned teacher and seek permission for same.
4. With the prior permission of the concerning teacher, if any student joins the classes off the campus, he must produce the same certificate of the same.
5. After completion of 30 hours engagements, evaluation process must be carried out and the points should be allotted accordingly.

## Course: Yoga Education (Theory)

Course Name	Classes	Semester	Hours of Engagement	Credits	Teaching Hours
Yoga Education Theory	All UG Courses	I to IV	15 Hours	1	1 hr./Week
Instructional practice of above yogic practices					

### Rubrics for Assessments and Credits of Yoga Education

Sr. No.	Activity	Level of Attainment	Points	Maximum Points	Credit
1	Oral Viva	Knowledge about the yoga Education	05	10	01
2	Objective type Test	Knowledge about the yoga Education	05		

### Note

1. Every participating student must adopt minimum three of the above yogic practices to gain 10 points means 01 Credit through co-curricular activity of yoga.
2. Total 15 hours of engagement in instructional type of yogic practices anywhere either offline or online.
3. Mentor teacher of the college is responsible to complete the instructional practices of 15 hours.

# Course: Health and Wellness

<b>About Course</b>	Practical Approach to Health development and wellness has a benefit of development of multidimensional personality. Every individuals are in the need of physical fitness, because the day todays problem of poor health and obesity. Practical Approach to Physical Efficiency and Fitness management must possess a variety of skills. Students have a platform to prove themselves as fit youths of the nation and had the opportunity of selecting in the varieties of government jobs where fitness tests are compulsory.
<b>Course objectives</b>	<ol style="list-style-type: none"> <li>1. To provide platform for hands-on experience for maintaining fitness.</li> <li>2. To get familiar with health and fitness activities.</li> <li>3. Explore the components of fitness and wellness</li> </ol>
<b>Course Outcomes</b>	<ol style="list-style-type: none"> <li>1. After successfully completion of course students might be able to know about the Health and Wellness</li> <li>2. Apply the knowledge about Heath components.</li> <li>3. Acquire fitness for attainment of overall health</li> <li>4. Awareness amongst the students about the concept of Wellness</li> </ol>

## Grading System

<b>Course Content</b>	<b>Workload Allotted</b>	<b>Points</b>	<b>Weightage of Credits</b>	<b>Incorporation of Pedagogies</b>
<ol style="list-style-type: none"> <li>1. Concept of Health and Fitness,</li> <li>2. Components of Fitness: Strength, Endurance, Flexibility, Agility, Speed, Power, Coordination.</li> <li>3. Improving the physical fitness by practicing the following activities:</li> <li>4. 100mt Sprinting for men /Women</li> <li>5. 800mt. running</li> <li>6. Shot-put</li> <li>7. Long Jump</li> <li>8. Pullups</li> <li>9. Samantrak Suryanamaskar</li> <li>10.DandBaithak</li> <li>11.Asana</li> <li>12.Skipping Rope</li> <li>13.Sit-ups</li> </ol>	30 Hours	10	01	<ul style="list-style-type: none"> <li>• Classroom study</li> <li>• Self-preparations</li> <li>• Experiential learning</li> <li>• Practical Approach</li> <li>• Participative learning</li> </ul>

