

National Education Policy-2020

Single Core Subject

**Four-Year Undergraduate Programme-
FYUP/Master Programme**

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

(BPES)

&

MASTER OF PHYSICAL EDUCATION AND SPORTS

(MPES)

**Common Minimum Syllabus for Uttarakhand State
Universities and Colleges**

**PROPOSED STRUCTURE FOR
PHYSICAL EDUCATION AND SPORTS**

SYLLABUS

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DSC: Discipline Specific Course

SEC: Skill Enhancement Course

DSE: Discipline Specific Electives

IAPC: Internship/Apprenticeship / Project/ Community Outreach

LIST OF ALL PAPERS WITH SEMESTER WISE TITLES IN ‘BPES’ & ‘MPES’					
YEAR	SEMESTER	COURSE	PAPER TITLE	THEORY /PRACTICAL	CREDITS
UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS					
FIRST-YEAR	I	DSC	History and Foundation of Physical Education	Theory	4
		DSC	Major Games – I	Theory	3
			Practical Major Games – I	Practical	1
		DSC	Anatomy & Physiology in Physical Education	Theory	4
		GE	Fundamentals of Physical Education	Theory	4
		AEC	Indian Language-I	Theory	2
		SEC	Indigenous Activities - I	Theory and Practical	2
		VAC	One from the pool of VAC Course	Theory	2
	Total Credits				22
	II	DSC	Health Education	Theory	4
		DSC	Major Games – II	Theory	3
			Practical Major Games – II	Practical	1
		DSC	Biomechanics in Physical Education	Theory	4
		GE	Recreation and Fitness in Physical Education	Theory	4
	AEC	Indian Language-I	Theory	2	
	SEC	Indigenous Activities - II	Theory and Practical	2	
	VAC	One from the pool of VAC Course		2	
Total Credit					22
UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS					
SECOND-YEAR	III	DSC	Kinesiology in Physical Education	Theory	4
		DSC	Major Games - III	Theory	3
			Practical Major Games – III	Practical	1
		DSC	Methods of Physical Education	Theory	4
		DSE	Sports Management	Theory	4
		OR			
		GE	Stress Management	Theory	2
		IAPC	Internship	Theory	
		OR			
		SEC	Fitness & Conditioning	Theory and Practical	2
		VAC	One from the pool of VAC Course		
		AEC	Indian Language-II		2
	Total Credit				22
	IV	DSC	Coaching and Officiating in Physical Education	Theory	4
		DSC	Test & Measurement in Physical Education	Theory	4
		DSC	Marking of Track Events	Theory	3
			Practical Marking of Track Events	Practical	1
		DSE	Exercise Prescription and Therapeutic Exercise	Theory	4
		OR			
		GE	Olympic Education	Theory	2
		IAPC	Project	Theory	
		OR			
		SEC	Yoga and Wellness	Theory and Practical	2
		VAC	One from the pool of VAC Course		
		AEC	Indian Language-II		2
Total Credit					22
BACHELOR IN PHYSICAL EDUCATION AND SPORTS					
	V	DSC	Sports Psychology	Theory	4
DSC		Sports Lesson Plan	Theory	3	
		Practical of Sports Lesson Plan	Practical	1	
DSC		Marking of Field Events	Theory	3	

THIRD-YEAR			Practical Marking of Field Events	Practical	1
		DSE	Sports Journalism	Theory	4
		GE	Fundamentals of Yoga	Theory	4
		IAPC	Internship	Theory and Practical	2
		OR			
		SEC	Adventure Sports	Theory and Practical	
				Total Credit	22
	VI				
		DSC	Sports Nutrition and Balance Diet	Theory	4
		DSC	Coaching and officiating in Physical Education	Theory	4
		DSC	Sports Sociology	Theory	4
		DSE	Fitness & Wellness in Physical Education	Theory	4
		GE	Introduction to injury prevention and rehabilitation in sports	Theory	4
		IAPC	Project	Theory	2
OR					
SEC	Gym Operation	Theory and Practical			
BACHELOR IN PHYSICAL EDUCATION AND SPORTS WITH HONOURS					
FOURTH-YEAR	VII	DSC	Research Process in Physical Education & Sports Sciences	Theory	4
		DSE	Tests, Measurements and Evaluation in Physical Education	Theory	4
		DSE	Teaching Methodology in Physical Education	Theory	4
		DSE	Track Events and Marathons	Practical	4
		Academic Project	Academic Project	Theory	6
	VIII	DSC	Yogic Science	Theory	4
		DSE	Statistics in Physical Education & Sports	Theory	4
		DSE	Athletic Care & Rehabilitation	Theory	4
		DSE	Athletics Field and Combined Events	Practical	4
		Dissertation	Dissertation		6
MASTER IN PHYSICAL EDUCATION AND SPORTS					
FIFTH-YEAR	IX	DSC	Scientific Principles of Sports Training	Theory	4
		DSE	Sports Medicine	Theory	4
		DSE	Physiology of Exercise	Theory	4
		DSE	Sports Specialization - I	Practical	4
		GE	Introduction to Sports Training	Theory	
		Dissertation	Dissertation		6
	X	DSC	Psychology in Sports and Physical Education	Theory	4
		DSE	Health Education and Sports Nutrition	Theory	4
		DSE	Remedial and Corrective Physical Education	Theory	4
		DSE	Sports Specialization - II	Practical	4
		GE	Obesity and Weight Management	Theory	4
		Dissertation	Dissertation		6

Programme specific outcomes (PSOs):
UG I Year / Certificate Course in PHYSICAL EDUCATION AND SPORTS

- This course provides the basic ideas and concepts of physical education and the role of physical education in society.
- This course intends to clarify the educational and physical educational aims and functions.
- This course introduces the challenges faced by Indian Education and initiates a critical analysis of concerns and solutions toward better education.
- The program will be helpful in the conceptualization and synthesis of knowledge of life skills and sustainable education.
- The student will be able to explain the importance of values, mental health and hygiene.
- This course provides the introduction and Sociological concept of physical education this also teaches about the historical development of physical education in India and other countries.
- It introduces a general concept of good health and wellness. This program will also help a student to promote a healthy way of living and they will also be able to make fitness and health plan.
- Yoga is very helpful in the prevention of many diseases and students will learn about it. This subject deals with basic knowledge about Aerobics and Gymnasium classes which will help students to excel in the fitness industry.
- The student will be able to explain the glorious history of physical education.
- The programme will be helpful to know the major theories, concepts and mechanism which explain human behavior or various psychological phenomena.

Programme specific outcomes (PSOs):
UG II Year/ Diploma in PHYSICAL EDUCATION AND SPORTS

- A. This course provides knowledge of healthy living styles.
- B. This course provides knowledge of sports psychology which is helpful in the enhancement of sports performance.
- C. This course provides knowledge of physical and physiological systems and the effects of exercise on different systems.
- D. This course provides knowledge of management in physical education.
- E. This course provides knowledge of ICT.
- F. This course provides knowledge of sports training and different physical fitness components.
- G. This course provides knowledge of different recreational games and the importance of recreation in human life.
- H. This course provides knowledge of biomechanics in physical education which is helpful in the enhancement of performance and safety measures.
- I. This course introduces the students about concept of New Trends in Physical Education and the importance of ICT.
- J. Students can be able to understand human structure and function as well as effects of exercise on various human body systems. Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.
- K. This course provides the basic ideas and concepts of human right and environmental education.
- L. It explores the process of development and learning Through ICT.
- M. The students will be able to check different aspects of a psychological parameter.
- N. The students will be able to explain the concept and needs of Administration and Management in Education.

<p>O. The students will be able to understand computer programme MS Office and able to interpret /present research data diagrammatically or graphically with the help of MS Office.</p> <p>P. This Course enables the students to understand basic concept of psychological foundations of physical education and teacher education.</p>
<p align="center">Programme specific outcomes (PSOs): UG III Year /Bachelor in PHYCAL EDUCATION AND SPORTS</p>
<ul style="list-style-type: none"> ➤ This Course enables the students to understand sociological concepts of physical education. ➤ This Course enables the students to understand the basic concept of methods in physicaleducation. ➤ This Course enables the students to understand athletic care and rehabilitation in physicaleducation and sports. ➤ This Course enables the students to understand the different types of tests in sports and theirmeasurement ➤ This Course enables the students to understand therapeutic exercise and different types ofgames and their specializations. ➤ . This Course enables the students to understand professional preparation in physicaleducation. ➤ This Course enables the students to understand educational technologies which are used inphysical education and sports. ➤ This Course enables the students to understand coaching and officiation of different games. ➤ This Course enables the students to understand the importance of fitness and wellness in life. ➤ This Course enables the students to understand teaching methods in physical education anddifferent type of athletic events.
<p align="center">Programme specific outcomes (PSOs): UG IV Year Bachelor in Physical Education and Sports with Honors</p>
<ul style="list-style-type: none"> ❖ This Course enables the students to understand sound knowledge of research in physical education. ❖ This Course enables the students to understand the basic concept of psychological foundations of education and teacher education. ❖ This program will be helpful in the conceptualization and synthesis of knowledge of educational aspects in relation to: Human Development- Human Behavior, Teaching Learning process. ❖ This course will enhance the ability of students to interpret the design and conduct ofbasic research in physical education. ❖ This course provides the assessment and evaluation techniques used in Education bypsychological tools. ❖ This course enables the students to understand the concepts and needs of statistics inphysical education. ❖ This course enables the students to understand concepts, needs, and the importance ofGuidance and Counseling in our life. ❖ This course enables the students to understand sports journalism. ❖ This course enables the students to understand different type of adventure sports. ❖ This course enables the students to understand the training schedule and differenttypes of games.

Programme Specific Outcomes (PSOs) -MASTER'S IN PHYSICAL EDUCATION AND SPORTS
❖ After this programme, the learners will be able to:

- ❖ This Course enables the students to understand sound knowledge of research in physical education.
 - ❖ Gain first hand exposure of training in the real world in the form of Research Dissertation.
 - ❖ To prepare students to choose their area of specialization.
 - ❖ Enable students to pursue a successful career as Sports professionals with research project.
 - ❖ This Course enables the students to understand the basic concept of psychological foundations of education and teacher education.
 - ❖ This program will be helpful in the conceptualization and synthesis of knowledge of educational aspects in relation to: Human Development- Human Behavior, Teaching Learning process.
 - ❖ This course will enhance the ability of students to interpret the design and conduct of basic research in physical education.
 - ❖ This course provides the assessment and evaluation techniques used in Education by psychological tools.
 - ❖ This course enables the students to understand the concepts and needs of statistics in physical education.
 - ❖ This course enables the students to understand concepts, needs, and the importance of Guidance and Counselling in our life.
 - ❖ This course enables the students to understand sports journalism.
 - ❖ This course enables the students to understand different type of adventure sports.
- This course enables the students to understand the training schedule and different types of games.

Department of Physical Education

Semester-I

Undergraduate Certificate in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- History and Foundation of Physical Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: History and Foundation of Physical Education	4	4	0	0	Passed Class XII	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION		
Programme: <i>Undergraduate Certificate in Physical Education and Sports</i>	Year: I	Semester: I
Paper: DSC		
Subject: Physical Education		
Course: DSC	Course Title: History and Foundation of Physical Education	
<ul style="list-style-type: none">• The pass out would be able to compare the relationship between general education and physical education.• He would be able to identify and relate with the History of Physical Education.• He would be able to comprehend the relationship between Philosophy, Education and Physical Education.• He would be able to identify the works of Philosophers of Education and Physical Education.• He would know recent developments and academic foundation of Physical Education.		

Credits: 4		11	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
Unit I	<ul style="list-style-type: none"> • Education- Meaning, Definition, Old Modern, Western Concept, Aims and Objectives, Importance of Education in Modern Era • Physical Education – Meaning, Definition, Aims and Objectives and Scope, Need and Importance of Physical Education in the Modern Society. • Physical Education as an Art or a Science, Role of Games and Sports in National and International Integration 	15	
Unit II	<ul style="list-style-type: none"> • Division of Ancient Period, History of Physical Education in India- Pre-Independence and Post-Independence. Greece, Rome The Dark Ages, Middle Ages, Renaissance, Germany, Sweden, Denmark, England, United States of America • Commonwealth Games, Asian games, Indian National Games, Olympic 	15	
Unit III	<ul style="list-style-type: none"> • Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism. • Philosophy and Culture.- Fitness and wellness movement in the contemporary perspectives - Sports for all and its role in the maintenance and promotion of fitness. 	15	
Unit IV	<ul style="list-style-type: none"> • Biological (Growth and development, Age and gender characteristics, • Body Types) - Psychological (Attitude, interest, Cognition, emotions and sentiments, Practical suggestion from psychology) - Sociological (Society and culture, Social acceptance and recognition, Leadership in physical education) 	15	

Recommended Readings

- Malik Ajay (2013) Foundation of physical education
- Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports.
- Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
- Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,
- Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education.
- Dash, B.N. (2003.) –Principles of Education, Neelkamal publication, Hyderabad.
- Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi.
- Pandey, R.S.(1991) Philosophical & Sociological Foundation of Education,
- Vinod PustakMandir, Agra,.

- Bhatia, K.K. & Narang, C.L. (1984.)– Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana.
- Adams, William.C (1991.) – Foundation of Physical Education Exercises and Sports Sciences, Lea and Febiger, Philadelphia.
- Dr. Kamlesh M.L. (2004) - Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi.
- Dr. B.C.Kapri, Fundamentals of Physical Education, Friends Publication, Dariya Ganj, Delhi (India).

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-I

Undergraduate Certificate in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC) - Major Games – I

No. of Hours-45

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Major Games – I	3	1	0	0	Passed Class XII	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS

Programme: <i>Undergraduate Certificate in Physical Education and Sports</i>		Year: I	Semester: I Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Major Games – I (Basketball, Badminton, Kabaddi & Kho-Kho etc.) Practical, according to availability of Infrastructure		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Students will skilled in games and enable to officiate, supervise various sports events and organize sports events.• Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.			
Credits: 4			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic		No. of Hours

Unit I	<ul style="list-style-type: none"> • History and Development • Game at International and National level. 	12
Unit II	<ul style="list-style-type: none"> • Dimensions and marking of playing area. • Basic requirements of the playing area. • Positions and player roles 	12
Unit III	<ul style="list-style-type: none"> • Rules of the game with their interpretations. • Terminologies 	12
Unit IV	<ul style="list-style-type: none"> • Officiating & Referee / Umpire /scorer / • Tactics & Techniques <p><i>Note: Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters.</i></p>	9

Suggested Readings:

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik A (2005) Play Field Manual, Friends Publication New Delhi
- M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-I

Undergraduate Certificate in Physical Education

DISCIPLINE SPECIFIC COURSE (DSC) - Practical Major Games- I

No. of Hours-15

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
(DSC)- Practical Major Games- I	1		0	1	Passed Class	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION

Programme: Undergraduate Certificate in <i>Physical Education</i>		Year: I	Semester: I Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Game Specialization -I (Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey) etc. According to available Infrastructure		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Students will skilled in games and enable to officiate, supervise various sports events and organize sports events.• Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.			
Credits: 4			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic		No. of Hours

Unit I	<ul style="list-style-type: none"> • Warm-Up Techniques • Fundamental skills of the game. • Skills of the game 	10
Unit II	<ul style="list-style-type: none"> • Fundamental skills of the game. • The concept of game mechanics • Tactics & Techniques • Game Strategies <p><i>Note: Students shall opt any one Team game of the availability of Infrastructure.</i></p>	5

Suggested Readings:

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik A (2005) Play Field Manual, Friends Publication New Delhi
- M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-I

Undergraduate Certificate in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC) - Anatomy & Physiology in Physical Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Anatomy & Physiology in Physical Education	4	4	0	0	Passed Class XII	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS

Programme: <i>Undergraduate Certificate in Physical Education and Sports</i>		Year: I	Semester: I Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Anatomy & Physiology in Physical Education		
Course Outcomes: <ul style="list-style-type: none">• The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.• He would be able to Relate and interpret the role of exercise on body systems and its relation to well-being, through literature reviews and physical conditioning exercises.• Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.• Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.			
Credits: 4		Discipline Specific Course	
Max. Marks: As Per Univ. rules		Min. Passing Marks: As per Univ. rules	
Unit	Topic		No. of Hours

Unit I	<ul style="list-style-type: none"> • Introduction of Anatomy and Physiology in the field of Physical Education – • Structural and functional demonstration of human cell, Tissue, Organs • Skeletal System- classification and functions - Anatomical terms related to body movements - Structure and types of bones, joints in human body. 	15
Unit II	<ul style="list-style-type: none"> • Structure and function of Muscle – • Major classifications of Muscles - Types of muscular contractions (Isotonic, Isometric, Isokinetic) and their roles in physical activity – • Concept of agonist and antagonist muscles and muscle imbalance. 	15
Unit III	<ul style="list-style-type: none"> • Circulatory System- Structure of Heart, Cardiac Cycle, Circulation of Blood (Systemic, Cardiac and Pulmonary), Respiratory System- Structure and function of lungs • Effect of exercise in circulatory system • Effect of exercise on Respiratory system 	15
Unit IV	<ul style="list-style-type: none"> • Introduction of Digestive system • Importance of Digestion, Functions and Processes of Digestive System • Organs of Digestive System, Mechanism of Digestive System • Kidney- Structure and function, Ureters- Structure and function • Urinary Bladder -Structure and function 	15

Suggested Readings:

- Appuseries (2012) How the Human Body Works - Kids Animation Learn Series. [Online] Available from: https://www.youtube.com/results?search_query=APPUSERIES+human+body+ [Accessed 20th July 2016].
- Bannister, L. H. & et.al.(2000) Gray'sAnatomy.Churchill Living Stone.
- Boone, T. (2014) Exercise physiology.Jones& Bartlett Learning.
- Davidson, D.S. & Morgan, B. (2002) Human body revealed. Great Britian, Dorling Kindersley.
- E Learning for kids- Founding Dreams (Date not Available) Science- Body Parts. [Online] Available from: <http://www.e-learningforkids.org/science/lesson/body-parts/> [Accessed 20th July 2016]
- Foss, M. L., Keteyian, S. J. & Fox, E. L., (1998).Fox's physiological basis for exercise and sport. Boston, Mass, WCB/McGraw-Hill.
- Get Body Smart (2016) An online examination of human anatomy and physiology- Animated Text Narrations and Quizzes to Explain the Structures and Functions of the Human Body Systems. [Online] Available from: <http://www.getbodysmart.com/> [Accessed 20th July 2016].
- Jam Campus (2018) THE PARTS OF A CELL SONG. [online video] Available at: <https://www.youtube.com/watch?v=NkC9AiJf7gI> [Accessed 03 July 2018].
- Ajmer Singh JB, JSG, RSB., “Essentials of Physical Education”, 2017 5th edition

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in,> egyankosh.ac.in

Semester-I

Undergraduate Certificate in Physical Education and Sports

GENERIC ELECTIVE (GE) - Fundamentals of Physical Education

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
(GE)- Fundamentals of Physical Education	4	4	0	0	Passed Class XII	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Certificate in Physical Education and Sports		Year: I	Semester: I
Subject: Physical Education			
Course: GE	Course Title: Fundamentals of Physical Education		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Define physical education and explain its meaning, objectives, and importance.• Identify the scope and career opportunities in the field of physical education.• Understand the importance of each fitness component in daily life and sports performance.• Identify the major systems of the human body• Describe the principles of a healthy lifestyle, including hygiene, diet, rest, and exercise.• Recognize common lifestyle diseases.			
Credits: 4		Generic Elective	
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules	
Unit	Topic		No. of Hours

Unit I	Introduction to Physical Education <ul style="list-style-type: none"> • Meaning and Definition of Physical Education • Aims and Objectives of Physical Education • Importance of Physical Education in Daily Life 	15
Unit II	Components of Physical Fitness <ul style="list-style-type: none"> • Strength, Endurance, Speed, Flexibility, and Coordination • Benefits of Physical Fitness • Basic Exercises to Improve Fitness 	15
Unit III	Basic Human Anatomy and Physiology <ul style="list-style-type: none"> • Importance of Anatomy in Physical Education • Major Systems: Skeletal, Muscular, Respiratory, and Circulatory • Effects of Exercise on the Body 	15
Unit IV	Sports and Health Education <ul style="list-style-type: none"> • Importance of Sports for a Healthy Lifestyle • Basic Rules of Common Sports (e.g., Football, Basketball, Athletics) • Introduction to First Aid and Injury Prevention 	15

Recommended Readings

- Clarke, H. H., & Clarke, D. H. (1987). Application of Measurement to Physical Education. Prentice Hall.
- Kundu, C. L. (1980). Educational Psychology. Sterling Publishers.
- Mathews, D. K. (1978). Measurement in Physical Education. W. B. Saunders Company.
- Brown, L., & Ferrigno, V. A. (2005). Training for Speed, Agility, and Quickness (2nd ed.). Human Kinetics.
- Bucher, C. A., & Prentice, W. E. (1985). Fitness for College and Life. Macmillan Publishing.
- Gallahue, D. L., & Ozmun, J. C. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults (7th ed.). McGraw-Hill.
- Singh, A. (1991). Essential of Physical Education. Kalyani Publishers
- Graham, G., Holt/Hale, S. A., & Parker, M. (2013). Children Moving: A Reflective Approach to Teaching Physical Education (9th ed.). McGraw-Hill.
- Kamlesh, M. L. (2006). Physical Education: Facts and Foundations. P. B. Publications.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-I

Undergraduate Certificate in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Indigenous Activities - I

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Indigenous Activities - I	2	1	0	1	Passed Class XII	Represent District/State/National in any Sports Discipline

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION

Programme: <i>Undergraduate Certificate in Physical Education</i>		Year: I	Semester: I
Paper: SEC			
Subject: Physical Education			
Course: SEC	Course Title: Indigenous Activities - I (Calisthenics, Minor Games, Drills & Marching)		
Learning Objectives: <ul style="list-style-type: none">• Improve strength, endurance, flexibility, and coordination through calisthenics and drills.• Learn structured drills and marching to build focus, synchronization, and leadership skills.• Engage in minor games to develop reflexes, balance, and quick decision-making.• Appreciate indigenous activities' historical and practical value in fitness and well-being. Learning Outcomes: <p>After studying this course, the students will be able skilled to:</p> <ul style="list-style-type: none">• Demonstrate proficiency in calisthenics, minor games, drills, and marching, enhancing physical fitness, coordination, and discipline.• Understand the significance of indigenous activities in physical education, promoting traditional methods for fitness and overall well-being.• Develop teamwork, leadership, and synchronization skills through group drills and structured physical activities.• Apply indigenous activities effectively in school and community settings, contributing to physical education programs and recreational activities.			
Credits: 2			

Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Introduction to Calisthenics. • Basic Calisthenic Exercises: Jumping jacks, squats, push-ups, burpees, lunges, etc. • Rhythmic Exercises • Flexibility & Mobility Drills. 	8
Unit II	<ul style="list-style-type: none"> • Introduction to Minor Games • Traditional Indian Games • Motor Skill Development through Games 	7
Unit III	<ul style="list-style-type: none"> • Introduction to Drill & Command • Basic Drill Commands: Attention, Stand at Ease, Right Turn, Left Turn, About Turn. • Marching Drills: Slow march, Quick march, • Parade formation. 	8
Unit IV	<ul style="list-style-type: none"> • Mass Drills & Team Synchronization. • Organizing a Drill Competition • Leadership & teamwork development. 	7

Recommended Readings

- Clarke, H. H., & Clarke, D. H. (1987). Application of Measurement to Physical Education. Prentice Hall.
- Kundu, C. L. (1980). Educational Psychology. Sterling Publishers.
- Mathews, D. K. (1978). Measurement in Physical Education. W. B. Saunders Company.
- Brown, L., & Ferrigno, V. A. (2005). Training for Speed, Agility, and Quickness (2nd ed.). Human Kinetics.
- Bucher, C. A., & Prentice, W. E. (1985). Fitness for College and Life. Macmillan Publishing.
- Gallahue, D. L., & Ozmun, J. C. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults (7th ed.). McGraw-Hill.
- Singh, A. (1991). Essential of Physical Education. Kalyani Publishers
- Graham, G., Holt/Hale, S. A., & Parker, M. (2013). Children Moving: A Reflective Approach to Teaching Physical Education (9th ed.). McGraw-Hill.
- Kamlesh, M. L. (2006). Physical Education: Facts and Foundations. P. B. Publications.

Useful WEB Link

- <https://calisthenicsclubhouston.com/100-best-calisthenics-exercises-for-all-levels/>
- <https://www.mpcalisthenics.com/guide/20-calisthenics-moves-for-you-to-unlock>
- <https://www.ispo.com/en/know-how/super-important-calisthenics-exercises-beginners-and-advanced>
- <https://www.amazon.com/Hand-Book-Calisthenics-Gymnastics-Drill-Book-Gymnasiums/dp/1528708857>

Probable job aspects

- Fitness & Training Sector-Calisthenics Coach, Personal Trainer, Instructor
- Sports & Physical Education- Teacher, Coach
- Military, Police & Defense Training- Drill Instructor, Police/Army Fitness Trainer, Security & Tactical Trainer

Adventure & Outdoor Activities- Outdoor Fitness Trainer, Adventure Camp Instructor, Wellness & Holistic Trainer

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-II

Undergraduate Certificate in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Health Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY, AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Health Education	4	4	0	0	Passed Class I Sem	

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS

Programme: <i>Undergraduate Certificate in Physical Education and Sports</i>		Year: I	Semester: II
Subject: Physical Education			
Course: DSC	Course Title: Health Education		
Course Outcomes:			
After studying this course, the students will be able to:			
<ul style="list-style-type: none">• The course outcomes of Health Education in Physical Education are designed to provide students with a comprehensive understanding of health concepts and the skills needed to promote and maintain individual and community health. These outcomes prepare students for careers in sports nutrition, dietetics, health coaching, and related fields by providing a comprehensive understanding of how diet and nutrition impact athletic performance and overall health.• prepare students for roles in health education, public health, community health promotion, and related fields by providing them with the knowledge and skills to effectively promote health and wellness across various populations.			
Credits: 4			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic		No. of Hours
Unit I	<ul style="list-style-type: none">• Meaning and definition of Health Education, Factors affecting Health, Objectives of Health Education, Scope of Health Education		15

	<ul style="list-style-type: none"> Principles of Health Education, Importance of Health Education Components of Health 	
Unit II	<ul style="list-style-type: none"> Causes of diseases, Infections-spread of infections. Common communicable diseases like Malaria, Cholera, Small Pox, Whooping Cough, Tuberculosis and Leprosy with special emphasis on their preventive methods Meaning of Personal Hygiene, Importance of Personal Hygiene Cleanliness 	15
Unit III	<ul style="list-style-type: none"> Balance diet, classification of food and role of various nutrients. Nutritional intake, Nutrient balance, Nutritional Tips, Ideal Weight International health agency- W. H. O., UNICEF. Meaning, Scope and Principles of occupational Health. Factors Responsible for Occupational Health Hazards and Diseases 	15
Unit IV	<ul style="list-style-type: none"> Public Health Administration. School health program and school health problems. Public Health measures to combat infection- methods of sanitation, drinking water supply and disposal of garbage, sewage, night soil and dead bodies. 	15

Recommended Readings

- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000
- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Pearce E.C.(1973) Anatomy & Physiology for nurses. Faber and faber, London.
- Singh Shamsheer (2007) Introduction to Anatomy and physiology, friend publication, New Delhi
- Dhull D.S.(1998) Sharir 25igyan 25 avam kriya 25igyan Friend publication New Delhi, India
- Lakshmi D.R.(2007) Anatomy & Physiology in physical education, Sports education technology, New Delhi

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-II

Undergraduate Certificate in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)-Major Games – II

No. of Hours-45

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Major Games – II	3	3	0	0	Passed Class I Sem	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS

Programme: <i>Undergraduate Certificate in Physical Education and Sports</i>		Year: I	Semester: I Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Major Games – II (Basketball, Badminton, Kabaddi & Kho-Kho etc.) Practical, According to availability of Infrastructure		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Students will skilled in games and enable to officiate, supervise various sports events and organize sports events.• Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.			
Credits: 3			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic		No. of Hours

Unit I	<ul style="list-style-type: none"> • History and Development • Game at International and National level. 	12
Unit II	<ul style="list-style-type: none"> • Dimensions and marking of playing area. • Basic requirements of the playing area. • Positions and player roles 	12
Unit III	<ul style="list-style-type: none"> • Rules of the game with their interpretations. • Terminologies 	12
Unit IV	<ul style="list-style-type: none"> • Officiating & Referee / Umpire /scorer / • Tactics & Techniques <p><i>Note: Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters.</i></p>	9

Suggested Readings:

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik A (2005) Play Field Manual, Friends Publication New Delhi
- M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-II

Undergraduate Certificate in Physical Education

DISCIPLINE SPECIFIC COURSE (DSC)- Practical Major Games- II

No. of Hours-15

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
(DSC)- Practical Major Games- II	1		0	1	Passed Class I Sem	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION

Programme: Undergraduate Certificate <i>in Physical Education</i>		Year: I	Semester: II Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Practical Major Game -II (Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey) etc. According to available Infrastructure		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Students will skilled in games and enable to officiate, supervise various sports events and organize sports events.• Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.			
Credits: 1			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic		No. of Hours

Unit I	<ul style="list-style-type: none"> • Warm-Up Techniques • Fundamental skills of the game. • Skills of the game 	10
Unit II	<ul style="list-style-type: none"> • Fundamental skills of the game. • The concept of game mechanics • Tactics & Techniques • Game Strategies <p><i>Note: Students shall opt any one Team game of the availability of Infrastructure.</i></p>	5

Suggested Readings:

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik A (2005) Play Field Manual, Friends Publication New Delhi
- M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-II

Undergraduate Certificate in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Biomechanics in Physical Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Biomechanics in Physical Education	4	4	0	2	Passed Class I Sem	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Certificate in Physical Education and Sports

Year: I

Semester:II
Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Biomechanics in Physical Education

Course Outcomes:

- **Understand Fundamental Concepts** – Explain the principles of biomechanics and their application in physical education, sports, and human movement.
- **Analyze Human Motion** – Apply biomechanical principles to assess and improve movement efficiency, posture, and sports performance.
- **Enhance Performance & Injury Prevention** – Utilize biomechanical techniques to enhance athletic performance and prevent injuries through proper movement mechanics and training modifications.
- **Evaluate and Apply Forces in Movement** – Demonstrate knowledge of forces, levers, equilibrium, and motion in various physical activities to optimize sports techniques and training methods.

Credits: 4

Generic Elective

Max. Marks: As per Univ. rules

Min. Passing Marks: As per Univ. rules

Unit

Topic

No. of
Hours

I	<ul style="list-style-type: none"> • Meaning, Definition, and Objectives of Biomechanics, • Importance of Biomechanics in Physical Education and Sports. 	15
II	<ul style="list-style-type: none"> • Muscular analysis of Movements- Running, Throwing, Catching, Pulling, Pushing. • Fundamental Movements- Walking, Throwing, Pulling and Pushing. 	15
III	<ul style="list-style-type: none"> • Types of Muscular Contraction- Concentric, Eccentric, Static, Isotonic, Isometric, Isokinetic. • Exercise to develop the Front Upper arm, Rear Upper arm, Forearm, Calf, Upper back, Lower back, Neck and Abdomen. 	15
IV	<ul style="list-style-type: none"> • Mechanical Principles involved in Game and Sports – Displacement, Speed, Velocity, Acceleration, Momentum. • Types, Laws (Newton's Law) and Influence of Motion- Air, Water, Friction, Center of Gravity, Equilibrium. • Levers- Meaning, Definition and Types of Leavers. 	15

Recommended Readings

- Bunn, Hohn W. *Scientific Principles of Coaching* (Englewood Cliffs, N.J.:Prentice Hall Inc., 1972).
- Simonian Charles, *Fundamentals of Sport Biomechanics* (Englewood Cliffs,n.J.: Prentice Hall Inc., 1911).
- Hay, James, G. *The Biomechanics of Sports Techniques*. (Englewood Cliffs,N.J.: Prentice Hall, Inc., 1970).
- Broer, M. Roin R. and Zernicke, R. Ronald F. *Efficiency of Human Movement* (Philadelphia: W.E. Saunder Co., 1979).
- Hay, James G. and Reid J. Gavind, *The Anatomical and Mechanical Basis of Human Motion* (Englewood Cliffs, N.J.: prentice Hall Inc., 1982).
- Hay, James G. and Reid J. Gavind, Hay, *Anatomy, Mechanics and human Motion* (Englewood Cliffs, N.J.: prentice Hall Inc., 1988).

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-II

Undergraduate Certificate in Physical Education

GENERIC ELECTIVE (GE)- Recreation and Fitness in Physical Education

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
(GE)- Recreation and Fitness in Physical Education	4	4	0	0	Passed Class XII	Nil

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION AND SPORTS

Programme: <i>Undergraduate Certificate in Physical Education</i>		Year: I	Semester: II
Subject: Physical Education			
Course: GE	Course Title: Recreation and Fitness in Physical Education		
Course Outcomes: After studying this course, the students will be able skilled to: <ul style="list-style-type: none">• Explain the role of recreation in maintaining a balanced and healthy lifestyle.• Differentiate between recreation and physical fitness.• Identify and describe key components of physical fitness (strength, endurance, flexibility, agility).• Perform basic exercises to improve fitness levels.• Participate in various recreational activities (indoor and outdoor) for mental and physical health.• Recognize the social and psychological benefits of recreation.			
Credits: 4			Generic Elective
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules

Unit	Topic	No. of Hours
Unit I	<i>Introduction to Recreation and Fitness</i> <ul style="list-style-type: none"> • Meaning and Importance of Recreation • Difference Between Recreation and Physical Fitness • Benefits of Recreational Activities 	15
Unit II	<i>Components of Physical Fitness</i> <ul style="list-style-type: none"> • Strength, Endurance, Flexibility, and Agility • Exercises to Improve Fitness • Role of Fitness in a Healthy Lifestyle 	15
Unit III	<i>Recreational Activities and Their Benefits</i> <ul style="list-style-type: none"> • Outdoor and Indoor Recreational Activities (e.g., Yoga, Walking, Cycling, Swimming) • Importance of Leisure and Relaxation • Social and Mental Benefits of Recreation 	15
Unit IV	<i>Fitness and Health Maintenance</i> <ul style="list-style-type: none"> • Importance of Regular Exercise • Basic Nutrition for Fitness • Safety Measures in Fitness and Recreation 	15

Recommended Readings

- Clarke, H. H., & Clarke, D. H. (1987). Application of Measurement to Physical Education. Prentice Hall.
- Kundu, C. L. (1980). Educational Psychology. Sterling Publishers.
- Mathews, D. K. (1978). Measurement in Physical Education. W. B. Saunders Company.
- Brown, L., & Ferrigno, V. A. (2005). Training for Speed, Agility, and Quickness (2nd ed.). Human Kinetics.
- Bucher, C. A., & Prentice, W. E. (1985). Fitness for College and Life. Macmillan Publishing.
- Gallahue, D. L., & Ozmun, J. C. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults (7th ed.). McGraw-Hill.
- Singh, A. (1991). Essential of Physical Education. Kalyani Publishers
- Graham, G., Holt/Hale, S. A., & Parker, M. (2013). Children Moving: A Reflective Approach to Teaching Physical Education (9th ed.). McGraw-Hill.
- Kamlesh, M. L. (2006). Physical Education: Facts and Foundations. P. B. Publications.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-II

Undergraduate Certificate in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Indigenous Activities – II

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Indigenous Activities - II (Dands & Baithaks, Light Apparatus)	2	1	0	1	Passed Class XII	Represent District/State/National in any Sports Discipline

UNDERGRADUATE CERTIFICATE IN PHYSICAL EDUCATION

Programme: <i>Undergraduate Certificate in Physical Education</i>		Year: I	Semester: II
Paper: SEC			
Subject: Physical Education			
Course: SEC	Course Title: Indigenous Activities - II (Dands & Baithaks, Light Apparatus)		
Learning Objectives: <ul style="list-style-type: none">• Develop muscular power, stamina, and flexibility through Dands (push-ups) and Baithaks (squats).• Improve agility, balance, and motor skills using light apparatus like clubs, ropes, and poles.• Understand the historical and cultural significance of Indian wrestling and martial arts training methods.• Learn the correct execution of exercises to maintain posture, and balance, and prevent injuries.			
Course Outcomes: <p>After studying this course, the students will be able skilled to:</p> <ul style="list-style-type: none">• Perform and demonstrate correct techniques for various types of Dands & Baithaks for strength development.• Effectively handle and execute movements using light apparatus such as dumbbells, wands, and clubs.• Integrate indigenous activities into physical training programs for fitness enhancement.• Understand safety measures, progressions, and variations of these activities for different age groups.			
Credits: 2			

Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Concept, history, and significance of Dands & Baithaks in Indian traditional fitness systems. • Benefits of indigenous exercises • Overview of light apparatus training: Importance, types, and applications. 	7
Unit II	<ul style="list-style-type: none"> • Dands (Push-ups & Variations): • Benefits for muscle endurance and core stability • Baithaks (Squats & Variations): • Role in lower body strength and mobility • Breathing techniques and progression in indigenous exercises 	8
Unit III	<ul style="list-style-type: none"> • Types of Light Apparatus & Their Usage: • Dumbbells: Basic and rhythmic movements • Wands & Lezium: Movements, rhythm, and coordination • Hoops & Ropes: Basic drills and applications 	7
Unit IV	<ul style="list-style-type: none"> • Combining Dands, Baithaks, and Light Apparatus for fitness training • Warm-up and cool-down exercises before and after indigenous activities • Safety measures and precautions while performing exercises • Adaptation for different age groups and fitness levels 	8

Recommended Readings

- Clarke, H. H., & Clarke, D. H. (1987). Application of Measurement to Physical Education. Prentice Hall.
- Kundu, C. L. (1980). Educational Psychology. Sterling Publishers.
- Mathews, D. K. (1978). Measurement in Physical Education. W. B. Saunders Company.
- Brown, L., & Ferrigno, V. A. (2005). Training for Speed, Agility, and Quickness (2nd ed.). Human Kinetics.
- Bucher, C. A., & Prentice, W. E. (1985). Fitness for College and Life. Macmillan Publishing.
- Gallahue, D. L., & Ozmun, J. C. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults (7th ed.). McGraw-Hill.
- Singh, A. (1991). Essential of Physical Education. Kalyani Publishers
- Kamlesh, M. L. (2006). Physical Education: Facts and Foundations. P. B. Publications.
- B. K. S. Iyengar (2021). *Light on Yoga: The Classic Guide to Yoga Practice*. HarperCollins.
- Gharote, M. L. (2020). *Physical Education and Indigenous Games of India*. The Lonavla Yoga Institute.
- Singh, A. (2021). *Essentials of Physical Education*. Kalyani Publishers.
- Kamlesh, M. L. (2022). *Physical Education: Facts and Foundations*. P. B. Publications.
- **Sankhala, P. (2023). *Traditional Indian Fitness Methods*. New Age Publishers.**

Useful WEB Link

- <https://simplexstrong.com/2020/04/baithaks-aka-hindu-squats-1950>
- <https://www.youtube.com/watch?v=WzKEKFuN6Do>
- https://www.reddit.com/r/bodyweightfitness/comments/utw42b/hindu_push_up_appreciation_do_not_sleep_on_the
- <https://www.amazon.com/Light-Apparatus-Indian-Clubs-Annotated-ebook/dp/B00GNQ2GY8>
- <https://www.bodymind-fit.com/indian-clubs-selection-guide>
- <https://dutchflowacademy.com/a-history-of-barbells-dumbbells-and-indian-clubs>

Probable job aspects

- Fitness & Training Sector-Calisthenics Coach, Personal Trainer, Instructor
- Sports & Physical Education- Teacher, Coach
- Military, Police & Defense Training- Drill Instructor, Police/Army Fitness Trainer, Security & Tactical Trainer
- Adventure & Outdoor Activities- Outdoor Fitness Trainer, Adventure Camp Instructor, Wellness & Holistic Trainer

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Kinesiology in Physical Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC- Kinesiology in Physical Education	4	4	0	2	Passed Class II Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester:III
Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Kinesiology in Physical Education

Course Outcomes:

- **Understand Fundamental Concepts** – Explain the principles of kinesiology and biomechanics and their application in physical education, sports, and human movement.
- **Analyze Human Motion** – Apply biomechanical principles to assess and improve movement efficiency, posture, and sports performance.
- **Enhance Performance & Injury Prevention** – Utilize biomechanical techniques to enhance athletic performance and prevent injuries through proper movement mechanics and training modifications.
- **Evaluate and Apply Forces in Movement** – Demonstrate knowledge of forces, levers, equilibrium, and motion in various physical activities to optimize sports techniques and training methods.

Credits: 4

Generic Elective

Max. Marks: As per Univ. rules

Min. Passing Marks: As per Univ. rules

Unit	Topic	No. of Hours
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I	<ul style="list-style-type: none"> • Introduction to Kinesiology, Definition and Objectives of Kinesiology • Role of Kinesiology in Physical education • Fundamental concepts of following terms with their application to the human body-Axes and planes, Centre of Gravity, Line of Gravity 	15
II	<ul style="list-style-type: none"> • Classification of joints and muscles • Terminology of fundamental movements. • Types of Muscle contractions, Angle of Pull, Kinesiology of Joints, Two joints muscles, Roles in which muscles may act. 	15
III	<ul style="list-style-type: none"> • Major characteristics of joints • Location and action of major muscles acting at the following joints -Shoulder Elbow, Wrist, Lower Extremity, Major characteristics of joints • Location and action of major muscles acting at the following joints – Hip, Knee, Ankle and Foot 	15
IV	<ul style="list-style-type: none"> • Application of Mechanical Concepts – Motion, Definition, Newton's Laws of Motion • Application to sports activities – Force, Definition, Magnitude of force, Direction of application of force, Application to sports activities, Equilibrium, Definition Major factors affecting equilibrium , Role of equilibrium in sports • Lever -Definition Lever, Types of Lever, Application of Human body 	15

Recommended Readings

- Bunn, Hohn W. *Scientific Principles of Coaching* (Englewood Cliffs, N.J.:Prentice Hall Inc., 1972).
- Simonian Charles, *Fundamentals of Sport Biomechanics* (Englewood Cliffs,n.J.: Prentice Hall Inc., 1911).
- Hay, James, G. *The Biomechanics of Sports Techniques*. (Englewood Cliffs,N.J.: Prentice Hall, Inc., 1970).
- Broer, M. Roin R. and Zernicke, R. Ronald F. *Efficiency of Human Movement* (Philadelphia: W.E. Saunder Co., 1979).
- Hay, James G. and Reid J. Gavind, *The Anatomical and Mechanical Basis of Human Motion* (Englewood Cliffs, N.J.: prentice Hall Inc., 1982).
- Hay, James G. and Reid J. Gavind, Hay, *Anatomy, Mechanics and human Motion* (Englewood Cliffs, N.J.: prentice Hall Inc., 1988).

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)-Major Games – III

No. of Hours-45

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Major Games – III	3	3	0	0	Passed Class II Sem	Nil

Undergraduate Diploma in Physical Education and Sports

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester:
III Paper:
DSC

Subject: Physical Education

Course: DSC

Course Title: Major Games – III

(Basketball, Badminton, Kabaddi & Kho-Kho etc.) Practical, According to availability of Infrastructure

Course Outcomes:

After studying this course, the students will be able to:

- Students will skilled in games and enable to officiate, supervise various sports events and organize sports events.
- Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.