**Rubrics for Assessments and Credits**

<b>Sr. No.</b>	<b>Event</b>	<b>Category</b>	<b>Level of attainment</b>	<b>Points</b>
<b>1.</b>	<b>100 Mt. Sprint</b>	<b>Men</b>	<b>≤15 Sec</b>	<b>02</b>
		<b>Women</b>	<b>≤17 Sec</b>	<b>02</b>
<b>2.</b>	<b>800 Mt. Run</b>	<b>Men</b>	<b>≤3 Min 15Sec</b>	<b>02</b>
		<b>Women</b>	<b>≤3Min 55 Sec</b>	<b>02</b>
<b>3.</b>	<b>Shot-put</b>	<b>Men</b>	<b>≥5.20 Mt.</b>	<b>02</b>
		<b>Women</b>	<b>≥4.10 Mt.</b>	<b>02</b>
<b>4.</b>	<b>Long Jump</b>	<b>Men</b>	<b>≥4.60 Mt.</b>	<b>02</b>
		<b>Women</b>	<b>≥3 Mt.</b>	<b>02</b>
<b>5.</b>	<b>Pull-Ups</b>	<b>Men</b>	<b>≥5</b>	<b>02</b>
		<b>Women</b>	<b>≥3</b>	<b>02</b>
<b>6.</b>	<b>Samantrak Suryanamaskar 12 Counts</b>	<b>Men</b>	<b>≥5</b>	<b>02</b>
		<b>Women</b>	<b>≥5</b>	<b>02</b>
<b>7.</b>	<b>Dand</b>	<b>Men</b>	<b>≥20</b>	<b>02</b>
		<b>Women</b>	<b>≥10</b>	<b>02</b>
<b>8.</b>	<b>Asana Any Five</b>	<b>Men</b>	<b>≥5</b>	<b>02</b>
		<b>Women</b>	<b>≥5</b>	<b>02</b>
<b>9.</b>	<b>Rope Skipping</b>	<b>Men</b>	<b>≥100</b>	<b>02</b>
		<b>Women</b>	<b>≥100</b>	<b>02</b>
<b>10.</b>	<b>Sit-ups</b>	<b>Men</b>	<b>≥15</b>	<b>02</b>
		<b>Women</b>	<b>≥10</b>	<b>02</b>

**\*\*Assessment and Evaluation: - Any five activities listed above shall be credited with 2 points each within the limits of Attainment.**

## Course: Health and Wellness(Theory)

Course Name	Classes	Semester	Hours of Engagement	Credits	Teaching Hours
Health and Wellness Theory	All UG Courses	I to IV	15 Hours	1	1 hr./Week
Instructional practice of above Health and Wellness activities					

### Rubrics for Assessments and Credits of Health and Wellness

Sr. No.	Activity	Level of Attainment	Points	Maximum Points	Credit
1	Oral Viva	Knowledge about the Health and Wellness	05	10	01
2	Objective type Test	Knowledge about the Health and Wellness	05		

#### Note

1. Every participating student must adopt minimum three of the above Health and Wellness to gain 10 points means 01 Credit through co-curricular activity of Health and Wellness.
2. Total 15 hours of engagement in instructional type of Health and Wellness anywhere either offline or online.
3. Mentor teacher of the college is responsible to complete the instructional practices of 15 hours.

## Course: Sports (Indoor and Outdoor Games)

**The Games which are listed in the university participation must be included**

<b>About Course</b>	Sports (Indoor and Outdoor Games)
<b>Course objectives</b>	<ol style="list-style-type: none"> <li>1. Develop skills related to different sports and games.</li> <li>2. Awareness amongst the students towards the rules of the games</li> <li>3. To improve the fitness level related to sports.</li> </ol>
<b>Course Outcomes</b>	<p>After successfully completion of course students might be able to –</p> <ol style="list-style-type: none"> <li>1. Able to apply about the basic skills of the games</li> <li>2. Develop the knowledge about the indoor and outdoor games</li> <li>3. Increase Participation in games and sports</li> <li>4. improves the fitness level of the individuals</li> </ol>

### Grading System

Course Content	Workload Allotted	Points	Weightage of Credits	Incorporation of Pedagogies
<ol style="list-style-type: none"> <li>1. Practicing any two Sports activities (games) either indoor or outdoor listed in the university games</li> <li>2. Skill Adaptation about the relevant Sports</li> <li>3. Achievement of fitness level about the relevant Sports</li> </ol>	<b>30 Hours</b>	<b>10</b>	<b>01</b>	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Self-preparations</li> <li>• Experiential learning</li> <li>• Practical Approach</li> <li>• Participative learning</li> </ul>