Credits: 3

DSC

Max. Marks: As per Univ. rules

Min. Passing Marks: As
per Univ. rules

Unit

Topic

No. of Hours

Unit I	<ul style="list-style-type: none"> • History and Development • Game at International and National level. 	12
Unit II	<ul style="list-style-type: none"> • Dimensions and marking of playing area. • Basic requirements of the playing area. • Positions and player roles 	12
Unit III	<ul style="list-style-type: none"> • Rules of the game with their interpretations. • Terminologies 	12
Unit IV	<ul style="list-style-type: none"> • Officiating & Referee / Umpire /scorer / • Tactics & Techniques <p><i>Note: Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters.</i></p>	9

Suggested Readings:

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik A (2005) Play Field Manual, Friends Publication New Delhi
- M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Practical Major Games- III

No. of Hours-15

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
(DSC)- Practical Major Games- I	1		0	1	Passed Class Second Sem.	Nil

Undergraduate Diploma in Physical Education and Sports

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester:
III Paper:
DSC

Subject: Physical Education

Course: DSC

Course Title: Game Specialization -III

(Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey) etc. According to available Infrastructure

Course Outcomes:

After studying this course, the students will be able to:

- Students will skilled in games and enable to officiate, supervise various sports events and organize sports events.
- Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.

Credits: 1

DSC

Max. Marks: As per Univ. rules

Min. Passing Marks: As
per Univ. rules

Unit

Topic

No. of Hours

Unit I	<ul style="list-style-type: none"> • Warm-Up Techniques • Fundamental skills of the game. • Skills of the game 	10
Unit II	<ul style="list-style-type: none"> • Fundamental skills of the game. • The concept of game mechanics • Tactics & Techniques • Game Strategies <p><i>Note: Students shall opt any one Team game of the availability of Infrastructure.</i></p>	5

Suggested Readings:

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik A (2005) Play Field Manual, Friends Publication New Delhi
- M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- METHODS IN PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Methods in Physical Education	4	4	0	0	Passed Class II Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester: III
Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Methods in Physical Education

Course Outcome:

- To prepare students to effectively teach physical education across various educational settings.
- It ensure that students completing a course in "Teaching Methods in Physical Education" are well-prepared to deliver effective, inclusive, and engaging physical education programs that promote student health, wellness, and lifelong physical activity.

Credits: 4		44	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> • Meaning and scope of teaching methods in physical education • Comparison of method in physical education and general education • Distinction between method and technique <ul style="list-style-type: none"> • Factors which influence methods of teaching in physical education 	15	
II	<ul style="list-style-type: none"> • Meaning and nature of teaching • Types of method, chief method of teaching <ul style="list-style-type: none"> • Presentation technique 	15	
III	<ul style="list-style-type: none"> • Teaching aid in Physical Education <ul style="list-style-type: none"> • Class management, principles of class management, factors influencing class management, steps in class management 	15	
IV	<ul style="list-style-type: none"> • Types of competition, knock-out, consolation tournament, double knock-out tournament, different techniques to draw fixtures, Merits and demerits of Knockout tournament <ul style="list-style-type: none"> • Round Robin Tournament, different techniques to draw fixtures, Merits and demerits of round tournament 	15	

Recommended Readings

- Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Sharma, Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.
- Dagar, R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.
- Thomas R. Baechle and Roger W. Earle, (2000).

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III
Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Sports Management

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Sports Management	4	4	0	0	Passed Class II Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester: III
Paper: DSE

Subject: Physical Education

Course: DSE

Course Title: Sports Management

Course Outcome:

- **Understand the Fundamentals of Sports Management** – Explain key concepts, principles, and functions of sports management, including planning, organizing, leading, and controlling sports organizations.
- **Develop Organizational and Administrative Skills** – Apply management techniques to effectively organize and administer sports events, facilities, and programs at various levels.
- **Apply Financial and Marketing Strategies** – Demonstrate knowledge of financial management, sponsorship, branding, and marketing strategies in the sports industry.
- **Legal and Ethical Aspects in Sports** – Understand the legal, ethical, and governance issues related to sports management, including policies, contracts, and athlete management.

Credits: 4		46	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Sports Management-Meaning, Definition, Importance, Principles, and functions. 	15	
II	<ul style="list-style-type: none"> Administration of the education department and its functions. <ol style="list-style-type: none"> School Games Federation of India. State Education Sports Wing-School Administration. Association of Indian Universities. University department of Physical Education. College Physical Education Department, Administration of nonteaching department and its functions. Youth and Sports department SAI Indian Olympic Association, Indian Sports Associations. State Sports Department 	15	
III	Administration of Sports Facilities, Equipment's, Funds and Employees. <ul style="list-style-type: none"> Facilities: Administration, Types, Need, Purchase of Equipment's, Preparation of fields and maintenance, Indoor Facilities (Gym, Swimmingpool). Equipment's: Importance, Types, Purchase, Maintenance, Stockmaintenance and disposal. Funds: Objective of Budget, Principles of budget preparation, idealbudget, its uses. Employees Administration: Leadership, Principles, Need, Teacher's training improvement program. 	15	
IV	Planning and supervision in Physical Education. <ul style="list-style-type: none"> Principles of Lesson planning. Supervision-Definition, Nature, Scope, Principles, Duties of a supervisor, Qualities of a supervisor, Method and effective supervision. 	15	

Recommended Readings

- Earl F. Zeigh & Gary W. Bowie. Management Competency Development in Sports and Physical Education., (Philadelphia: W. Lea and Febiger, 1963).
- Joseph Bucher and Earnest Kienigeburg, Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. Ltd., 1968).
- Ashton D. Administration of Physical Education for Women (New York: The Ronal Press Cl, 1968).
- Bucher C.A. Administration of Physical Education and Athletic Programme (St. Louis: The C.V. Mosby Co., 1979), 7th Edition.
- Daughtrey G. and Woods J.B. physical Education and Intramural Programms, Organisation and Administration (Philadelphia U.S.A. : W.B.Sounders Cp., 1976), 11th Ed.
- Fersy the C.E. and Duncan R.C. Administration of Physical Education (New York: Prentice Hall Inc. 1951).

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education

GENERIC ELECTIVE (GE) – Stress Management

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
(GE)-Stress Management	4	4	0	0	Pass Sem II	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION

Programme: <i>Undergraduate diploma in Physical Education</i>		Year: II	Semester: III Paper: GE
Subject: Physical Education			
Course: GE	Course Title: Stress Management		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• The student would be able to apply the knowledge, learning, and understanding the concept of anger, stress, and how to manage it.• The students will be introduced to the basic concepts of stress and anger, the causes and effects of stress and anger, the main emotions of stress and anger, daily life stressors, the process of stress, anger and the psychophysiology of stress.• The students will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress,• It helps to know about stress-related diseases and disorders.• The students will gain knowledge and concepts of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress-free living, stress-free examination, stress management through physical activity, and stress management through recreation activities.			
Credits: 4			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules

Unit	Topic	No. of Hours
Unit I	INTRODUCTION TO STRESS <ul style="list-style-type: none"> • Definition and Introduction to Stress • Types of stress • Causes and effects of stress 	15
Unit II	STRESS ADAPTATION AND RESISTANCE <ul style="list-style-type: none"> • Adaptation to stress - GAS Theory • Sources of stress-personal and social stress • Reframing of habitual stress resistance 	15
Unit III	STRESS AWARENESS <ul style="list-style-type: none"> • Self-awareness and stress management, Adaptive and Maladaptive Behaviour • Relationship between Stress and Conflict. • Stress & drug abuse. 	15
Unit IV	STRESS MANAGEMENT <ul style="list-style-type: none"> • Role of communication in managing stress and work performance • Conflict Management - Positive and Negative Criticism • Coping Methods through physical activities- Lifestyle management. 	15

Suggested Readings:

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing Florence. Kentucky. U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
- Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
- Petee F (2006) Anger Management. Pentagon. Press. New York, U.S.A.
- Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
- NCERT & CBSE publication and reading for stress management.
- Pahuja M., Pahuja S., Panda S. (2020), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-8195365593.
- Sahrawat M (2024) yoga and stress management Khel Sahitya, Kendra ISBN: 978-93-90461-65-3

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education

INTERNSHIP

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
INTERNSHIP	2				Passed Class II Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme : <i>Undergraduate Diploma in Physical Education and Sports</i>		Year: II	Semester: III
			Paper: Internship
Subject: Physical Education			
Course: INTERNSHIP	Course Title: INTERNSHIP		
Course Outcomes: <ul style="list-style-type: none">• The course outcomes of an internship or service role in an institution, school, or fitness center, evaluated based on criteria such as daily diary preparation, regularity, teaching quality, sincerity, class control, and job execution, are designed to develop practical skills, professional conduct, and personal growth.• The outcomes ensure that students not only gain practical experience but also develop essential skills and professional behaviors that will benefit them in their future careers in education, health, and fitness.			
Credits: 2		INTERNSHIP	
Max. Marks: As per Univ. rules		Min. Passing Marks: As	

		per Univ. rules
Unit	Topic	No. of Hours
	<ul style="list-style-type: none"> A Student will be required to join any school/ organization in any one of the following areas: Gym and Health Club management. Aerobics/Mass Demonstration. Training of Lifeguard for water sports. Sports Management/Journalism. Teaching Physical Education in Schools/Institutions/Centers. 	

	<ul style="list-style-type: none"> • A student is required to bring a certificate on letter head of the Institute form the Head of the Organization., specifying that he/she has imparted instruction/training/teaching in that organization w.e.f to and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives). 	
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Recommended Readings:

- "The First Days of School: How to Be an Effective Teacher" by Harry K. Wong and Rosemary T. WongIAAF Manual
- "Teach Like a Champion: 49 Techniques that Put Students on the Path to College" by Doug Lemov
- "Classroom Management That Works: Research-Based Strategies for Every Teacher" by Robert J. Marzano, Jana S. Marzano, and Debra J. Pickering
- "The Reflective Practitioner: How Professionals Think in Action" by Donald A. Schön
- "Dynamic Physical Education for Elementary School Children" by Robert P. Pangrazi and Aaron Beighle
- "The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment" by Sarah Benes and Holly Alperin

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-III

Undergraduate Diploma in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Fitness & Conditioning

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Fitness & Conditioning	2	2	0	0	Pass Sem II	Represent District/State/ National in any Sports Discipline

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION

Programme: Undergraduate Diploma in Physical Education		Year: II	Semester: III
Subject: Physical Education			
Course: SEC	Course Title: Fitness & Conditioning		
Learning Objectives: <ul style="list-style-type: none">• Learn about strength, endurance, flexibility, and cardiovascular health.• Design personalized workouts based on fitness goals and principles.• Enhance strength, speed, agility, and overall athletic ability.• Apply warm-up, cool-down, and recovery techniques for safe training.			
Course Outcomes: <p>After studying this course, the students will be able to:</p> <ul style="list-style-type: none">• Demonstrate knowledge of fitness principles and their application in conditioning programs.• Apply strength training and flexibility exercises to improve athletic performance.• Design and implement aerobic and anaerobic workouts for various fitness levels.• Utilize functional training techniques for injury prevention and enhanced movement efficiency.• 			
Credits: 2			
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules	
Unit	Topic		No. of Hours

Unit I	<ul style="list-style-type: none"> • Definition & Importance of Fitness • Components of Physical Fitness • Principles of Training (Overload, Specificity, Progression, etc.) • Role of Nutrition & Hydration in Fitness 	7
Unit II	<ul style="list-style-type: none"> • Warm-up & Cool-down Techniques • Bodyweight & Resistance Training Basics (Push-ups, Squats, Lunges, etc.) • Cardiovascular Conditioning (Running, Skipping, HIIT Basics) • Strength Training with Free Weights (Dumbbells, Resistance Bands) 	8
Unit III	<ul style="list-style-type: none"> • Importance of Flexibility & Mobility • Stretching Techniques (Static vs. Dynamic Stretching) • Role of Rest & Recovery in Fitness • Common Injuries & Prevention Strategies 	7
Unit IV	<ul style="list-style-type: none"> • Basic Workout Plan • Functional Training & Agility Drills • Fitness Testing & Self-Assessment (Cooper Test, Strength Tests, Flexibility Tests) • Practical Demonstration 	8

Recommended Readings

- Baechle, T.R., & Earle, R.W. (2008). *Essentials of Strength Training and Conditioning*. Human Kinetics.
- Bompa, T.O., & Carrera, M. (2015). *Periodization Training for Sports*. Human Kinetics.
- McGill, S. (2014). *Ultimate Back Fitness and Performance*. Stuart McGill.
- Wilmore, J.H., & Costill, D.L. (2004). *Physiology of Sport and Exercise*. Human Kinetics.
- Boyle, M. (2016). *New Functional Training for Sports*. Human Kinetics.
- "Essentials of Strength Training and Conditioning" – NSCA, Greg Haff & Travis Triplett
- "ACSM's Guidelines for Exercise Testing and Prescription" – American College of Sports Medicine (ACSM)
- "Stretching Scientifically: A Guide to Flexibility Training" – Thomas Kurz
- "The New Rules of Lifting" – Lou Schuler & Alwyn Cosgrove
- "Peak: The New Science of Athletic Performance That is Revolutionizing Sports" – Marc Bubbs

Useful WEB Link

- <https://springfield.edu/graduate-programs/strength-and-conditioning/outcomes>
- https://www.asdk12.org/cms/lib/AK02207157/Centricity/Domain/1203/HS_WeightTrainingBasic_Faceplate.pdf
- https://catalog.elcamino.edu/preview_course_nopop.php?catoid=11&coid=22526
- https://www.hcpss.org/f/files/curriculum_pe_weight.pdf
- https://www.scsk12.org/ci/uploads/hpelw/FitnessConditioning_I.pdf

Probable job aspects

- Fitness & Training Sector-Calisthenics Coach, Personal Trainer, Instructor
- Sports & Physical Education- Teacher, Coach
- Health & Rehabilitation
- Education & Research
- Adventure & Outdoor Training

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV
Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- COACHING AND OFFICIATING IN PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Coaching and officiating in Physical Education	4	4	0	4	Passed Class Sem III	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education in and Sports

Year: II

Semester: IV
Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Coaching and Officiating in Physical Education

Course Outcome:

- **Understand the Fundamentals of Coaching** – Demonstrate knowledge of coaching principles, athlete management, and the application of training methodologies for different sports.
- **Develop Officiating Skills** – Apply rules and regulations in officiating various sports, ensuring fair play and effective game management.
- **Enhance Technical and Tactical Abilities** – Analyze and implement sport-specific techniques and strategies to improve athletic performance and decision-making.
- **Apply Ethical and Psychological Aspects** – Exhibit professionalism, leadership, and ethical responsibility in coaching and officiating while understanding the psychological factors influencing athletes' performance.

Credits: 4		55	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Teaching and Training, Principles of Coaching, Personality of Coach, Methods of Personality Skills. Principles of conditioning, methodical principles of weight training isometric training. circuit training. Cross country, Fartlek, pressure Training and Sprint Training. 	15	
II	<ul style="list-style-type: none"> Basic Principles and planning of training schedule maintenance fitness. Selection of players, measures for maintaining and stimulating the interest of students in games and sports. 	15	
III	<ul style="list-style-type: none"> Analysis of individual and team performance. Sports hygiene, safety measures in sports. 	15	
IV	<ul style="list-style-type: none"> Official his duties and qualities, factors influencing officiating. Record sheets, facilities, techniques, strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, kho-kho, gymnastics, and wrestling also for girls- Netball, Throwball, Badminton, Table Tennis etc 	15	

Recommended Readings

- Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Sharma, Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.
- Dagar, R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.
- Thomas R. Baechle and Roger W. Earle, (2000).
- Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV
Undergraduate Diploma in Physical Education in and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- TEST AND MEASUREMENT IN PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Test and Measurement in Physical Education	4	3	0	1	Passed Class III Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education and Sports	Year: II	Semester: IV
		Paper: DSC

Subject: Physical Education

Course: DSC	Course Title: Test and Measurement in Physical Education
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Course Outcome:

- The course outcomes of "Test and Measurement in Physical Education" aim to equip students with the knowledge, skills, and competencies necessary to effectively assess, evaluate, and interpret physical fitness and performance.
- It ensures that students completing a course in "Test and Measurement in Physical Education" are well-prepared to conduct accurate, reliable, and meaningful assessments that enhance the effectiveness of physical education programs and contribute to the overall development of students' physical abilities and well-being.

Credits: 4		57	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> History of test and measurement in physical education, Meaning of test and measurement Need for test and measurement in Physical-Education. The use of test and measurement in Physical -Education. 	15	
II	<ul style="list-style-type: none"> Criteria for selecting tests, Validity, Reliability, Objectivity, Norms, Standard norms Accuracy and interpretability 	15	
III	<ul style="list-style-type: none"> Physical Fitness Test, Strength Test, Motor Fitness Tests –J.C.R. Test, Cardiovascular test, Harward’s Step test, Copper’s Twelve-minute Run and walk test 	15	
IV	<ul style="list-style-type: none"> Sport skills test, Application of skill test. Standard activity tests Miler Volley ball test, Johnson Basketball ability test. Goal shooting test in hockey. 	15	

Recommended Readings

- Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
- Blazevich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
- Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
- Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
- Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.
- McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
- Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, MeerutOatis, C.A. (2008). Kinesiology.2nd Ed. Lippincott, Williams & Wilkins, USA

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV
Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Marking of Track Events

No. of Hours-45

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Marking of Track Events	3	3	0	0	Passed Class III Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester: IV
Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Marking of Track Events

Course Outcome:

- **Demonstrate Proficiency in Track & Field Marking-**
- **Apply Knowledge of Track & Field Regulations-**
- **Develop Practical Skills in Field Preparation**
- **Organize and Conduct Athletic Events Efficiently**

Credits: 3		59	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Importance of marking in athletics Standard dimensions of an athletics track Lane markings and numbering 	12	
II	<ul style="list-style-type: none"> Start and finish line markings for 100m, 200m, and 400m Relay race markings (exchange zones and acceleration zones) Hurdle event markings and placements 	12	
III	<ul style="list-style-type: none"> Staggered starts for 800m and 1500m Water jump marking for the steeplechase Lane breakpoints and curved starts for long-distance events 	12	
IV	<ul style="list-style-type: none"> Equipment used for track marking (measuring tape, chalk, paint) Official rules for track event markings (World Athletics guidelines) Common errors and corrections in track marking 	9	

Recommended Readings

Athletics: Rules, Marking & Officiating

- Brant, J. (2018). *Athletics: A Guide to Marking, Officiating, and Rules Interpretation*. Routledge.

Track and Field Facilities Manual

- International Association of Athletics Federations (IAAF) (2019). *Track and Field Facilities Manual*. IAAF Publications.

Track and Field Officiating Manual

- National Federation of State High School Associations (NFHS). (2022). *Track and Field Officials Manual*. NFHS Press.

The Science of Track and Field

- Bartlett, R. (2014). *Sports Biomechanics: Reducing Injury and Improving Performance in Track & Field*. Taylor & Francis.

Athletics Marking and Event Management

- Fox, E. & Mathews, D. (2015). *Marking and Organizing Track & Field Events: A Practical Guide*. Sports Science Press.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV
Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Practical Marking of Track Events

No. of Hours-15

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Practical Marking of Track Events	1	0	0	1	Passed Class III Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester: IV
Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Practical Marking of Track Events

Course Outcome:

- **Demonstrate Proficiency in Track & Field Marking-**
- **Apply Knowledge of Track & Field Regulations-**
- **Develop Practical Skills in Field Preparation**
- **Organize and Conduct Athletic Events Efficiently**

Credits: 1		61	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Measuring and marking lane divisions Marking start and finish lines for sprint races (100m, 200m, 400m) Relay exchange zone and hurdle placement marking Staggered starts for 800m and 1500m 	8	
II	<ul style="list-style-type: none"> Marking curved starts for long-distance races (3000m, 5000m, 10,000m) Using measuring tools (tape, chalk, paint) for accurate marking 	7	

Recommended Readings

Athletics: Rules, Marking & Officiating

- Brant, J. (2018). *Athletics: A Guide to Marking, Officiating, and Rules Interpretation*. Routledge.

Track and Field Facilities Manual

- International Association of Athletics Federations (IAAF) (2019). *Track and Field Facilities Manual*. IAAF Publications.

Track and Field Officiating Manual

- National Federation of State High School Associations (NFHS). (2022). *Track and Field Officials Manual*. NFHS Press.

The Science of Track and Field

- Bartlett, R. (2014). *Sports Biomechanics: Reducing Injury and Improving Performance in Track & Field*. Taylor & Francis.

Athletics Marking and Event Management

- Fox, E. & Mathews, D. (2015). *Marking and Organizing Track & Field Events: A Practical Guide*. Sports Science Press.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV
Undergraduate Diploma in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- EXERCISE PRESCRIPTION AND THERAPEUTIC

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Exercise Prescription and Therapeutic Exercise	4	4	0	0	Passed Class III Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: Undergraduate Diploma in Physical Education and Sports

Year: II

Semester: IV
Paper: DSE

Subject: Physical Education

Course: DSE

Course Title: Exercise Prescription and Therapeutic Exercise

Course Outcome:

- The course outcomes of Exercise Prescription and Therapeutic Exercise aim to equip students with the knowledge and skills necessary to design, implement, and evaluate exercise programs for diverse populations, including those with chronic diseases, injuries, and disabilities. Determining the Concepts of Equipment's use in Physical Education & Sports. Establishing the Care, maintenance, repairs and disposal of equipment.
- It ensure that students completing a course in Exercise Prescription and Therapeutic Exercise are well-prepared to design and implement effective exercise programs for a wide range of clients, promoting health, fitness, and recovery through evidence-based practices.

Credits: 4		63	Discipline Specific Elective
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> •Meaning and definition of exercise, Types of exercises- Aerobics, Anaerobic and Conditioning •Importance of warming up, cooling down and stretching • Therapeutic exercises and their principles. 	15	
II	<ul style="list-style-type: none"> •Understanding body weight, components of bodyweight and ideal weight. •Fat burning exercises and their variations. •Gym training exercises for weight loss and strengthening, Dance, Aerobics, cycling and swimming for weight loss. 	15	
III	<ul style="list-style-type: none"> •Understanding aging and characteristics •Need and importance of exercises in aged people. •Principles and precautions while giving exercises to elderly people, Type of exercises and recreational activities for elderly people. 	15	
IV	<ul style="list-style-type: none"> •Exercises for rehabilitations after injuries. •Exercise for diabetics, Exercises during & after Pregnancy •Exercises for casuals and weekenders. • Exercises for recreations and kids 	15	

Recommended Readings

- Robert A. Robergs, Steven J. Keteyian (2003), *Fundamentals of Exercise Physiology: For Fitness, Performance, and Health, Volume 1*- McGraw-Hill
- Dymna Pearson (2012), *Weight Management: A Practitioner's Guide*, ISBN- 1405185597
- ASCM and Arnold Schwarzenegger (2003), *ASCM Fitness Book*
- David Nordmark (2015), *Workout Routines- Exercise workout routines.*
- Frederic Delavier (2010), *Strength Training Anatomy*
- Jenny Allan (2013), *The Ultimate Body building Diet, Nutrition and Workout Plan for Men and Women.*
- Joseph Kandel and Chritine A Adamec (2003), *The Encyclopaedia of Senior Health and Wellbeing.*

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV

Undergraduate Diploma in Physical Education

GENERIC ELECTIVE (GE) – Olympic Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
(GE)-Olympic Education	4	4	0	0	Pass Sem III	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION

Programme: <i>Undergraduate diploma in Physical Education</i>		Year: II	Semester: IV Paper: GE
Subject: Physical Education			
Course: GE	Course Title: Olympic Education		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Students will gain deep knowledge about ancient and modern Olympics, administration, organization of the Olympic Games, and functions of the IOC.• The students will develop an understanding and knowledge of the Concept of the Olympic movement, the ancient Olympic Games, and the Modern Olympic Games and its movement. It also helps to know about the aims and symbols of the Olympic movement and the International Olympic Committee (IOC).• The students will develop an understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympic games.• The students will learn about the Organization of the Olympic Games, the international bid process for selecting sites/cities for the games, Participation in the Olympic Games, and about Women & sports.• The students will learn and understand the Olympic solidarity program and culture of Olympism.			
Credits: 4		DSC	
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules	
Unit	Topic		No. of Hours

Unit I	THE OLYMPIC MOVEMENT <ul style="list-style-type: none"> • Concept of Olympic movement, the Ancient Olympic Games and the Modern Olympic Games and its movement • Aims and symbols of the Olympic movement. • The International Olympic Committee (IOC). 	15
Unit II	STRUCTURE OF THE OLYMPIC MOVEMENT <ul style="list-style-type: none"> • The National Olympic Committee (NOC). • The International Sports Federations (IFs) and • The National Sports Federations (NFs). 	15
Unit III	THE OLYMPIC GAMES <ul style="list-style-type: none"> • Organization of the Olympic Games. • Outline of the international bid process for selecting the host city for the games. • Women and sports 	15
Unit IV	IOC PROGRAMMES <ul style="list-style-type: none"> • Olympic Solidarity Program. • Paralympics games • Volunteerism in Olympic Games • Fight Against Doping 	15

Suggested Reading:

- Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
- Lumpkin, A. (2007). Introduction to Physical Education, Exercise Science, and Sports Studies, McGraw Hill. New York, USA.
- Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
- Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
- Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
- Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
- Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.
- Singh, Ajmer et.al (2012), Essentials of Physical Education, Kalyani publishers, New Delhi.
- Kamlesh, M.L (2013), Foundations of Physical Education, Sports publication, New Delhi.
- Kanwar, Chand Ramesh (2010), Principles and History of Physical Education, Amit Brothers publication.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egyankosh.ac.in>

Semester-IV

Undergraduate Diploma in Physical Education

PROJECT

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
PROJECT	2				Passed Class XII	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme: <i>Undergraduate Diploma in Physical Education and Sports</i>	Year: II	Semester: IV Paper: Project
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Subject: Physical Education**Course:** Project **Course Title:** PROJECT**Course Outcomes:**

- Creating a project on an interdisciplinary basis involving physical education in collaboration with fields such as yoga, educational psychology, sociology, and other social sciences or science subjects provides a holistic approach to understanding the multifaceted nature of physical education.
- It will ensure that students completing an interdisciplinary project in physical education gain a well-rounded education that prepares them to tackle complex issues, engage with diverse communities, and promote holistic health and well-being.

Credits: 2	Project
Max. Marks: As per Univ. rules	Min. Passing Marks: As

		per Univ. rules
Unit	Topic	No. of Hours
	<ul style="list-style-type: none"> • Every student has to serve honorary in the institution/ School/fitness centers. 	

	<ul style="list-style-type: none"> • Evaluated on the basis of project made on the Inter-disciplinary basis, such as project based on physical education collaboration with- Yoga/ Education Psychology/ Sociology/other social science subjects and other science subjects. • Project File Viva-voce 	
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Recommended Readings:

- "The First Days of School: How to Be an Effective Teacher" by Harry K. Wong and Rosemary T. Wong IAAF Manual
- "Teach Like a Champion: 49 Techniques that Put Students on the Path to College" by Doug Lemov
- "Classroom Management That Works: Research-Based Strategies for Every Teacher" by Robert J. Marzano, Jana S. Marzano, and Debra J. Pickering
- "The Reflective Practitioner: How Professionals Think in Action" by Donald A. Schön
- "Dynamic Physical Education for Elementary School Children" by Robert P. Pangrazi and Aaron Beighle
- "The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment" by Sarah Benes and Holly Alperin

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IV

Undergraduate Diploma in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Yoga and Wellness

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Yoga and Wellness	2	1		1	Pass Sem III	Represent District/State/ National in any Sports Discipline

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION

Programme: Undergraduate Diploma in Physical Education		Year: II	Semester: IV
			Paper: SEC
Subject: Physical Education			
Course: SEC	Course Title: Yoga and Wellness		

Learning Objectives:

- Learn basic asanas, pranayama, and meditation techniques for overall well-being.
- Enhance flexibility, strength, stress management, and mental clarity through yoga practices.
- Integrate yoga with lifestyle changes, diet, and mindfulness for balanced living.
- Use yoga techniques for managing lifestyle diseases, rehabilitation, and mental health.

Course Outcomes:

After studying this course, the students will be able to:

- Understand the foundational principles of yoga and wellness.
- Demonstrate proficiency in performing basic yoga asanas and pranayama techniques.
- Apply meditation and relaxation techniques for stress management and emotional balance.
- Integrate yoga practices into daily life for overall well-being and a healthy lifestyle.
- Explain the philosophy, history, and principles of yoga.
- Describe the connection between yoga, holistic health, and overall well-being.
- Perform various asanas (postures), pranayama (breathing techniques), and meditation practices.
- Understand the benefits of different yoga techniques for physical, mental, and emotional health.
- Perform various asanas (postures), pranayama (breathing techniques), and meditation practices.
- Understand the benefits of different yoga techniques for physical, mental, and emotional health.

Credits: 2		SEC
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Definition and Origin of Yoga • Importance of Yoga in Daily Life • Different Paths of Yoga (Hatha, Raja, Karma, Bhakti, Jnana) • Concept of Wellness: Physical, Mental, and Spiritual Well-being 	7
Unit II	<ul style="list-style-type: none"> • Preparatory Practices: Sukshma Vyayama (Joint Movements) • Asanas for Flexibility and Strength (Tadasana, Bhujangasana, Trikonasana, etc.) • Pranayama Techniques (Anulom-Vilom, Kapalabhati, Bhastrika) • Relaxation Techniques: Shavasana and Yoga Nidra 	8
Unit III	<ul style="list-style-type: none"> • Benefits of Yoga for Stress Management • Role of Yoga in Lifestyle Diseases (Diabetes, Hypertension, Obesity) • Yogic Diet and Healthy Eating Habits • Meditation and Mindfulness for Mental Well-being 	7
Unit IV	<ul style="list-style-type: none"> • Sun Salutation (Surya Namaskar) and Variations • Advanced Asanas (Paschimottanasana, Dhanurasana, Chakrasana, etc.) • Deep Breathing and Meditation Techniques • Self-Practice and Personal Progress Assessment 	8

Recommended Readings

- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga Avam Swasthya – Raaj Publication Patoyala
- Hath Yoga Pradipika-Kaivalyadham
- Asana, Pranayama, Mudra, and Bandha
- Yogasana Vijnana- Swami Dharendra Brahmachari.
- Yogic Sukshma Vyayama- Swami Dharendra Brahmachari.
- The Seven Spiritual Laws of Yoga- Deepak Chopra.
- The Wellness Sense- Om Swami.
- The Power of Positive Thinking- Norman Vincent Peale.
- Textbook of Yoga - George Feuerstein. Rider and Company, London.
- Yogic Therapy - Swami Kavalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi.
- Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentl, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.

- ASANAS– by Dr. P. Mariayyah, Sports Publications, Coimbatore.
- SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
- Hathapradipika - Published from Kaivalyadhama.
- Gherandasamhita - Published from Kaivalyadhama.
- Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
- Yogasanas: A Teacher's Guide - NCERT, New Delhi.
- Asanas - Why? And How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
- Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar

Use WEB links:

- <https://www.pcc.edu/ccog/pe/182k/>
- <https://www.verywellhealth.com/benefits-of-yoga-11685529>
- <https://www.mtu.edu/social-sciences/undergraduate/study-abroad/pe0367-mindfullyyoga-studyawaywinkler2022.pdf>
- <https://dance.uga.edu/art-of-wellness/instruction>

Probable job aspects:

- Yoga Instructor/Trainer
- Wellness Coach
- Therapeutic Yoga Specialist
- Yoga Entrepreneur

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V

Bachelor in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC) - SPORTS PSYCHOLOGY

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Sports Psychology	4	4	0	0	Passed Sem IV	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: Bachelor in Physical Education and Sports		Year: III	Semester: V
			Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Sports Psychology		
After studying this course, the students will be able to:			
<ul style="list-style-type: none">• The course outcomes of Sports Psychology in Physical Education are designed to provide students with a comprehensive understanding of psychological principles and their application to sports and exercise settings.• It prepares students for careers in sports psychology, coaching, athletic training, and related fields by providing them with the psychological tools and knowledge needed to enhance athletic performance and promote mental well-being among athletes.			

Credits: 4		72	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
Unit I	<ul style="list-style-type: none"> • Introduction: Meaning definition and nature of Psychology and Educational Psychology. • Psychology as a Science. • Importance of Psychology in Physical Education. 	15	
Unit II	<ul style="list-style-type: none"> • Meaning of growth and development. • Physical, Mental & Social development during following stages: Early childhood, Middle childhood, Late childhood, Adolescence, • Individual Differences, Meaning of the term individual difference, Heredity and Environment as causes of Individual Differences, Interaction of Heredity and Environment 	15	
Unit III	<ul style="list-style-type: none"> • Learning, Meaning definition and nature of learning • Principles/Laws of Learning • Factors affecting Learning • Meaning and Conditions of Transfer to Training • Personality, Meaning and nature of Personality, Dimensions of Personality 	15	
Unit IV	<ul style="list-style-type: none"> • Motivation Concept of need, drive, motive, incentive and achievement • Types of Motivation, Role of Motivation in teaching physical activities, • Meaning and nature of Emotion, Types of Emotion 	15	

Recommended Readings

- Alliance, A. (1999). *Physical Best Activity Guide*, New Delhi,
- Capel, S. et al Editors (2006). *A Practical Guide to Teaching Physical Education*. Routledge Publishers, USA.
- Dheer, S. and Radhika. (1991). *Organization and Administration of Physical Edu.*, ND: Friends Pub.
- Frost, R.B. and Others. (1992). *Administration of Physical Education and Athletics*, Delhi: Universal Book.
- Gangwar, B.R. (1999). *Organization Admn. & Methods of Physical education*, Jalandhar: A.P. Pub.
- Gangwar, B.R. (1999). *Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya*, Jalandhar: A.P. Pub.
- Gupta R. Kumar P. & Sharma D.P. (1999). *Lesson Plan in Physical Education & Sports*. R.D.P. Publication. New Delhi.
- Gupta R. Kumar P. & Sharma. D.P.S. (2004). *Sharirik Shiksha Mein Path Yojna*. Sahyog
- Prakashan. New Delhi.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V**Bachelor in Physical Education and Sports****DISCIPLINE SPECIFIC COURSE (DSC) – Sports Lesson Plan****No. of Hours-45****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Sports Lesson Plan	3	3	0	0	Passed Class IV Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: Bachelor in Physical Education and Sports		Year: III	Semester: V
Subject: Physical Education			
Course: DSC	Course Title: Sports Lesson Plan		
After studying this course, the students will be able to:			
<ul style="list-style-type: none">• Lesson Planning Proficiency: Develop the ability to design structured and effective lesson plans for physical education classes, incorporating learning objectives, activities, and assessments.• Effective Teaching Strategies: Apply appropriate teaching methodologies, instructional techniques, and modifications to accommodate diverse learners in physical education.• Classroom and Activity Management: Demonstrate skills in organizing and managing physical education sessions, ensuring student engagement, safety, and discipline.• Assessment and Evaluation: Develop competency in assessing student performance, providing constructive feedback, and refining lesson plans based on evaluation outcomes.			

Credits: 3		74	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
Unit I	<ul style="list-style-type: none"> Importance of structured lesson planning in sports Components of an effective lesson plan Types of lesson plans: Daily, weekly, and seasonal 	12	
Unit II	<ul style="list-style-type: none"> Setting objectives and learning outcomes Structuring a lesson (warm-up, main activity, cool-down) Selection of drills and exercises based on skill level 	12	
Unit III	<ul style="list-style-type: none"> Methods of delivering a sports lesson Safety measures and injury prevention Evaluating student performance and progress 	12	
Unit IV	<ul style="list-style-type: none"> Modifying lesson plans for different age groups and skill levels Incorporating technology in sports lesson planning Continuous improvement based on feedback 	9	

Recommended Readings

- "Physical Education Lesson Plans for Classroom Teachers" – Carol Jahan
- "Complete Guide to Sport Education" – Daryl Siedentop, Peter Hastie, Hans Van der Mars
- "Lesson Planning for Effective Teaching in Physical Education" – Derek Berg
- "Teaching Sport Concepts and Skills: A Tactical Games Approach" – Stephen A. Mitchell, Judith L. Oslin, Linda L. Griffin
- "Dynamic Physical Education for Elementary School Children" – Robert P. Pangrazi, Aaron Beighle
- **Kamlesh, M. L. (2019).** Physical Education: Facts and Foundations. P.B. Publications.
- **Baumgartner, T. A., & Jackson, A. S. (2020).** Measurement for Evaluation in Physical Education and Exercise Science. McGraw-Hill Education.
- **Siedentop, D., & Tannehill, D. (2021).** Developing Teaching Skills in Physical Education. Human Kinetics.
- **Wuest, D. A., & Fisette, J. L. (2019).** Foundations of Physical Education, Exercise Science, and Sport. McGraw-Hill.
- **Pangrazi, R. P., & Beighle, A. (2020).** Dynamic Physical Education for Elementary School Children. Human Kinetics.
- **Kelly, I. (2021).** Lesson Planning for Physical Education: A Practical Guide. Routledge.
- **Gallahue, D. L., & Donnelly, F. C. (2019).** Developmental Physical Education for All Children. Human Kinetics.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V

Bachelor in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC) – Practical Sports Lesson Plan

No. of Hours-15

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Sports Lesson Plan	1	0	0	1	Passed Class IV Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: Bachelor in Physical Education and Sports		Year: III	Semester: V Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Sports Lesson Plan		
<p>After studying this course, the students will be able to:</p> <ul style="list-style-type: none">• Lesson Planning Proficiency: Develop the ability to design structured and effective lesson plans for physical education classes, incorporating learning objectives, activities, and assessments.• Effective Teaching Strategies: Apply appropriate teaching methodologies, instructional techniques, and modifications to accommodate diverse learners in physical education.• Classroom and Activity Management: Demonstrate skills in organizing and managing physical education sessions, ensuring student engagement, safety, and discipline.• Assessment and Evaluation: Develop competency in assessing student performance, providing constructive feedback, and refining lesson plans based on evaluation outcomes.			

Credits: 1		76	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
Unit I	<ul style="list-style-type: none"> Writing objectives for a sports lesson Structuring a lesson: Warm-up, main activity, cool-down Creating a simple lesson plan for a chosen sport 	4	
Unit II	<ul style="list-style-type: none"> Demonstrating warm-up and stretching exercises Teaching basic skills and techniques through drills Practicing communication and instruction methods 	4	
Unit III	<ul style="list-style-type: none"> Observing and assessing student performance Making adjustments based on skill level and progress Implementing safety measures in practical sessions 	4	
Unit IV	<ul style="list-style-type: none"> Conducting a full sports lesson with peers/students Receiving and providing feedback on lesson effectiveness Refining and improving lesson planning skills 	3	

Recommended Readings

- "Physical Education Lesson Plans for Classroom Teachers" – Carol Jahan
- "Complete Guide to Sport Education" – Daryl Siedentop, Peter Hastie, Hans Van der Mars
- "Lesson Planning for Effective Teaching in Physical Education" – Derek Berg
- "Teaching Sport Concepts and Skills: A Tactical Games Approach" – Stephen A. Mitchell, Judith L. Oslin, Linda L. Griffin
- "Dynamic Physical Education for Elementary School Children" – Robert P. Pangrazi, Aaron Beighle
- **Kamlesh, M. L. (2019).** Physical Education: Facts and Foundations. P.B. Publications.
- **Baumgartner, T. A., & Jackson, A. S. (2020).** Measurement for Evaluation in Physical Education and Exercise Science. McGraw-Hill Education.
- **Siedentop, D., & Tannehill, D. (2021).** Developing Teaching Skills in Physical Education. Human Kinetics.
- **Wuest, D. A., & Fisette, J. L. (2019).** Foundations of Physical Education, Exercise Science, and Sport. McGraw-Hill.
- **Pangrazi, R. P., & Beighle, A. (2020).** Dynamic Physical Education for Elementary School Children. Human Kinetics.
- **Kelly, I. (2021).** Lesson Planning for Physical Education: A Practical Guide. Routledge.
- **Gallahue, D. L., & Donnelly, F. C. (2019).** Developmental Physical Education for All Children. Human Kinetics.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V
BACHELOR IN PHYSICAL EDUCATION AND SPORTS

DISCIPLINE SPECIFIC COURSE (DSC)- Marking of Field Events

No. of Hours-45

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Marking of Field Events	3	3	0	0	Passed Class IV Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Year: III

Semester: V

Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Marking of Field Events

Course Outcome:

- **Demonstrate Proficiency in Track & Field Marking-**
- **Apply Knowledge of Track & Field Regulations-**
- **Develop Practical Skills in Field Preparation**
- **Organize and Conduct Athletic Events Efficiently**

Credits: 3		78	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Importance of accurate marking in field events General rules and regulations for field event markings Tools and equipment used for marking (measuring tape, chalk, cones, flags) 	12	
II	<ul style="list-style-type: none"> Measurement and marking for Long Jump and Triple Jump (take-off board, runway, landing pit) Marking for High Jump and Pole Vault (crossbar height, approach area, landing zone) 	12	
III	<ul style="list-style-type: none"> Measurement and marking for Shot Put, Discus Throw, Javelin Throw, and Hammer Throw Sector lines, throwing arcs, and foul line markings Distance measurement techniques for valid throws 	12	
IV	<ul style="list-style-type: none"> World Athletics regulations for field event marking Common errors in marking and their corrections Safety measures and best practices in field event marking 	9	

Recommended Readings

Athletics: Rules, Marking & Officiating

- Brant, J. (2018). *Athletics: A Guide to Marking, Officiating, and Rules Interpretation*. Routledge.

Track and Field Facilities Manual

- International Association of Athletics Federations (IAAF) (2019). *Track and Field Facilities Manual*. IAAF Publications.

Track and Field Officiating Manual

- National Federation of State High School Associations (NFHS). (2022). *Track and Field Officials Manual*. NFHS Press.

The Science of Track and Field

- Bartlett, R. (2014). *Sports Biomechanics: Reducing Injury and Improving Performance in Track & Field*. Taylor & Francis.

Athletics Marking and Event Management

- Fox, E. & Mathews, D. (2015). *Marking and Organizing Track & Field Events: A Practical Guide*. Sports Science Press.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V
BACHELOR IN PHYSICAL EDUCATION AND SPORTS

DISCIPLINE SPECIFIC COURSE (DSC)- Practical Marking of Track Events

No. of Hours-15

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Practical Marking of Track Events	1	0	0	1	Passed Class IV Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: BACHELOR IN PHYSICAL EDUCATION AND SPORTS	Year: III	Semester: IV
		Paper: DSC

Subject: Physical Education

Course: DSC	Course Title: Practical Marking of Track Events
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Course Outcome:

- **Demonstrate Proficiency in Track & Field Marking-**
- **Apply Knowledge of Track & Field Regulations-**
- **Develop Practical Skills in Field Preparation**
- **Organize and Conduct Athletic Events Efficiently**

Credits: 1		80	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Measuring and marking the take-off board for Long Jump and Triple Jump Setting up approach runways and landing areas for High Jump and Pole Vault Checking accuracy using measuring tools (tape, cones, chalk) 	8	
II	<ul style="list-style-type: none"> Measuring and marking sector lines for Shot Put, Discus, Javelin, and Hammer Throw Marking the throwing arc, foul lines, and landing areas Practicing distance measurement techniques for valid throws 	7	

Recommended Readings

Athletics: Rules, Marking & Officiating

- Brant, J. (2018). *Athletics: A Guide to Marking, Officiating, and Rules Interpretation*. Routledge.