### Rubrics for Assessments and Credits

Sr. No.	Event	Category	Level of attainment	Points
<b>1.</b>	Any two Sports (games) either indoor or outdoor listed in the university games	Practice of any two Sports	Able to perform sports basics	03/Each
<b>2.</b>	Skill Adaptation about the relevant Sports	Skill Adaptation	Able to perform the Skills	02/Each
<b>3.</b>	Fitness level	Fitness level of Sports	Conditioning for the basics of sports	02/Each



## **Course: Sports (Indoor and Outdoor Games) (Theory)**

<b>Course Name</b>	<b>Classes</b>	<b>Semester</b>	<b>Hours of Engagement</b>	<b>Credits</b>	<b>Teaching Hours</b>
Sports (Indoor and Outdoor Games) Theory	All UG Courses	I to IV	15 Hours	1	1 hr./Week
Instructional practice of above Sports (Indoor and Outdoor Games)					

### **Rubrics for Assessments and Credits of Sports (Indoor and Outdoor Games)**

<b>Sr. No.</b>	<b>Activity</b>	<b>Level of Attainment</b>	<b>Points</b>	<b>Maximum Points</b>	<b>Credit</b>
1	Oral Viva	Knowledge about the Sports (Indoor and Outdoor Games)	05	10	01
2	Objective type Test	Knowledge about the Sports (Indoor and Outdoor Games)	05		

#### **Note**

1. Every participating student must adopt minimum three of the above yogic practices to gain 10 points means 01 Credit through co-curricular activity of Sports (Indoor and Outdoor Games).
2. Total 15 hours of engagement in instructional type of Sports (Indoor and Outdoor Games) anywhere.
3. Mentor teacher of the college is responsible to complete the instructional practices of 15 hours.

## Course: Physical Education

<b>About Course</b>	The Games which are listed in the university participation must be included
<b>Course objectives</b>	<ol style="list-style-type: none"> <li>1. To teach aerobics and dance techniques,</li> <li>2. To focus on fitness, coordination, rhythm for physical education and sports.</li> <li>3. To teach performance skills for physical education and sports.</li> </ol>
<b>Course Outcomes</b>	<p>After successfully completion of course students might be able to –</p> <ol style="list-style-type: none"> <li>1. Know about the basic skills of the games</li> <li>2. Get the knowledge about the Minor games</li> <li>3. Awareness amongst the students towards the rules of the games</li> <li>4. Able to Performing the best in recreational activities for benefit the students stress relieving.</li> </ol>

### Grading System

Course Content	Workload Allotted	Points	Weightage of Credits	Incorporation of Pedagogies
Physical Education activities Warm up, stretching, resistance exercises, Exercises with equipment and without equipment Zumba, Rhythmic dance, Aerobics, cool down Minor games Individual activities Group activities	30 Hours	10	01	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Self-preparations</li> <li>• Experiential learning</li> <li>• Practical Approach</li> <li>• Participative learning</li> </ul>

### Rubrics for Assessments and Evaluation: -

Sr. No.	Event	Category	Level of attainment	Points
1	Physical Education activities	Interclass activities Participation in any three activity	Readiness for any activity. (Physically and mentally)	02/ Activity
1.	Minor games	Interclass /Intramural Participation in 2 game	Useful for the performance development in various games	02 / game

## Course: Physical Education(Theory)

Course Name	Classes	Semester	Hours of Engagement	Credits	Teaching Hours
Physical Education Theory	All UG Courses	I to IV	15 Hours	1	1 hr./Week

### Rubrics for Assessments and Credits of Physical Education

Sr. No.	Activity	Level of Attainment	Points	Maximum Points	Credit
1	Oral Viva	Knowledge about the Physical Education	05	10	01
2	Objective type Test	Knowledge about the Physical Education	05		

#### Note

- 1 Every student must participate minimum three of the above Physical Education Activity to gain 10 points means 05 points through co-curricular activity of Physical Education.
- 2 Total 15 hours of engagement in instructional type Physical Education.
- 3 Mentor teacher of the college is responsible to complete the instructional practices of 15 hours