Track and Field Facilities Manual

- International Association of Athletics Federations (IAAF) (2019). *Track and Field Facilities Manual*. IAAF Publications.

Track and Field Officiating Manual

- National Federation of State High School Associations (NFHS). (2022). *Track and Field Officials Manual*. NFHS Press.

The Science of Track and Field

- Bartlett, R. (2014). *Sports Biomechanics: Reducing Injury and Improving Performance in Track & Field*. Taylor & Francis.

Athletics Marking and Event Management

- Fox, E. & Mathews, D. (2015). *Marking and Organizing Track & Field Events: A Practical Guide*. Sports Science Press.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V
Bachelor in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- SPORTS JOURNALISM

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Sports Journalism	4	4	0	0	Passed Class IV Sem	Nil

Bachelor in Physical Education and Sports		
Programme: Bachelor in Physical Education and Sports		Year: III Semester: V Paper: DSE
Subject: Physical Education		
Course: DSE	Course Title: Sports Journalism	
<p>Course Outcome:</p> <ul style="list-style-type: none">• Students will understand the role and significance of sports journalism in media, including its history, ethical considerations, and influence on society.• Students will acquire in-depth knowledge of various sports, including rules, terminology, history, and current trends, to effectively report on sporting events and stories.• Students will learn effective techniques for gathering sports news, including interviewing athletes, coaches, and officials, and researching sports-related topics.• Students will learn to use digital media tools and platforms, including social media, video editing software, and multimedia storytelling techniques, to enhance sports reporting and engagement.		

Credits: 4		82	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Meaning and Definition of Journalism, Ethics of Journalism - Canons of journalism-Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies. Principles of modern journalism. 	15	
II	<ul style="list-style-type: none"> Concept of Sports Bulletin, Types of bulletin Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Complete information on investigative Sports Journalism 	15	
III	<ul style="list-style-type: none"> Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting. 	15	
IV	<ul style="list-style-type: none"> Advantages of Division of labor in sports journalism Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach 	15	

Recommended Readings

- Ahiya B.N. (1988) *Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications*
- Ahiya B.N. Chobra S.S.A. (1990) *Concise Course in Reporting. New Delhi: Surjeet Publication*
- Bhatt S.C. (1993) *Broadcast Journalism Basic Principles. New Delhi. Haranand Publication*
- Dhananjay Joshi (2010)
- Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) SoftSkills, Madurai:*
- Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.*
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited. Varma A.K. (1993) Journalism in India from*
- Earliest Times to the Present Period. Sterling publication Pvt. Ltd. Venkataiah. N (2009) Value Education- New Delhi: APH Publishing Corporation. 43*

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egyankosh.ac.in>

Semester-VI

Bachelor in Physical Education

GENERIC ELECTIVE (GE) - Fundaments of Yoga

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
(GE)-Fundaments of Yoga	4	4	0	0	Pass Sem V	Nil

BACHELOR IN PHYSICAL EDUCATION

Programme: <i>Bachelor in Physical Education</i>		Year: III	Semester: VI Paper: GE
Subject: Physical Education			
Course: GE	Course Title: Fundaments of Yoga		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Explain the meaning, history, and importance of yoga.• Recognize the physical, mental, and spiritual benefits of yoga.• Demonstrate proper techniques for fundamental yoga postures.• Understand the benefits of different asanas for overall health.• Perform basic breathing exercises for relaxation and energy.• Apply meditation techniques to improve focus and reduce stress.• Develop a simple yoga routine for fitness and well-being.• Use yoga as a tool for stress management and holistic health.			
Credits: 4			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic		No. of Hours

Unit I	<ul style="list-style-type: none"> • Meaning, Definition, and History of Yoga • Importance and Benefits (Physical, Mental, Spiritual) 	15
Unit II	<ul style="list-style-type: none"> • Tadasana, Vrikshasana, Bhujangasana, Dhanurasana, Shavasana • Benefits and Correct Techniques 	15
Unit III	<ul style="list-style-type: none"> • Anulom Vilom, Bhastrika, Bhramari • Basics of Meditation and Relaxation Techniques 	15
Unit IV	<ul style="list-style-type: none"> • Role of Yoga in Stress Management • Creating a Simple Daily Yoga Routine 	15

Suggested Readings:

- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga Avam Swasthya – Raaj Publication Patoyala
- Hath Yoga Pradipika-Kaivalyadham
- Asana, Pranayama, Mudra, and Bandha
- Yogasana Vijnana- Swami Dharendra Brahmachari.
- Yogic Sukshma Vyayama- Swami Dharendra Brahmachari.
- The Seven Spiritual Laws of Yoaga- Deepak Chopara.
- The Wellness Sense- Om Swami.
- The Power of Positive Thinking- Norman Vincent Peale.
- Textbook of Yoga - George Feuerstein. Rider and Company, London.
- Yogic Therapy - Swami Kuvalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi.
- Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male studentl, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
- ASANAS– by Dr. P. Mariayyah, Sports Publications, Coimbatore.
- SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
- Hathapradipika - Published from Kaivalyadhama.
- Gherandasamhita - Published from Kaivalyadhama.
- Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
- Yogasanas: A Teacher's Guide - NCERT, New Delhi.
- Asanas - Why? And How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
- Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egyankosh.ac.in>

Semester-V**Undergraduate Bachelor in Physical Education and Sports****INTERNSHIP****No. of Hours-60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
INTERNSHIP	2				Passed Class IV Sem	Nil

UNDERGRADUATE DIPLOMA IN PHYSICAL EDUCATION AND SPORTS

Programme : Undergraduate Bachelor in Physical Education and Sports		Year: III	Semester: V Paper: Internship
Subject: Physical Education			
Course: INTERNSHIP	Course Title: INTERNSHIP		
Course Outcomes: <ul style="list-style-type: none">• The course outcomes of an internship or service role in an institution, school, or fitness center, evaluated based on criteria such as daily diary preparation, regularity, teaching quality, sincerity, class control, and job execution, are designed to develop practical skills, professional conduct, and personal growth.• The outcomes ensure that students not only gain practical experience but also develop essential skills and professional behaviors that will benefit them in their future careers in education, health, and fitness.			
Credits: 2		INTERNSHIP	
Max. Marks: As per Univ. rules		Min. Passing Marks: As	

		per Univ. rules
Unit	Topic	No. of Hours
	<ul style="list-style-type: none"> A Student will be required to join any school/ organization in any one of the following areas: Gym and Health Club management. Aerobics/Mass Demonstration. Training of Lifeguard for water sports. Sports Management/Journalism. 	

	<ul style="list-style-type: none"> Teaching Physical Education in Schools/Institutions/Centers. 	
	<ul style="list-style-type: none"> A student is required to bring a certificate on letter head of the Institute from the Head of the Organization., specifying that he/she has imparted instruction/training/teaching in that organization w.e.f to and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives). 	

Recommended Readings:

- "The First Days of School: How to Be an Effective Teacher" by Harry K. Wong and Rosemary T. Wong IAAF Manual
- "Teach Like a Champion: 49 Techniques that Put Students on the Path to College" by Doug Lemov
- "Classroom Management That Works: Research-Based Strategies for Every Teacher" by Robert J. Marzano, Jana S. Marzano, and Debra J. Pickering
- "The Reflective Practitioner: How Professionals Think in Action" by Donald A. Schön
- "Dynamic Physical Education for Elementary School Children" by Robert P. Pangrazi and Aaron Beighle
- "The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment" by Sarah Benes and Holly Alperin

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-V

Bachelor in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Adventure Sports

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Adventure Sports	2	2	0	0	Pass Sem IV	Represent District/State/National in any Sports Discipline

BACHELOR IN PHYSICAL EDUCATION

Programme: <i>Bachelor in Physical Education</i>		Year: III	Semester: V
Subject: Physical Education			
Course: SEC	Course Title: Adventure Sports		
Learning objectives: <ul style="list-style-type: none">• Develop Physical & Mental Endurance• Enhance Risk Management & Safety Awareness• Promote Teamwork & Leadership• Encourage Environmental Awareness & Sustainability Course Outcomes: <ul style="list-style-type: none">• The course outcomes of "Adventure Sports" aim to provide students with the knowledge, skills, and experiences necessary to safely and effectively participate in, lead, and manage adventure sports activities.• fostering personal growth, environmental stewardship, and a commitment to lifelong learning.• Apply eco-friendly practices and promote sustainable adventure tourism.• Gain practical knowledge of first aid, survival techniques, and safety measures in outdoor environments.• Demonstrate decision-making, problem-solving, and teamwork in adventure-based settings.			

Credits: 2		
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
I	<ul style="list-style-type: none"> • Introduction of Adventure Sports, • History of Adventure Sports & Types of Adventure Sports • Adventure Sports at global level, 	8
II	<ul style="list-style-type: none"> • Role of Indian government in promotion of Adventure Sports • Role of SAI in promotion of Adventure Sports • Scope of Adventure Sports in India, Need and Importance of Adventure Sports 	7
III	<ul style="list-style-type: none"> • Basics of Water Sports • Introduction to Air-Based Sports • Environmental Ethics and Conservation in Adventure Sports • Role of Fitness and Mental Preparation 	8
IV	<ul style="list-style-type: none"> • Equipment's required for adventure sports, • Precautions during adventure sports • First aid required for adventure sports • Rehabilitation required for adventure sports 	7

Recommended Readings

- Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.
- Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth
- **"The Complete Guide to Outdoor Adventures"** – Marian Keaney
- **"Mountaineering: The Freedom of the Hills"** – The Mountaineers
- **"Bushcraft 101: A Field Guide to the Art of Wilderness Survival"** – Dave Canterbury
- **"Rock Climbing: Mastering Basic Skills"** – Craig Luebben
- **"Kayaking Made Easy"** – Dennis Stuhaug
- **"Wilderness First Aid Manual"** – National Outdoor Leadership School (NOLS)

Use WEB Links

- <https://sgsu.gujarat.gov.in/writereaddata/Portal/Images/pdf/1-INTRODUCTION-TO-ADVENTURE-SPORTS.pdf>
- <https://files.eric.ed.gov/fulltext/EJ1216911.pdf>
- <https://www.linkedin.com/advice/0/how-can-adventure-sports-enhance-experiential>
- <https://www.skillmaker.education/leading-adventure-based-learning-activities-understanding-session-learning-outcomes/>

Probable job aspects

- Adventure Sports Instructor
- Outdoor Education Trainer
- Eco-Tourism & Adventure Guide
- Search & Rescue Specialist

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI

Bachelor in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- SPORTS NUTRITION AND BALANCE DIET

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Sports Nutrition and Balance Diet	4	4	0	0	Passed Class V Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: <i>Bachelor in Physical Education and Sports</i>		Year: III	Semester: VI
			Paper: DSC
Subject: Physical Education			
Course: DSC	Course Title: Sports Nutrition and Balance Diet		
<p>After studying this course, the students will be able to:</p> <ul style="list-style-type: none">• The course outcomes of Sports Nutrition and Balanced Diet in Physical Education aim to equip students with the knowledge and skills to optimize athletic performance and promote overall health through proper nutrition. This also teaches about the historical development of physical education in India and other countries.• These outcomes prepare students for careers in sports nutrition, dietetics, health coaching, and related fields by providing a comprehensive understanding of how diet and nutrition impact athletic performance and overall health.			

Credits: 4		91	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
Unit I	<ul style="list-style-type: none"> • Definition and Importance of Sports Nutrition • Role of Macronutrients (Carbohydrates, Proteins, and Fats) • Micronutrients (Vitamins and Minerals) and their Importance in Sports Performance • Hydration and Electrolyte Balance 	15	
Unit II	<ul style="list-style-type: none"> • Energy Production for Exercise (ATP-PC, Glycolytic, and Aerobic Systems) • Dietary Guidelines for Different Sports and Athletes • Pre-, During, and Post-Workout Nutrition • Role of Supplements and Ergogenic Aids in Sports Performance 	15	
Unit III	<ul style="list-style-type: none"> • Components of a Balanced Diet • Nutritional Strategies for Endurance, Strength, and Power Athletes • Meal Planning for Training, Competition, and Recovery Phases • Nutrition for Special Populations (Adolescents, Female Athletes, and Masters Athletes) 	15	
Unit IV	<ul style="list-style-type: none"> • Common Nutritional Deficiencies in Athletes • Eating Disorders in Sports (Anorexia, Bulimia, and RED-S) • Nutritional Strategies for Weight Management in Athletes • Doping and Anti-Doping Regulations Related to Nutrition 	15	

Recommended Readings

- Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
- Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
- Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshall
- Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.
- Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
- Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
- Ajmer Singh JB, JSG, RSB., "Essentials of Physical Education", 2017 5th edition
- **Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (2020).** *Nutritive Value of Indian Foods*. National Institute of Nutrition (ICMR).
- **Srilakshmi, B. (2021).** *Dietetics*. New Age International Publishers.
- **Mudambi, S. R., & Rajagopal, M. V. (2019).** *Fundamentals of Foods, Nutrition, and Diet Therapy*. New Age International Publishers.
- **Bamji, M. S., Krishnaswamy, K., & Brahmam, G. N. V. (2021).** *Textbook of Human Nutrition*. Oxford & IBH Publishing.
- **Reddy, V. (2018).** *Sports Nutrition: A Guide for Athletes and Coaches*. Jaypee Brothers Medical Publishers.
- **Shetty, P. S. (2020).** *Nutrition, Diet, and Health in India*. NIN-ICMR.
- **Kaur, J. (2019).** *Essentials of Sports Nutrition*. Sports Publication, New Delhi.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI
Bachelor in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- COACHING AND OFFICIATING IN PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Coaching and officiating in Physical Education	4	4	0	0	Passed Class V Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: Bachelor in Physical Education in and Sports

Year: III

Semester: VI

Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Coaching and Officiating in Physical Education

Course Outcome:

- The course outcomes of "Coaching and Officiating in Physical Education" aim to equip students with the necessary skills, knowledge, and competencies to effectively coach sports teams and officiate sporting events.
- It ensures that students completing a course in "Coaching and Officiating in Physical Education" are well-prepared to coach sports teams and officiate sporting events effectively, ethically, and professionally, contributing to the overall development of athletes and the success of sports programs.

Credits: 4		93	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Teaching and Training, Principles of Coaching, Personality of Coach, Methods of Personality Skills. Principles of conditioning, methodical principles of weight training isometric training. circuit training. Cross country, Fartlek, pressure Training and Sprint Training. 	15	
II	<ul style="list-style-type: none"> Basic Principles and planning of training schedule maintenance fitness. Selection of players, measures for maintaining and stimulating the interest of students in games and sports. 	15	
III	<ul style="list-style-type: none"> Analysis of individual and team performance. Sports hygiene, safety measures in sports. 	15	
IV	<ul style="list-style-type: none"> Official his duties and qualities, factors influencing officiating. Record sheets, facilities, techniques, strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, kho-kho, gymnastics, and wrestling also for girls- Netball, Throwball, Badminton, Table Tennis etc 	15	

Recommended Readings

- Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, 2000
- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000 Sharma, Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.
- Dagar, R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.
- Thomas R. Baechle and Roger W. Earle, (2000).
- Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI
Bachelor in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Sports Sociology

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Sports Sociology	4	4	0	0	Passed Class V Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: Bachelor in Physical Education and Sports

Year: III

Semester: VI

Paper: DSC

Subject: Physical Education

Course: DSC

Course Title: Sports Sociology

Course Outcome:

- **Understand the Role of Sports in Society** – Analyze the social, cultural, and historical significance of sports and their impact on different communities.
- **Examine Social Issues in Sports** – Identify and critically assess issues such as gender, race, class, and ethics in sports, including discrimination, inclusivity, and commercialization.
- **Evaluate the Relationship Between Sports and Social Institutions** – Explore how sports interact with institutions like media, politics, education, and religion in shaping public perceptions and policies.
- **Analyze the Influence of Sports on Individual and Group Behavior** – Understand how participation in sports affects identity, teamwork, leadership, and socialization across different populations.

Credits: 4		95	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Meaning, Definition, and Scope of Sports Sociology Importance of Sociology in Sports Relationship Between Society and Sports Socialization Through Sports 	15	
II	<ul style="list-style-type: none"> Gender and Sports: Participation and Discrimination Role of Media in Shaping Sports Culture Race, Ethnicity, and Sports Politics and Nationalism in Sports 	15	
III	<ul style="list-style-type: none"> Sports and Education System Sports and Economy: Commercialization and Sponsorship Impact of Globalization on Sports Role of Government and Policies in Sports Development 	15	
IV	<ul style="list-style-type: none"> Influence of Sports on Social Mobility Ethical Issues in Sports: Doping, Fair Play, and Corruption Sports as a Tool for Social Integration and Development Future Trends in Sports Sociology 	15	

Recommended Readings

- Loy, John W., Kenyon, Gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea & Febiger, 1981).
- Ball, Donald W. and Loy John W. Sport and social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
- Loy John. W. McPherson, Barry D., and Kenyon Gerald, sport and Social System (London: Addison Wesley Publishing Company Inc., 1978).
- Edward Larry. Sociology of sport (Illinois: The Dorsey Press, 1973).
- Cratty, Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.
- Shukla, K. P. (2020).** *Sociology of Sports in India*. Khel Sahitya Kendra.
- Madan, D. (2018).** *Sports, Society, and Culture in India*. Sports Publication.
- Bhushan, V. & Sachdeva, D. R. (2017).** *An Introduction to Sociology*. Kitab Mahal.
- Deshpande, S. (2011).** *Contemporary India: A Sociological View*. Penguin India.
- Kansal, D. K. (2008).** *Textbook of Applied Measurement, Evaluation & Sports Sociology*. Sports & Spiritual Science Publications.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI
Bachelor in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- FITNESS & WELLNESS IN PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Fitness & Wellness in Physical Education	4	3	0	1	Passed Class V Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme: Bachelor in Physical Education and Sports

Year: III

Semester: VI

Paper: DSE

Subject: Physical Education

Course: DSE

Course Title: Fitness & Wellness in Physical Education

Course Outcome:

- The course outcomes of "Fitness & Wellness in Physical Education" aim to provide students with a comprehensive understanding of fitness and wellness principles, along with the skills necessary to promote and implement effective fitness and wellness programs.

It ensures that that students completing a course in "Fitness & Wellness in Physical Education" are well-prepared to promote and implement effective fitness and wellness programs, contributing to the overall health and well-being of individuals and communities.

Credits: 4		97	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> INTRODUCTION: Concept and meaning of fitness and wellness Components of fitness and their description, Components of wellness and their description Significance of fitness and wellness in present scenario, Fitness and wellness for life 	15	
II	<ul style="list-style-type: none"> Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance) Principles of physical fitness, Benefits of fitness programme, Obesity (causes and prevention), Weight management (role of diet & exercise in maintenance of ideal weight) 	15	
III	<ul style="list-style-type: none"> Identifying dimensions of wellness, achieving and maintenance of wellness, Adopting healthy and positive lifestyle Identifying healthy and positive lifestyle 	15	
IV	<ul style="list-style-type: none"> Behaviour modification, Barriers to change, Process of change (6 stages) SMART, Technique of change & smart goal setting. Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases) Daily schedule based upon one's attitude, gender, age & occupation. Basic – module: - Time split for rest, sleep, diet, activity & recreation. 	15	

Recommended Readings

- Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana, 2000
- Jain AK (2002). *Anatomy & Physiology for Nurses*. Arya Publishers, Delhi.
- Alliance, A. (1999). *Physical Best Activity Guide*, New Delhi,
- Capel, S. et al Editors (2006). *A Practical Guide to Teaching Physical Education*. Routledge Publishers, USA.
- Gupta R. Kumar P. & Sharma. D.P.S. (2004). *Sharirik Shiksha Mein Path Yojna*. Sahyog
- Prakashan. New Delhi. Gupta R. Kumar P. & Tyagi S. (2008) *Textbook on Teaching Skill & Prowess. Part I & II. Friends*

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI
Bachelors in Physical Education

GENERIC ELECTIVE (GE) – Introduction to Injury Prevention and Rehabilitation in Sports

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Introduction to Injury Prevention and Rehabilitation in Sports	4	4	0	0	Pass Sem V	Nil

BACHELORS IN PHYSICAL EDUCATION

Programme: *Bachelors in Physical Education*

Year: V

Semester: X
Paper: GE

Subject: *Physical Education*

Course: GE

Course Title: Introduction to Injury Prevention and Rehabilitation in Sports

Course Outcome:

1. Understand the concept of injury prevention and rehabilitation in athletes.
2. Apply the principles of rehabilitation for fast and better recovery in a collaborative Work of athletes, coaches, and medical professionals.
3. Identify and classify the particular injury to deal with or suggest apply Suitable exercise and other related aids.
4. Practice related modalities (e.g., heat therapy, cold therapy, electrical stimulation) Used in rehabilitation.
5. Apply functional training and return-to-play criteria

Credits: 4		99	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	INTRODUCTION TO INJURY PREVENTION AND REHABILITATION <ul style="list-style-type: none"> • Introduction and definition of injury • Importance of injury prevention and rehabilitation in sports • Principles of injury prevention and rehabilitation 	15	
II	COMMON SPORTS INJURIES AND FIRST AID <ul style="list-style-type: none"> • Identification and classification of common sports injuries • Causes and risk factors associated with sports injuries • Introduction to First Aid 	15	
III	INJURY PREVENTION STRATEGIES <ul style="list-style-type: none"> • Warm-up and cool-down protocols • Proper technique and form to minimize injury risk • Nutritional considerations for injury prevention 	15	
IV	REHABILITATION AND PSYCHOSOCIAL ASPECTS OF INJURY PREVENTION <ul style="list-style-type: none"> • Overview and Goals of the rehabilitation process • Modalities used in rehabilitation (ANY TWO: heat therapy, cold therapy, electrical stimulation) • Psychological impact of sports injuries • Injury prevention and rehabilitation education for athletes, coaches, and parents 	15	

Suggested Readings:

- Brukner, P., & Khan, K. (2017). Clinical sports medicine. McGraw-Hill Education.
- Sherry, M. A., & Best, T. M. (2004) A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. *Journal of Orthopedic & Sports Physical Therapy*, 34(3), 116-125.
- Brukner, P., & Khan, K. (2017). Clinical sports medicine. McGraw-Hill Education.
- Sherry, M. A., & Best, T. M. (2004). A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. *Journal of Orthopedic & Sports Physical Therapy*, 34(3), 116-125.
- Myer, G. D., Faigenbaum, A. D., Chu, D. A., Falkel, J., & Ford, K. R. (2011). Integrative training for children and adolescents: Techniques and practices for reducing sports-related injuries and enhancing athletic performance. *The Physician and Sports Medicine*, 39(1), 74-84.
- Bahr, R., & Holme, I. (2003). Risk factors for sports injuries—a methodological approach. *British Journal of Sports Medicine*, 37(5), 384-392.
- Lephart, S. M., Ferris, C. M., Riemann, B. L., & Myers, J. B. (2002). Gender differences in strength and lower extremity kinematics during landing. *Clinical Orthopedics and Related Research*, 401, 162-169.
- Myer, G. D., Ford, K. R., Brent, J. L., & Hewett, T. E. (2006). The effects of plyometric versus dynamic stabilization and balance training on lower extremity biomechanics. *The American Journal of Sports Medicine*, 34(3), 445-455.
- Petersen, J., Thorborg, K., Nielsen, M. B., Budtz-Jørgensen, E., & Hölmich, P. (2011). Preventive effect of eccentric training on acute hamstring injuries in men's soccer: a cluster-randomized controlled trial. *The American Journal of Sports Medicine*, 39(11), 2296-2303.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI

Bachelor in Physical Education and Sports

PROJECT

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
PROJECT	2				Passed Class	Nil
					V Sem	

BACHELOR IN PHYSICAL EDUCATION AND SPORTS

Programme : Bachelor in Physical Education and Sports		Year: III	Semester: VI
			Paper: Project
Subject: Physical Education			
Course: Project	Course Title: PROJECT		
Course Outcomes: <ul style="list-style-type: none">• Creating a project on an interdisciplinary basis involving physical education in collaboration with fields such as yoga, educational psychology, sociology, and other social sciences or science subjects provides a holistic approach to understanding the multifaceted nature of physical education.• It will ensure that students completing an interdisciplinary project in physical education gain a well-rounded education that prepares them to tackle complex issues, engage with diverse communities, and promote holistic health and well-being.			
Credits: 2		Project	
Max. Marks: As per Univ. rules		Min. Passing Marks: As	
		per Univ. rules	
Unit	Topic		No. of Hours
	<ul style="list-style-type: none">• Every student has to serve honorary in the institution/ School/fitness centers.		

	<ul style="list-style-type: none"> • Evaluated on the basis of project made on the Inter-disciplinary basis, such as project based on physical education collaboration with- Yoga/ Education Psychology/ Sociology/other social science subjects and other science subjects. • Project File Viva-voce 	
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Recommended Readings:

- "The First Days of School: How to Be an Effective Teacher" by Harry K. Wong and Rosemary T. Wong IAAF Manual
- "Teach Like a Champion: 49 Techniques that Put Students on the Path to College" by Doug Lemov
- "Classroom Management That Works: Research-Based Strategies for Every Teacher" by Robert J. Marzano, Jana S. Marzano, and Debra J. Pickering
- "The Reflective Practitioner: How Professionals Think in Action" by Donald A. Schön
- "Dynamic Physical Education for Elementary School Children" by Robert P. Pangrazi and Aaron Beighle
- "The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment" by Sarah Benes and Holly Alperin

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VI

Bachelor in Physical Education

SKILL ENHANCEMENT COURSE (SEC) - Gym Operation

No. of Hours-30

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Gym Operation	2	2	0	0	Pass Sem V	Represent District/State/National in any Sports Discipline

BACHELOR IN PHYSICAL EDUCATION

Programme: <i>Bachelor in Physical Education</i>		Year: III	Semester: VI Paper: SEC
Subject: Physical Education			
Course: SEC	Course Title: Gym Operation		
Learning objectives: <ul style="list-style-type: none">• Learn about facility management, equipment maintenance, and operational procedures.• Gain knowledge in client handling, membership management, and marketing strategies.• Learn gym safety protocols, emergency response, and equipment usage guidelines.• Learn gym safety protocols, emergency response, and equipment usage guidelines.			
Course Outcomes: <ul style="list-style-type: none">• Explain the importance, types, and benefits of setting up a gym.• Differentiate between various gym equipment and their functions.• Implement maintenance and hygiene practices to ensure equipment longevity.• Apply marketing strategies for membership growth and retention.• Integrate smart technology and sustainable practices into gym management.• Analyse successful case studies and develop strategies for efficient gym operation.			

<ul style="list-style-type: none"> This course will equip students with the practical knowledge and business acumen to set up and manage a successful gym facility. 		
Credits: 2		
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
I	<ul style="list-style-type: none"> Overview of Gym Management and Operations Types of Gyms Basic Equipment Used in a Gym (Cardio Machines, Strength Equipment, Free Weights) Gym Safety Rules and Guidelines 	8
II	<ul style="list-style-type: none"> Proper Use of Cardio Machines (Treadmill, Elliptical, Stationary Bike) Strength Training Machines: Setup and Adjustments Free Weights and Functional Training Equipment (Kettlebells, Resistance Bands) Daily Cleaning and Maintenance Procedures 	7
III	<ul style="list-style-type: none"> Role of a Gym Attendant Trainer in Customer Service Basic Marketing Strategies for Gym Promotion Health and Safety Regulations in Gym Operations 	8
IV	<ul style="list-style-type: none"> Assisting Clients with Workout Routines and Proper Form Managing Gym Timings and Equipment Allocation Handling Emergency Situations (CPR) First Aid) 	7

Recommended Readings

- Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.
- Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth
- "The Complete Guide to Outdoor Adventures" – Marian Keaney
- "Mountaineering: The Freedom of the Hills" – The Mountaineers
- "Bushcraft 101: A Field Guide to the Art of Wilderness Survival" – Dave Canterbury
- "Rock Climbing: Mastering Basic Skills" – Craig Luebben
- "Kayaking Made Easy" – Dennis Stuhau
- "Wilderness First Aid Manual" – National Outdoor Leadership School (NOLS)

Use WEB Links

- <https://www.healthcarecourses.org.uk/course1.aspx?CourseTitle=Certificate+in+Gym+Operations>
- <https://www.healthcarecourses.org.uk/course1.aspx?CourseTitle=Certificate+in+Gym+Operations>
- https://www.hcpss.org/f/files/curriculum_pe_weight.pdf
- <https://catalog.spokane.edu/CourseOutcomes/SFCC/FMT225.pdf>

Probable job aspects

- Gym Manager
- Fitness Center Owner/Entrepreneur
- Gym Equipment & Maintenance Specialist
- Fitness Consultant/Sales Executive

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VII
Bachelor in Physical Education and Sports with Honours

DISCIPLINE SPECIFIC COURSE (DSC)- RESEARCH PROCESS IN PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Research process in Physical Education	4	0	0	0	Passed Class VI Sem	Nil

Bachelor in Physical Education and Sports with Honours

Programme: Bachelor in Physical Education and Sports with Honours		Year: IV	Semester: VII
Subject: Physical Education			
Course: DSC	Course Title: Research Process in Physical Education		
Course Outcome: <ul style="list-style-type: none">• Students will understand the foundational principles of research, including hypothesis development, research design, data collection methods, and analysis techniques.• Students will learn about ethical considerations in research, including informed consent, confidentiality, and integrity in data collection and reporting.• Students will be able to select appropriate research designs (e.g., experimental, quasi-experimental, correlational) based on research questions and objectives.• Students will learn various data collection methods (e.g., surveys, interviews, observations, experiments) and understand their strengths, limitations, and applicability to different research contexts.			

Credits: 4		107	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher. 	15	
II	<ul style="list-style-type: none"> Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism. 	15	
III	<ul style="list-style-type: none"> Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design. 	15	
IV	<ul style="list-style-type: none"> Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling. Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing. 	15	

Recommended Readings

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David.
- H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006)
- Data Analysis and Research for Sport and Exercise Science, London; Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics; Kamlesh,
- M.L. (1999) Research Methodology in Physical Education and Sports, New Delhi Moses, A.K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstein,
- A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010)
- Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egvankosh.ac.in>

Semester-VII
Bachelor in Physical Education and Sports with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Tests, Measurements and Evaluation in Physical Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Tests, Measurements and Evaluation in Physical Education	4	0	0	0	Passed Class VI Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS WITH HONOURS

Programme: Bachelor in Physical Education and Sports with Honours

Year: IV

Semester: VII
Paper: DSE

Subject: Physical Education

Course: DSE

Course Title: Tests, Measurements and Evaluation in Physical Education

Course Outcome:

After completing this course, the students will be able to-

- Understand the advance concepts of Test & Measurement & Evaluation.
- Get equipped with the knowledge in depth about Criterion, and Administration of Test.
- Practical Experience of Physical Fitness, Motor Fitness and Sports Skill Tests.

Credits: 4		109	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection–Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations. Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger’s physical fitness Index. Cardiovascular test; Harvard step test, 12 minutes run/walk test, Multi-stage fitness test (Beep test) 	15	
II	<ul style="list-style-type: none"> Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (For elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) –JCR test. Motor Ability; Barrow Motor Ability Test– Newton Motor Ability Test–Muscular Fitness–Kraus Weber Minimum Muscular Fitness Test. 	15	
III	<ul style="list-style-type: none"> Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Vertical Jump Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skinfolde: Triceps, Subscapular, Suprailiac. 	15	
IV	<ul style="list-style-type: none"> Specific Sports Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Hockey: Friendel Field Hockey Test, Harban’s Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Johnson Soccer Test, McDonald Volley Soccer Test. Tennis: Dyer Tennis Test. 	15	

Recommended Readings

- Authors Guide(2013) ACSM’s Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Collins, R.D. & Hodges P.B.(2001). A Comprehensive Guide to Sports Skills Tests and Measurement (2ndedition) Lanham:ScarecrowPress
- Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St.Louis:The C.Mosby Company
- Getchell B.(1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
- Jenson, Clayne Rand Cynthia, C. Hirst(1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
- Kansal D.K.(1996), “Test and Measurement in Sports and Physical Education, New Delhi: DVSPublications
- Krishnamurthy(2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, rd 3 Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egvankosh.ac.in>

Semester-VII
Bachelor in Physical Education and Sports with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)- TEACHING METHODOLOGY IN PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Teaching Methodology in Physical Education	4	0	0	0	Passed Class VI Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS WITH HONOURS

Programme: Bachelor in Physical Education and Sports with Honours		Year: IV	Semester: VII
Subject: Physical Education			
Course: DSE	Course Title: Teaching Methodology in Physical Education		
<p>Course Outcome:</p> <ul style="list-style-type: none">• Students will understand the theoretical principles of teaching and learning in physical education, including constructivism, behaviorism, and socio-cultural perspectives.• Students will recognize different learning styles and preferences among students and adapt teaching methods to accommodate diverse learning needs.• Students will learn to design developmentally appropriate physical education curricula aligned with national standards and educational goals.• Students will learn to effectively demonstrate and model skills and techniques, providing clear visual examples for students to observe and emulate.			

Credits: 4		111	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	(A) Meaning Meaning of the term "teaching method" its scope and importance, The factors to be considered in determining the method of teaching. (B) Types of method Part-whole method, whole part method, command method, discussion method, project method, demonstration method, imitation method, Principles of teaching	15	
II	Presentation Techniques <ul style="list-style-type: none"> Personal preparation, Technical preparation, Steps of presentation, Command and their techniques, Situation which require different words of command, Types of class management. 	15	
III	Lesson planning <ul style="list-style-type: none"> Types of lesson planning: - General lesson plan, coaching lesson plan, Classroom teaching lesson plan, Objectives of different lesson plans and part of the lesson introductory and development, Skill practice/group work, Class activity/recreation part (reassembly revision and dismissal). 	15	
IV	Organization and conduct of competitions <ul style="list-style-type: none"> Tracks and field, Gymnastics., Weight lifting, body building and best physique contest, Wrestling and combative games, Swimming, diving -aquatics, Games and sports tournaments. 	15	

Recommended Readings

- Tirunaryanan, c. and hariharan, s. methods in physical education, karai kudi south india press, 1962.
- Kozman, b. cassidy, rosalind and jakson, c.d., methods in physical education, london: w.b. saunders company, 1960.
- Knapp, clyde and hagman, e.p. teaching methods for physical education, new york: mcgraw hill book co., 1948

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VII
Bachelor in Physical Education and Sports with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Track Events and Marathons

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Track Events and Marathons	4	0	0	4	Passed Class VI Sem	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS WITH HONOURS

Programme: Bachelor in Physical Education and Sports with Honours		Year: IV	Semester: VII
Subject: Physical Education			
Course: DSE	Course Title: Track Events and Marathons		
<p>Course Outcome:</p> <ul style="list-style-type: none">• Understanding the Fundamentals – Gain in-depth knowledge of various track events, including sprints, middle-distance, long-distance races, and marathons, along with their historical and technical aspects.• Skill Development and Performance Enhancement – Learn and apply correct sprinting, running, and finishing techniques, improving speed, endurance, and race strategies through scientific training methods.• Officiating and Event Management – Develop the ability to officiate track events, understand race rules and regulations, and efficiently organize athletic meets and marathon races.• Application of Sports Science – Apply principles of biomechanics, physiology, and nutrition to optimize performance, prevent injuries, and enhance recovery in track and marathon running.			

Credits: 4		113	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> History and Evolution of Track Events Classification of Track Events: Sprints, Middle Distance, and Long-Distance Races Track Layout and Marking (100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m) Rules and Regulations (World Athletics and AFI Guidelines) 	15	
II	<ul style="list-style-type: none"> Fundamentals of Sprinting Techniques (Acceleration, Stride Length, Frequency) Block Starts and Finishing Techniques Training Methods for Sprinting and Middle-Distance Events Common Errors and Correction Strategies in Sprinting 	15	
III	<ul style="list-style-type: none"> Physiological Demands of Long-Distance Running Training Principles for Long-Distance and Marathon Runners Energy Systems and Nutritional Needs for Endurance Athletes Injury Prevention and Recovery Strategies 	15	
IV	<ul style="list-style-type: none"> Race Strategies for Different Track Events Officiating and Judging Procedures in Track Events Conducting a Track Event: Planning and Organization Role of Technology in Track and Marathon Races 	15	

Recommended Readings

- **Singh, Ajmer (2019).** *Essentials of Track and Field*. Khel Sahitya Kendra.
- **Kansal, D.K. (2008).** *A Textbook of Applied Measurement, Evaluation & Sports Training*. Sports & Spiritual Science Publications.
- **Sharma, V.K. (2015).** *Athletics and Track Events in India*. Sports Publication.
- **Mohan, V. (2018).** *Scientific Approach to Running and Marathon Training*. Sports Literature House.
- **Bisht, Dr. M.P. (2021).** *Advanced Training Methods for Athletics*. Khel Sahitya Kendra.
- **Jensen, C. R., & Fisher, A. G. (2000).** *Scientific Basis of Athletic Conditioning*. Lea & Febiger.
- **Hunter, J. S. (2019).** *The Science of Running: How to Find Your Limit and Train to Maximize Your Performance*. VeloPress.
- **Payton, C. & Bartlett, R. (2008).** *Biomechanical Evaluation of Movement in Sport and Exercise*. Routledge.
- **McArdle, W. D., Katch, F. I., & Katch, V. L. (2014).** *Exercise Physiology: Nutrition, Energy, and Human Performance*. Lippincott Williams & Wilkins.
- **IAAF (World Athletics). (2020).** *Coaching Manual for Track and Field Events*. World Athletics Publications.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VII

Bachelor of Physical Education and Sports with Honours

Academic Project

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course		Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial/Fieldwork/ Practical/Practice		
DISSERTATION	6			Physical Education in Bachelor of Arts	Nil

Bachelor in Physical Education and Sports with Honours

Programme : Bachelor in Physical Education and Sports with Honours

Year: IV

**Semester: VII
Paper: Dissertation**

Subject: Physical Education

Course: Academic Project

Course Title: Academic Project

Course Outcomes:

After studying this course, the students will be able to:

- Develop advanced research skills, including the ability to formulate research questions, design methodologies, gather and analyze data, and draw meaningful conclusions.
- Enhance their critical thinking abilities through the evaluation and synthesis of existing literature, identification of gaps in current knowledge, and the development of innovative approaches to their research topic.
- Demonstrate the ability to work independently, manage their time effectively, and take responsibility for their own learning and research process.
- Develop problem-solving skills by addressing challenges and obstacles encountered during the research process.
- Cultivate an understanding of ethical considerations in research, including issues related to plagiarism, and responsible conduct of research.

Credits: 6

Dissertation

Max. Marks: As per Univ. rules

Min. Passing Marks: As per Univ. rules

Unit	Topic	No. of
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		Hours
Unit I	Dissertation on Major OR Dissertation on Minor OR Academic Project/Entrepreneurship	90

Recommended Readings

- Research Methods in Physical Activity" by Jerry R. Thomas, Jack K. Nelson, and Stephen J. Silverman
- *Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation*" by Kris E. Berg and Richard W. Latin
- Qualitative Research in Physical Activity and the Health Professions" by William A. Pitney and Jenny Parker

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VIII**Bachelor in Physical Education and Sports with Honours****DISCIPLINE SPECIFIC COURSE (DSC)- Yogic Science****No. of Hours-60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Yogic Science	4	4	0	0	Passed Class VII Sem	Nil

Bachelor in Physical Education and Sports with Honours**Programme : Bachelor of Physical Education and Sports with Honours****Year: IV****Semester: VIII
Paper: DSC****Subject: Physical Education****Course: DSC****Course Title: Yogic Science****Course Outcomes:**

- Gain knowledge of the history, philosophy, and principles of Yoga as per ancient texts like Patanjali's Yoga Sutras, Bhagavad Gita, and Hatha Yoga Pradipika.
- Develop the ability to perform and instruct fundamental asanas, pranayama, meditation, and kriyas for physical and mental well-being.
- Understand the physiological, psychological, and therapeutic benefits of Yoga for stress management, rehabilitation, and overall health improvement.
- Apply yogic principles to enhance personal and professional life, promoting holistic wellness and a balanced lifestyle.

Credits: 4**Discipline Specific Course****Max. Marks: As per Univ. rules****Min. Passing Marks: As per Univ. rules**

Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Yogic Concept of Health: Meaning and definitions • Personal and Social Discipline through five Yamas (don'ts) and five Niyama (do's). • Alternative Therapy: Basic principles of Ayurveda, Naturopathy. • Therapeutic importance of Dinacharya and Ritucarya, • Concept of Aahara, Vihara, Aacharan and Vichara 	15
Unit II	<ul style="list-style-type: none"> • Significance of Yogasana & Pranayama • Basics of Therapeutic approaches of Hatha Yoga Practices given in different Hatha Yoga Texts (Hathapradipika, Gheranda Samhita, Shiva Samhita and Vasistha Samhita) • Intermediate and Advance Group of Asanas: Types, Techniques & Benefit, Pranayama, Nadi & Chakras: Types- Methods and benefits. • Knowledge of vital parameters to assess general state: Measurement of Blood • Pressure, Respiratory Rate, Pulse Rate and Body Temperature 	15
Unit III	<ul style="list-style-type: none"> • Musculo-Skeletal Disorders • Respiratory Disorders • Cardiovascular Disorders • Endocrine & Metabolic Disorders: • Psychological and Psychiatric Disorder 	15
Unit IV	<ul style="list-style-type: none"> • Concept of diet in Traditional Yogic Texts • Types of diet in Traditional Yogic Text □ Role of Yogic diet in health and disease. • Preparation of Therapeutic charts • Assessment of Nutritional status 	15

Recommended Readings

- Bhogal, R. S :: Yoga & Mental Health and beyond, ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010
- Brahmachari Swami Dharendra : Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi
- Coulter, H. D. (2012). Anatomy of Hatha Yoga: a manual for students, teachers, and practitioners. Body and Breath.
- George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
- Gharote, M.L. : Teaching Methods for Yogic practices, Kaivalyadhama Ashram, Lonavla
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
- Iyengar, B. K. S. : Light on Yoga, Harper Collins Publisher, New Delhi, 2005
- Iyengar, B.K.S : Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egyankosh.ac.in>

Semester-VIII**Bachelor of Physical Education and Sports with Honours****DISCIPLINE SPECIFIC ELECTIVES (DSE)- STATISTICS IN PHYSICAL EDUCATION & SPORTS****No. of Hours-60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Statistics in Physical Education & Sports	4	4	0	0	Pass Sem VII	Nil

Bachelor in Physical Education and Sports with Honours**Programme : Bachelor in Physical Education and Sports with Honours****Year: IV****Semester: VIII
Paper DSE****Subject: Physical Education****Course: DSE****Course Title:** Statistics in Physical Education & Sports**Course Outcomes:**

- Students will understand basic statistical concepts, including mean, median, mode, variance, standard deviation, and distribution types, and their relevance in physical education and sports contexts.
- Students will grasp the fundamental principles of probability theory and its applications in predicting outcomes in sports and physical education scenarios.
- Students will learn various methods for collecting data in physical education and sports settings, including surveys, observational methods, and experimental designs.
- Students will use descriptive statistics to summarize and describe data, providing a clear overview of key metrics and trends in physical education and sports research.
- Students will understand different research designs, including experimental, quasi-experimental, and non-experimental designs, and their appropriate use in physical education and sports research.

Credits: 4**Discipline Specific Elective**

Max. Marks: As per univ. rules		Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> Meaning and Definition of Statistics.,Function, need andimportance of Statistics. Types of Statistics. Meaning ofthe terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non- parametric statistics. 	15
Unit II	<ul style="list-style-type: none"> Data Classification, Tabulation and Measures of Central Tendency Meaning, uses and construction of frequency table. 	15
Unit III	<ul style="list-style-type: none"> Measures of Dispersions and Scales Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation 	15
Unit IV	<ul style="list-style-type: none"> Probability Distributions and Graphs Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form normality –Skewness and Kurtosis. Statistics Tests of significance; Independent“t” test, Dependent “t” test – chi – square test. level of confidence and interpretation of data. Meaning ofcorrelation – co-efficient of correlation. 	15

Recommended Readings

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clark D.H. (1999)
- Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.Jerry R Thomas & Jack K Nelson (2000)
- Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999)
- Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985)
- Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Sivaramakrishnan. S. (2006)
- Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VIII

Bachelor of Physical Education and Sports with Honours

DISCIPLINE SPECIFIC ELECTIVES (DSE)- Athletic Care & Rehabilitation

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Athletic Care & Rehabilitation	4	4	0	0	Pass Sem VII	Nil

Bachelor in Physical Education and Sports with Honours

Programme : Bachelor in Physical Education and Sports with Honours

Year: IV

Semester: VIII
Paper DSE

Subject: Physical Education

Course: DSE

Course Title: Athletic Care & Rehabilitation

Course Outcomes:

- The student will gain practical as well as theoretical knowledge about care of athletes.
- The student will gain knowledge and practical about therapeutic modalities which helps in rehabilitation process.
- The student will learn about different types of corrective exercises for the athletes rehabilitation.

Credits: 4

Discipline Specific Elective

Max. Marks: As per univ. rules

Min. Passing Marks: As per Univ. rules

Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Definition and objectives of corrective physical Education. 	15

	<ul style="list-style-type: none"> • Posture and body mechanics, Standards of Standing Posture. • Value of good posture, Drawbacks and causes of bad posture. Posture test – Examination of the spine. 	
Unit II	<ul style="list-style-type: none"> • Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, • Knock Knee, Bow leg, Flat foot. • Causes for deviations and treatment including exercises. • Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles. 	15
Unit III	<ul style="list-style-type: none"> • Brief history of massage – Massage as an aid for relaxation – Points to be considered in giving massage – Physiological, Chemical, Psychological effects of massage – Indication/Contraindication of Massage • Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage-Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage. 	15
Unit IV	<ul style="list-style-type: none"> • Principles pertaining to the prevention of Sports injuries – care and treatment of exposed and unexposed injuries in sports – Principles of apply cold and heat, infrared rays – Ultrasonic, Therapy – Short wave diathermy therapy. Principles and techniques of Strapping and Bandages, Contrast Bath, Paraffin Bath. 	15

Recommended Readings

- Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
- Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
- Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
- Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.
- Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VIII
Bachelor in Physical Education and Sports with Honours

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Athletics Field and Combined Events

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Athletics Field and Combined Events	4	0	0	4	Pass Sem VII	Nil

BACHELOR IN PHYSICAL EDUCATION AND SPORTS WITH HONOURS

Programme: Bachelor in Physical Education and Sports with Honours		Year: IV	Semester: VIII Paper: DSE
Subject: Physical Education			
Course: DSE	Course Title: Athletics Field and Combined Events		
<p>Course Outcome:</p> <ul style="list-style-type: none">• Understanding the Fundamentals – Gain in-depth knowledge of various track events, including sprints, middle-distance, long-distance races, and marathons, along with their historical and technical aspects.• Skill Development and Performance Enhancement – Learn and apply correct sprinting, running, and finishing techniques, improving speed, endurance, and race strategies through scientific training methods.• Officiating and Event Management – Develop the ability to officiate track events, understand race rules and regulations, and efficiently organize athletic meets and marathon races.• Application of Sports Science – Apply principles of biomechanics, physiology, and nutrition to optimize performance, prevent injuries, and enhance recovery in track and marathon running.			

Credits: 4		123	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> History and Evolution of field Events Classification of Field Events: Jumping and Throwing Fundamental Techniques and Skills Required Equipment and Facilities for Field Events Safety Measures and Injury Prevention 	15	
II	<ul style="list-style-type: none"> Long Jump: Phases (Approach, Take-off, Flight, Landing) and Techniques High Jump: Scissors, Straddle, and Fosbury Flop Techniques Triple Jump: Phases (Hop, Step, and Jump) and Execution Pole Vault: Equipment, Techniques, and Training Methods 	15	
III	<ul style="list-style-type: none"> Shot Put: Glide and Rotational Techniques Discus Throw: Grip, Stance, and Rotational Technique Javelin Throw: Grip, Approach, and Release Technique Hammer Throw: Swinging, Turning, and Release Techniques Strength Training and Conditioning for Throwers 	15	
IV	<ul style="list-style-type: none"> Decathlon (Men): Overview of 10 Events and Training Strategies Heptathlon (Women): Overview of 7 Events and Performance Optimization Scoring System and Point Calculation in Combined Events Psychological Preparation and Competition Strategies 	15	

Recommended Readings

- **Singh, Ajmer (2019).** *Essentials of Track and Field*. Khel Sahitya Kendra.
- **Kansal, D.K. (2008).** *A Textbook of Applied Measurement, Evaluation & Sports Training*. Sports & Spiritual Science Publications.
- **Sharma, V.K. (2015).** *Athletics and Track Events in India*. Sports Publication.
- **Mohan, V. (2018).** *Scientific Approach to Running and Marathon Training*. Sports Literature House.
- **Bisht, Dr. M.P. (2021).** *Advanced Training Methods for Athletics*. Khel Sahitya Kendra.
- **Jensen, C. R., & Fisher, A. G. (2000).** *Scientific Basis of Athletic Conditioning*. Lea & Febiger.
- **Hunter, J. S. (2019).** *The Science of Running: How to Find Your Limit and Train to Maximize Your Performance*. VeloPress.
- **Payton, C. & Bartlett, R. (2008).** *Biomechanical Evaluation of Movement in Sport and Exercise*. Routledge.
- **McArdle, W. D., Katch, F. I., & Katch, V. L. (2014).** *Exercise Physiology: Nutrition, Energy, and Human Performance*. Lippincott Williams & Wilkins.
- **IAAF (World Athletics). (2020).** *Coaching Manual for Track and Field Events*. World Athletics Publications.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-VIII

Bachelor in Physical Education and Sports with Honours

DISSERTATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course		Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial/Fieldwork/ Practical/Practice		
DISSERTATION	6			Pass Sem VII	Nil

Bachelor in Physical Education and Sports with Honours

Programme : Bachelor in Physical Education and Sports with Honours

Year: IV

**Semester: VIII
Paper: Dissertation**

Subject: Physical Education

**Course:
DISSERTATION**

Course Title: Dissertation

Course Outcomes:

After studying this course, the students will be able to:

- Develop advanced research skills, including the ability to formulate research questions, design methodologies, gather and analyze data, and draw meaningful conclusions.
- Enhance their critical thinking abilities through the evaluation and synthesis of existing literature, identification of gaps in current knowledge, and the development of innovative approaches to their research topic.
- Demonstrate the ability to work independently, manage their time effectively, and take responsibility for their own learning and research process.
- Develop problem-solving skills by addressing challenges and obstacles encountered during the research process.
- Cultivate an understanding of ethical considerations in research, including issues related to plagiarism, and responsible conduct of research.

Credits: 6

Dissertation

Max. Marks: As per Univ. rules

Min. Passing Marks: As per Univ. rules

Unit

Topic

No. of

		Hours
Unit I	Dissertation on Major OR Dissertation on Minor OR Academic Project/Entrepreneurship	

Recommended Readings

- Research Methods in Physical Activity" by Jerry R. Thomas, Jack K. Nelson, and Stephen J. Silverman
- *Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation*" by Kris E. Berg and Richard W. Latin
- Qualitative Research in Physical Activity and the Health Professions" by William A. Pitney and Jenny Parker

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IX**Master in Physical Education and Sports****DISCIPLINE SPECIFIC COURSE (DSC)- Scientific Principles of Sports Training****No. of Hours-60****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Scientific Principles of Sports Training	4	4	0	0	Pass Sem VIII	Nil

Master in Physical Education and Sports**Programme : Master in Physical Education and Sports****Year: V****Semester: IX
Paper: DSC****Subject: Physical Education****Course: DSC****Course Title:** Scientific Principles of Sports Training**Course Outcomes:**

- Get skilled for training of all the performance factors following scientific methodology.
- Get skilled about formulating training plan.
 - Develop ability to handle sports teams of different games in training as well as in competition.

Credits: 4**Discipline Specific Course****Max. Marks: As per Univ. rules****Min. Passing Marks: As per Univ. rules**

Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Sports Training: Definition – Aim and Objectives, Characteristics, Principles of Sports Training, Training Means and its types • Load: Definition, Features of Training Load, Principles of Load, Judgement of Load, Adoption Process and Condition of Adoption, Super Compensation, Overload – Causes and Symptoms, Tackling of Overload 	15
Unit II	<ul style="list-style-type: none"> • Strength: Forms and Characteristics of Strength, Factors Determining Strength, Means, Methods and Principles of Strength training, Strength training for Women and Children. • Speed: Forms and Characteristics of Speed, Factors Determining Speed, Means, Methods and Principles of Speed training. • Endurance: Forms and Characteristics of Endurance, Factors Determining Endurance, Means, Methods and Principles of Endurance training. • Flexibility: Forms and Characteristics of Flexibility, Factors Determining Flexibility, Means, Methods and Principles of Flexibility training. • Coordinative Abilities: Characteristics, Classification and Importance of Coordinative abilities, Training Means and Methods. 	15
Unit III	<ul style="list-style-type: none"> • Technique: Definition of Technique, Skill and Style, Aim of Technique, Rational Technique, Characteristics of Technique, Motor learning and different Phases of skill acquisition, Interference and transfer in motor learning, Methods of technique training, causes and correction of faults. • Tactics: Definition of tactics and strategy, Basic Tactical concepts – Offensive, Defensive and High Performance, Methods of Tactical Training, Control of tactical knowledge. 	15
Unit IV	<ul style="list-style-type: none"> • Planning: Meaning, Importance and Principles of Planning, Systems of Planning, Types of Training Plans, Top Form, Periodisation and its types, Contents for various periods of training and formulation of training plan, Training Session and its structure. Preparation of training plan. • Competition Planning and Preparation: Importance of competitions, Competition frequency, Types of Competitions, Main and Build-up Competitions, Direct Preparation for an important competition, Psychological preparation of sportsman for competition, preparation of competition plan. • Doping: Definition, Classes and Methods of Doping, Side effects of drugs, IOC List of drugs, Dope testing programs and procedures, Blood Doping 	15

Recommended Readings

- Beotra Alka, Drug Education Handbook on Drug Abuse in Sports (Delhi: Sports Authority of India, 2000)
- Bompa T. O. & Buzzichelli C. A. Periodization: Theory and Methodology of Training. Sixth Edition. Human Kinetics Publication, USA.
- Bunn, J.W: Scientific Principles of Coaching.
- Cart, E. Klafs & Daniel, D. Arnheim, Modern Principles of Athletic Training, (St.Louis C.V. Mosphy Company, 1999)
- Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
- David, R. Mottram, Drugs in Sports, (School of Pharmacy, Liverpool: John Moore University, 1996)
- Dick W. Frank. Sports Training Principles (London: Lepus Books, 1980).
- Haff G. G., & Triplett N. T. Essentials of Strength and Conditioning, 4th Edition, Human Kinetics Publication, USA.
- Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
- Jensen, R. Clayne, and Fisher A. G. . Scientific Basis of Athletic and conditioning(Philadelphia: Lea and Fibiger 1979), 2 Edn.
- Laursen P. & Buchheit M. Science and Applications of High-Intensity Interval Training. Human Kinetics Publications, USA
- Matvyew, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
- Morehouse and Rash: Scientific Basis of Athletic-Training.
- Schmidt R. A. & Lee T. D. Motor Learning and Performance (from Principles of Adaptation) Sixth Edition, Human Kinetics Publication, USA.
- Singh, H. Sports Training, General Theory and methods (Patiala: NSNIS, 1984).

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egyankosh.ac.in>

Semester-IX
Master in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Sports Medicine

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Sports Medicine	4	4	0	0	Pass Sem VIII	Nil

Master in Physical Education and Sports

Programme: Master in Physical Education and Sports

Year: V

Semester: IX
Paper: DSE

Subject: Physical Education

Course: DSE

Course Title: Sports Medicine

Course Outcome:

- Learn and gain knowledge about sports medicine.
- Gain knowledge about various types of sports injuries.
- Gain practical knowledge about sports injuries rehabilitation.
- Learn about use of first aid.

Credits: 4		130	Discipline Specific Electives
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules	
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, and chronic, advantages and disadvantages of PRICE, PRINCE therapy, Aquatic therapy. 	15	
II	<ul style="list-style-type: none"> Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading. 	15	
III	<ul style="list-style-type: none"> Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries. 	15	
IV	<ul style="list-style-type: none"> Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries. Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures. 	15	

Recommended Readings

- Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
- James, A.Gould & George J.Davies. (1985) Physical Therapy. Toronto: C.V. Mosby Company.
- Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication
- Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra
- The Encyclopedia of Sports Medicine. (1998). the Olympic Book of Sports Medicine,
- Brukner, P. (2012). Brukner & Khan's clinical sports medicine. North Ryde: McGraw-Hill.Australia
- Haupt, H. A. (2001). Upper extremity injuries associated with strength training. Clinics in sports medicine, 20(3), 481-490.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities.

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IX
Masters in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Physiology of Exercise

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Physiology of Exercise	4	4	0	0	Pass Sem VIII	Nil

MASTERS IN PHYSICAL EDUCATION AND SPORTS

Programme: Masters in Physical Education and Sports

Year: V

Semester: IX

Paper: DSE

Subject: Physical Education

Course: DSC

Course Title: Physiology of Exercise

Course Outcome:

- Understand the meaning and importance of exercise physiology.
- Learn the basic terminology of bioenergetics and metabolism related to exercise and training.
- Understand the mechanism of muscle contraction
- Have knowledge about the neural control of muscular activity
- Understand and identify the physiological response of exercise on different body system.
- Get an insight into the influence of environment factors on performance
- Concept of sports nutrition and obesity

Credits: 4		132	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> • Definition of Physiology and Exercise Physiology • Need and importance of Exercise Physiology in the field of Physical Education and sports. • Scope of Exercise Physiology 	15	
II	<ul style="list-style-type: none"> • Energy production, structure and function of ATP. • Meaning and concept of Aerobic and Anaerobic Energy Metabolism. • Chemical composition of skeletal muscle, Microscopic structure of skeletal muscles, muscle fiber types • Sliding filament theory of Muscle contraction. 	15	
III	<ul style="list-style-type: none"> • Work capacity under different environmental conditions (Hot, Humid, Cold and High Altitude). • Effect of exercise/training on various systems of body: Cardio-respiratory, muscular and thermo-regulatory systems • Oxygen Debt, Second Wind. 	15	
IV	<ul style="list-style-type: none"> • Basic concept of a balanced diet, appropriate diet before, during and after athletic performance. • Ergogenic aids and Doping in sports • Definition of obesity, measurement of body fat by various methods, Body weight control. 	15	

Recommended Readings

- Benson, R., & Connolly, D. (2011). Heart rate Training. USA: Human Kinetics.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Bowers, R. W., Foss, M. M., & Fox, E. (1998). Physiological basis of Exercise and Sports(6th ed.). USA: McGraw-Hill Publisher.
- Burke, E. R. (1998). Precision Heart rate Training. USA: Human Kinetics
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- Cheung, S. S. (2010). Advanced Environmental Exercise Physiology. USA: Human Kinetics.
- David, L Costill. (2004). Physiology of Sports and Exercise. USA: Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard
- Plowman, A. S., & Smith, L. D. (2017). Exercise Physiology(5th ed.). USA: Wolters Kluwer.
- Plowman, A. S., & Smith, L. D. (2017). Exercise Physiology for Health, Fitness and Performance(5th ed.). USA: Wolters Kluwer.
- Porcari, J., Bryant, C., & Comana, F. (2015). Exercise Physiology. USA: F A Davis.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent OnlineCourses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IX
Masters in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Sports Specialization – I

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Sports Specialization – I (Skill Proficiency) Athletics/Badminton/ Basketball/Cricket/ Football/Gymnastics/ Handball/Hockey/ Kabaddi & Kho- Kho/Lawn Tennis/ Volleyball/Yoga (Any One)	4	0	0	4	Pass Sem VIII	Nil

MASTERS IN PHYSICAL EDUCATION AND SPORTS

Programme: Masters in Physical Education and Sports

Year: V

Semester: IX
Paper: DSE

Subject: Physical Education

Course: DSC

Course Title: Sports Specialization – I (Skill Proficiency)
 Athletics/Badminton/Basketball/Cricket/ Football/Gymnastics/Handball/Hockey/ Kabaddi & Kho-
 Kho/Lawn Tennis/ Volleyball/Yoga (Any One)

Course Outcome:

- Demonstrate mastery in fundamental and advanced techniques of the chosen sport.
- Apply biomechanical principles to enhance performance and minimize injury risks.
- Exhibit a comprehensive understanding of the official rules and regulations.
- Officiate competitions effectively and make fair judgments based on game situations.
- Design structured training plans focusing on skill development, fitness, and tactical strategies.
- Utilize periodization principles to enhance athlete performance in a competitive setting.

Credits: 4		134	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> • Introduction and Historical Development of games with special reference to India. • Important Tournaments held at National and International Levels. • National sports Awardees related to the game. 	15	
II	<ul style="list-style-type: none"> • Organizational set-up at national and International level (governing Bodies) • Measurement and Markings of concern game. • Facilities and Equipment of games. 	15	
III	<ul style="list-style-type: none"> • Training and development of fundamental skill and techniques of the game. • Training and development of advance techniques of the game. □ • Implementation of drills for the technical Training. 	15	
IV	<ul style="list-style-type: none"> • Strategy and tactics of the game • Training and development of Basic tactics. • Training and development of Advance Tactics. • Rules and their interpretation of concern game. • Duties and responsibilities of the Technical Officials. • Training / coaching Lesson plan of the game. 	15	

Recommended Readings

- **Khan, E. A.** (2016). *Modern Coaching in Sports*. Sports Publications, New Delhi.
- **Sharma, V. M.** (2018). *Scientific Principles of Sports Training*. Friends Publications, India.
- **Sodhi, H. S.** (2005). *Sports Biomechanics and Kinesiology*. Anmol Publications, New Delhi.
- **Kamlesh, M. L.** (2019). *Physical Education: Facts and Foundations*. Khel Sahitya Kendra, New Delhi.
- **Singh, H.** (2012). *Science of Sports Training*. DVS Publications, India.
- **Shekar, K. C.** (2015). *Theory and Practice of Sports Coaching*. Sports Publications, India.
- **Satyanarayana, L.** (2014). *Athletic Training and Conditioning*. Khel Sahitya Kendra, New Delhi.
- **Bompa, T. O., & Haff, G. G.** (2018). *Periodization: Theory and Methodology of Training*. Human Kinetics, USA.
- **Schmidt, R. A., & Wrisberg, C. A.** (2008). *Motor Learning and Performance: A Situation-Based Learning Approach*. Human Kinetics, USA.
- **Wilmore, J. H., Costill, D. L., & Kenney, W. L.** (2021). *Physiology of Sport and Exercise*. Human Kinetics, USA.
- **Baechle, T. R., & Earle, R. W.** (2008). *Essentials of Strength Training and Conditioning*. National Strength & Conditioning Association, USA.
- **Martens, R.** (2012). *Successful Coaching*. Human Kinetics, USA.
- **Magill, R. A., & Anderson, D. I.** (2017). *Motor Learning and Control: Concepts and Applications*. McGraw Hill, USA.
- **Zatsiorsky, V. M., & Kraemer, W. J.** (2006). *Science and Practice of Strength Training*. Human Kinetics, USA.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IX
Masters in Physical Education

GENERIC ELECTIVE (GE) – Introduction of Sports Training

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
GE: Introduction of Sports Training	4	4	0	0	Pass Sem VIII	Nil

MASTERS IN PHYSICAL EDUCATION

Programme: <i>Masters in Physical Education</i>		Year: V	Semester: IX
			Paper: GE
Subject: Physical Education			
Course: GE	Course Title: Introduction of Sports Training		
<p>Course Outcome:</p> <ul style="list-style-type: none">• The students will learn about the Meaning and Principles of Sports Training.• The students will know about various important terms of Sports Training like Load, Adaptation, Super-compensation, and Overload to make it more effective and meaningful.• The students will be explained about various training methods for improving the Motor abilities of Sportspersons.• The students will acquire knowledge of Training plans and principles of Periodization for achieving Top form for an athlete.			

Credits: 4		136	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	INTRODUCTION TO SPORTS TRAINING <ul style="list-style-type: none"> • Introduction, Meaning & Definition of Training • Aim & Objective of Training • Principles of Sports Training 	15	
II	FITNESS COMPONENTS <ul style="list-style-type: none"> • Strength: Definition and its Types • Endurance: Definition and its Types • Speed: Definition and its Types • Flexibility: Definition and its Types • Coordinative Ability Definition and its Types 	15	
III	TRAINING PROCESS <ul style="list-style-type: none"> • Technical Training • Tactical Training • Circuit & Weight Training 	15	
IV	LOAD ADAPTATION AND PLANNING <ul style="list-style-type: none"> • Overview of Training Load & Recovery • Introduction to Periodization 	15	

Suggested Readings:

- Bill Foran, High Performance Sports Conditioning.
- Frank W. Dick, Sports Training Principles. 4th Edition, Friends Publication, 2006
- G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
- Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
- Beachle, T.R.: Earle, R.W.: Essentials of strength training and conditioning, NSCA Publication, 2000.
- Slater, G., & Phillips, S. M. (2011). Nutrition guidelines for strength sports: sprinting, weightlifting, throwing events, and bodybuilding. Journal of Sports Sciences, 29(sup1), S67- S77.
- Frank W. Dick, Sports Training Principles. 4th Edition, Friends Publication, 2006
- G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
- Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
- John SK (2014). 'Health Fitness and Wellness' ISBN No: 978 93 8218665 6 Prestige Books International, Delhi.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-IX
Masters in Physical Education and Sports

DISSERTATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course		Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial/Fieldwork/ Practical/Practice		
DISSERTATION	6			Physical Education in Bachelor of Arts	Nil

MASTERS OF PHYSICAL EDUCATION AND SPORTS

Programme: Masters in Physical Education and Sports		Year: V	Semester: IX
			Paper: Dissertation
Subject: Physical Education			
Course: DISSERTATION	Course Title: Dissertation		
Course Outcomes: After studying this course, the students will be able to: <ul style="list-style-type: none">• Develop advanced research skills, including the ability to formulate research questions, design methodologies, gather and analyze data, and draw meaningful conclusions.• Enhance their critical thinking abilities through the evaluation and synthesis of existing literature, identification of gaps in current knowledge, and the development of innovative approaches to their research topic.• Demonstrate the ability to work independently, manage their time effectively, and take responsibility for their own learning and research process.• Develop problem-solving skills by addressing challenges and obstacles encountered during the research process.• Cultivate an understanding of ethical considerations in research, including issues related to plagiarism, and responsible conduct of research.			
Credits: 6		Dissertation	
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules	
Unit	Topic		No. of

		Hours
	Dissertation on Major OR Dissertation on Minor OR Academic Project/Entrepreneurship	90

Recommended Readings

- Research Methods in Physical Activity" by Jerry R. Thomas, Jack K. Nelson, and Stephen J. Silverman
- *Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation" by Kris E. Berg and Richard W. Latin*
- Qualitative Research in Physical Activity and the Health Professions" by William A. Pitney and Jenny Parker

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-X
Masters in Physical Education and Sports

DISCIPLINE SPECIFIC COURSE (DSC)- Psychology in Sports and Physical Education

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
DSC: Psychology in Sports and Physical Education	4	4	0	0	Passed IX Sem	Nil

MASTERS IN PHYSICAL EDUCATION AND SPORTS

Programme : Masters in Physical Education and Sports		Year: V	Semester: X
Subject: Physical Education			
Course: DSC	Course Title: Psychology in Sports and Physical Education		
Course Outcomes: <ul style="list-style-type: none">• apply on athletes that enhance their motor skills and learning processes, help them cope better with competitive pressure and anxiety, fine-tune the level of awareness that they need for optimal performance and to not lose focus amidst distractions and in a competitive environment.• Understand and to imply the concepts of sports psychology and sociology in various sports and games.• Get equipped with the knowledge of various psychological skills in improvement of performance.•			
Credits: 4			Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules

Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Meaning, History, Scope, Need and Importance of Sports Psychology. • Present status of Sports Psychology in India. • Relationship of Sports Psychology with other Sports Sciences. • Personality: Meaning and definition of personality. <ul style="list-style-type: none"> • Personality traits of sportspersons. • Effect of personality on Sports Performance • Personality differences among various sports group. 	15
Unit II	<ul style="list-style-type: none"> • Psychological peculiarities of young athletes with reference to pre– adolescence and adolescence –Psychomotor, Cognitive and Social Dimension. • Interplay of Heredity and Environment with sports performance, Heredity Principles and Environment. • Role of Family, School and Society in Participation of children in sports. • Psychological problems of Young Athletes. • Individual differences and their implications in sports. 	15
Unit III	<ul style="list-style-type: none"> • Cognitive Process: Meaning and Characteristics of Cognitive process in sports. Sensation, Perception, Thinking, Imagination, Memory. • Attention- <ul style="list-style-type: none"> □ Dimensions of Attention, □ Distractibility in Attention, □ Strategies to develop Attention. • Motor Learning: Meaning of Motor Learning. <ul style="list-style-type: none"> □ Factors Affecting Motor Learning. □ Motor development in various periods of childhood and adolescence. 	15
Unit IV	<ul style="list-style-type: none"> • Motivation: Meaning and definition of Motivation–Motive, Need and Drive. □ Types of Motivation, Relationship between intrinsic and extrinsic motivation, Technique of Motivation. • Role of Motivation in Sports Performance, Achievement Motivation. • Emotions: Meaning and definition of Emotion. • Types of emotion. • Influence of Emotion on Sports Performance, Anxiety, Fear and Aggression. <ul style="list-style-type: none"> □ Psychological Tests– Visual Perception Test:- Muller Lyer, Mirror Drawing, Depth Perception, E.P.Q:- Thakur & Thakur, Competitive Behaviour Scale:-R. K. Yadav Practicum: 	15

Recommended Readings

- Alderman, R.B. Psychological Behaviour in sports. (Philadelphia: London, Saunders Company, 1974).
- But Susan Dorcas, Psychology of Sports (Network: Van Nostrand and Reinhold Company) Edn. 2
- Cratty Bryant, J. Movement Behaviour and Motor Learning. (Philadelphia: Lea and Febiger, 1973), Edn. 3
- Cratty Bryant, J. Psychology and Physical Activity. (New Jersey Englewood Cliffs, Prentice Hall Inc. 1965).
- Cratty Bryant, J. Psychological Proportion and Athletics Excellence. (New York: Movement publications Inc. 1978).
- Kamlesh, M.L. Psychology of physical Education and Sports. (New Delhi: Metropolitan Book Co., Pvt. Ltd. 1983).
- Kene J. E. Psychological Aspect of Physical Education and sports. (London, Boston: Routledge and K. Egan Paul, 1972)
- Liewellyn Jack H. and Blucker Judy A. Psychology of Coaching Theory and application (Delhi: Surjeet Publishers, 1975).
- Robert Glynn C. Learning Experiences in sports Psychology. (Illinois: Human Kinetics Publisher Inc. 1986)
- Martens Rainer, Coaching Guide to Sports Psychology (Illinois: Human Kinetics Publisher Inc. 1987).
- Linda K. Binkert, Robert J. Ratella and Ann S. Reilly. Sports Psychology, Psychological consideration in Maximizing Sports Performance (C. Brown publishers Dubuque Iowa).
- Gill Daniel: Psychological dynamics of sports (Illinois: Human Kinetics publisher Inc. 1987).
- John, D. Lauther, Psychology of Coaching. (New Jersey: Prentice Hall Inc., 2000)

Suggested Continuous Evaluation Methods: Assignment / Practical / Viva Voce / Test / Quiz (MCQ) / Seminar / Presentation / Overall Performance throughout the Semester (includes attendance, Behavior / Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-X
Masters in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Health Education and Sports Nutrition

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Health Education and Sports Nutrition	4	0	0	0	Passed IX Sem	Nil

Masters in Physical Education and Sports

Programme: Masters in Physical Education and Sports		Year: V	Semester: X
Subject: Physical Education			
Course: DSC	Course Title: Health Education and Sports Nutrition		
<p>Course Outcome:</p> <p>After completing this course, the students will be able to-</p> <ul style="list-style-type: none">• learn and accept individual and collective responsibility for healthy living at home , college , university and in the community.• help students know their health status.• create awareness among students about safety Measures. To acquaint them with first Aids Measures about common sickness and injuries.• knows about the Abuse of Drugs and its adverse effect of body and mind.• knows about the Management of life style, Hyper tension, Obesity and Stress.• knows about sports Nutrition and it energy Metabolism.• knows about diet plan and preparation of diet Plan.			

Credits: 4		143	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> Concept, Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education, Health Instruction, Health Supervision; Aim, objective and Principles of Health Education, instruction in personal hygiene and Environmental hygiene 	15	
II	<ul style="list-style-type: none"> Communicable and Non Communicable Diseases, History of Diseases, Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population Personal and Environmental Hygiene for schools, Objective of school health service, Role of health education in schools, Health Services Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care 	15	
III	<ul style="list-style-type: none"> Meaning of Hygiene, Type of Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress. 	15	
IV	<ul style="list-style-type: none"> Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise. Role of Vitamins and Minerals. Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control, maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss. 	15	

Recommended Readings

- Bucher, Charles A. "Administration of Health and Physical Education Programme".
- Delbert, Oberteuffer, et. al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Turner, C.E. "The School Health and Health Education". Moss and et. At. "Health Education" (National Education Association of U.T.A.)
- Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- J.E & Park. K. (2007) Preventive and Social Medicine ; Banarsidas Bhanot-Jabalpur M.P.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

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Semester-X
Masters in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Remedial and Corrective Physical Education	4	3	0	1	Passed Class IX Sem	Nil

MASTERS IN PHYSICAL EDUCATION AND SPORTS

Programme: Masters in Physical Education in and Sports

Year: V

Semester: X

Paper: DSE

Subject: Physical Education

Course: DSC

Course Title: Remedial and Corrective Physical Education

Course Outcome:

- The course outcomes of "Remedial and Corrective Exercise in Physical Education" aim to equip students with the knowledge and skills necessary to design, implement, and evaluate exercise programs that address specific physical deficiencies, correct postural issues, and enhance overall functional performance.
- It ensure that students completing a course in "Remedial and Corrective Exercise in Physical Education" are well-prepared to design and implement effective exercise programs that address physical impairments, correct postural issues, and enhance overall functional performance, contributing to the holistic well-being of their clients.

Credits: 4		145	Discipline Specific Course
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> • Meaning, importance and scope of posture education. • concept and classification of posture, Correct and incorrect posture, • Static and dynamic posture, Body type and posture 	15	
II	<ul style="list-style-type: none"> • Postural Deformities, A study of Physical defects in posture and the corrections to be arrived at – Kyphosis, Lordosis, Scoliosis • Flat foot. Bowed legs Knocked knees Corrective exercise • Assessment of posture-posture test. Therapeutic exercise and their classification. 	15	
III	<ul style="list-style-type: none"> • Sports Injuries, Introduction to sports injuries • Role of trained personnel in the management of the sports injuries • Prevention injuries, Factors causing sports injuries • Factors sports injuries, Complications of incomplete treatment 	15	
IV	<ul style="list-style-type: none"> • Common sport injuries and their immediate treatment, Sprain, Strain, Contusion and hematoma, Dislocation, Fracture, Rehabilitation Definition objectives and scope • Effects and uses of the therapeutic modalities in, Cold therapy, Hot most, Infra Red, Contrast bath, Wax bath therapy, • Massage, Brief history of massage, Principles of application of Massage, Classification of the manipulations used in massage, effects of each such type on different systems of human body, Stroking manipulation, Pressure manipulation Percussion Manipulation 	15	

Recommended Readings

- Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana, 2000
- Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana, 2000 Sharma, Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi.
- Dagar, R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.
- Thomas R. Baechle and Roger W. Earle, (2000).
- **ACSM's Guidelines for Exercise Testing and Prescription** (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) **Teaching Today Health**, Mosby Publishers, Chicago (USA)
- Beotra, Alka (2001-02) **Drug Education Handbook on Drug Abuse in Sports**, Applied Nutrition Sciences, Mumbai.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in>, egyankosh.ac.in

Semester-X
Masters in Physical Education and Sports

DISCIPLINE SPECIFIC ELECTIVE (DSE)- Sports Specialization – II

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
DSE: Sports Specialization – II (Skill Proficiency) Athletics/Badminton/ Basketball/Cricket/ Football/Gymnastics/ Handball/Hockey/ Kabaddi & Kho- Kho/Lawn Tennis/ Volleyball/Yoga (Any One)	4	0	0	0	Passed Class IX Sem	Nil

MASTERS IN PHYSICAL EDUCATION AND SPORTS

Programme: Masters in Physical Education and Sports		Year: V	Semester: X
Subject: Physical Education			
Course: DSC	Course Title: Sports Specialization – II (Skill Proficiency) Athletics/Badminton/Basketball/Cricket/ Football/Gymnastics/Handball/Hockey/ Kabaddi &Kho- Kho/Lawn Tennis/ Volleyball/Yoga (Any One)		
Course Outcome: <ul style="list-style-type: none">• Demonstrate mastery in fundamental and advanced techniques of the chosen sport.• Apply biomechanical principles to enhance performance and minimize injury risks.• Exhibit a comprehensive understanding of the official rules and regulations.• Officiate competitions effectively and make fair judgments based on game situations.• Design structured training plans focusing on skill development, fitness, and tactical strategies.• Utilize periodization principles to enhance athlete performance in a competitive setting.			

Credits: 4		147	Discipline Specific Electives
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic	No. of Hours	
I	<ul style="list-style-type: none"> • Introduction and Historical Development of games with special reference to India. • Important Tournaments held at National and International Levels. • National sports Awardees related to the game. 	15	
II	<ul style="list-style-type: none"> • Organizational set-up at national and International level (governing Bodies) • Measurement and Markings of concern game. • Facilities and Equipment of games. 	15	
III	<ul style="list-style-type: none"> • Training and development of fundamental skill and techniques of the game. • Training and development of advance techniques of the game. □ • Implementation of drills for the technical Training. 	15	
IV	<ul style="list-style-type: none"> • Strategy and tactics of the game • Training and development of Basic tactics. • Training and development of Advance Tactics. • Rules and their interpretation of concern game. • Duties and responsibilities of the Technical Officials. • Training / coaching Lesson plan of the game. 	15	

Recommended Readings

- **Khan, E. A.** (2016). *Modern Coaching in Sports*. Sports Publications, New Delhi.
- **Sharma, V. M.** (2018). *Scientific Principles of Sports Training*. Friends Publications, India.
- **Sodhi, H. S.** (2005). *Sports Biomechanics and Kinesiology*. Anmol Publications, New Delhi.
- **Kamlesh, M. L.** (2019). *Physical Education: Facts and Foundations*. Khel Sahitya Kendra, New Delhi.
- **Singh, H.** (2012). *Science of Sports Training*. DVS Publications, India.
- **Shekar, K. C.** (2015). *Theory and Practice of Sports Coaching*. Sports Publications, India.
- **Satyanarayana, L.** (2014). *Athletic Training and Conditioning*. Khel Sahitya Kendra, New Delhi.
- **Bompa, T. O., & Haff, G. G.** (2018). *Periodization: Theory and Methodology of Training*. Human Kinetics, USA.
- **Schmidt, R. A., & Wrisberg, C. A.** (2008). *Motor Learning and Performance: A Situation-Based Learning Approach*. Human Kinetics, USA.
- **Wilmore, J. H., Costill, D. L., & Kenney, W. L.** (2021). *Physiology of Sport and Exercise*. Human Kinetics, USA.
- **Baechle, T. R., & Earle, R. W.** (2008). *Essentials of Strength Training and Conditioning*. National Strength & Conditioning Association, USA.
- **Martens, R.** (2012). *Successful Coaching*. Human Kinetics, USA.
- **Magill, R. A., & Anderson, D. I.** (2017). *Motor Learning and Control: Concepts and Applications*. McGraw Hill, USA.
- **Zatsiorsky, V. M., & Kraemer, W. J.** (2006). *Science and Practice of Strength Training*. Human Kinetics, USA.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

Suggested Equivalent Online Courses: SWAYAM, MOOCS, <https://vidyamintra.inflibnet.ac.in, egyankosh.ac.in>

Semester-X

Masters in Physical Education and Sports

GENERIC ELECTIVE (GE) – Obesity and Weight Management

No. of Hours-60

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/Practice		
(GE) - Obesity and Weight Management	4	4	0	0	Pass Sem IV	Nil

MASTERS IN PHYSICAL EDUCATION AND SPORTS

Programme: Masters in Physical Education and Sports		Year: III	Semester: V Paper: GE
Subject: Physical Education			
Course: GE	Course Title: Obesity and Weight Management		
Course Outcomes:			
After studying this course, the students will be able to:			
<ul style="list-style-type: none">• The learner will learn about the concept of obesity and its causes.• The learner will practice and manage the ways to prevent obesity.• The learner can assess the obesity (Basic methods).• The learner can practice and maintain a healthy weight.• The learner can modify behavior to control weight through diet and physical activities.			
The learner can design a balanced diet chart for his/her requirements			
Credits: 4			DSC
Max. Marks: As per Univ. rules			Min. Passing Marks: As per Univ. rules
Unit	Topic		No. of Hours

Unit I	OBESITY & IT'S ASSESSMENT <ul style="list-style-type: none"> • Concept and Causes of Obesity. • Health Risks Associated with Obesity. • Assessment of Obesity-Body Mass Index (BMI), Waist-Hip Ratio, Waist-Height ratio, Skinfold Thickness (Abdomen, triceps, thigh, Suprailliac). 	15
Unit II	MANAGEMENT OF OBESITY THROUGH DIET <ul style="list-style-type: none"> • Nutrition and Balanced Diet. • Dietary Aids and Gimmicks. • Obesity and weight management through diet. 	15
Unit III	WEIGHT MANAGEMENT <ul style="list-style-type: none"> • Concept of weight, Importance of weight Management in Life. • Cultural and social aspects, Lifestyle patterns in contemporary system. • Goal setting and goal accomplishment, Self-control skills for weight management. 	15
Unit IV	WEIGHT MANAGEMENT THROUGH PHYSICAL ACTIVITIES AND BEHAVIOUR <ul style="list-style-type: none"> • Importance of maintaining Healthy Weight; Weight Management and Energy Balance. • Principles of weight management; Aerobic & Anaerobic activities. • Behavior Modification techniques for weight management. 	15

Suggested Readings:

- Pawar, B., Joshi.A., Chaudhary, V. (2022), "Practical Manual for Physical Education", Friends Publications. New Delhi (India) ISBN-978-93-95829-30-4.
- Kumar, P (2022). "Assessment & Management of Obesity". Friends Publication (India)
- Saini N., Suri. M., (2020) "Sports Psycho-Physiology", Friends Publication, New Delhi (India) ISBN-978-93-88457-58-3.
- "Sports Nutrition and Weight Management", ISBN: 978-93-88269-53-7, Year 2019, published by Sports Publication, Darya Ganj, New Delhi-110002
- Anspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). "Wellness: Concepts and applications". McGraw-Hill Companies.
- Caliendo, M. A. (1981). "Nutrition and preventive health care". Macmillan.
- Hales, D. (2006). "An invitation to health". Cengage Learning.

- Hoeger, W. W. K., & Hoeger, S. A. (2007). "Fitness & Wellness. Belmont", USA: Thomson Wadsworth
- Howley, E. T., & Franks, B. D. (1986). "Health/Fitness Instructor's Handbook". Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
- Kansal D.K. (2012). "Test Measurement and Evaluation". Sports Spiritual Sciences Publications, New Delhi.
- Kumari, S. S., Rana, A., & Kaushik, S. (2008). "Fitness, Aerobics & Gym Operations". New Delhi: Khel Sahitya Kendra
- Sharma K. et. al. (2014), "Fitness Aerobics & Gym Operations", Jyoti Enterprises, Delhi.
- Tiwari S. (1999). "Exercise Physiology", Sports Publications, Delhi.
- Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
- Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
- Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
- Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN 978-81-7730-847-1.
- Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN 978-81-937698-1-2.
- Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN 978-93-90461-18-9.
- Shaw D. (2020) "Yoga Asanas and their Benefits" Sports Publication, ISBN 978-81-9436-11-9-0.

Suggested Continuous Evaluation Methods: Assignment /Practical /Viva Voce/ Test/ Quiz (MCQ)/ Seminar/ Presentation/. Overall Performance throughout the Semester (includes attendance, Behavior/ Discipline, and participation in activities)

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Semester-X

Master of Physical Education and Sports

DISSERTATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the Course		Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial/Fieldwork/ Practical/Practice		
DISSERTATION	6			Passed IX Sem	Nil

MASTERS IN PHYSICAL EDUCATION AND SPORTS

MASTERS IN PHYSICAL EDUCATION AND SPORTS			
Programme : Master of Physical Education and Sports with Research		Year: V	Semester: X Paper: Dissertation
Subject: Physical Education			
Course: DISSERTATION	Course Title: Dissertation		
Course Outcomes:			
After studying this course, the students will be able to:			
<ul style="list-style-type: none">• Develop advanced research skills, including the ability to formulate research questions, design methodologies, gather and analyze data, and draw meaningful conclusions.• Enhance their critical thinking abilities through the evaluation and synthesis of existing literature, identification of gaps in current knowledge, and the development of innovative approaches to their research topic.• Demonstrate the ability to work independently, manage their time effectively, and take responsibility for their own learning and research process.• Develop problem-solving skills by addressing challenges and obstacles encountered during the research process.• Cultivate an understanding of ethical considerations in research, including issues related to plagiarism, and responsible conduct of research.			
Credits: 6		Dissertation	
Max. Marks: As per Univ. rules		Min. Passing Marks: As per Univ. rules	
Unit	Topic		No. of

		Hours
	Dissertation on Major OR Dissertation on Minor OR Academic Project/Entrepreneurship	90

Recommended Readings

- Research Methods in Physical Activity" by Jerry R. Thomas, Jack K. Nelson, and Stephen J. Silverman
- *Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation*" by Kris E. Berg and Richard W. Latin
- Qualitative Research in Physical Activity and the Health Professions" by William A. Pitney and Jenny Parker

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