



**GOVERNMENT COLLEGE, KALABURAGI**

**NEP-2020**

**PHYSICAL EDUCATION, SPORTS AND YOGA**

**CURRICULUM**

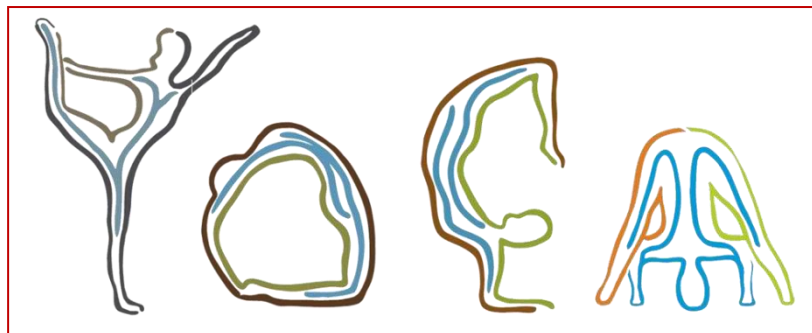


**FOR**

**BA/BSc/BCom/BCA AND ALL UG COURSES**

**2023-24 ONWARDS**

**REVISED IN THE BOARD OF STUDIES ON  
19-09-2023 FOR THE YEAR 2023-24**



**DEPARTMENT OF PHYSICAL EDUCATION  
GOVERNMENT COLLEGE (AUTONOMOUS), KALABURAGI**

## CONTENTS

S.N	PARTICULARS	PAGE.NO
1.	Preface	1
2.	Preamble	2-3
3.	Members, Board of Studies 2022-23 of Government College (Autonomous), Kalaburagi	4
4.	Proceedings of the Board of Studies for Physical Education, Sports and Yoga for Under Graduate Courses	5-7
5.	Model Curriculum and the Outcome	8-9
6.	Assessment Patterns	10-15
7.	Curriculum Structure	16-17
8.	Course Aim, Objectives, Learning Outcomes, Employability	18
9.	DSC-1 Introduction to Physical Education, Sports and Yoga :Theory, Practical's & Assessment, References	19-23
10.	DSC-2 Life Style Management: Theory, Practical's & Assessment, References	24-27
11.	DSC-3 Sports Training and Coaching, References	28-30
12.	DSC-4 Sports Injuries and Management, References	31-33
13.	DSC-5 Test, Measurement & Evaluation in Physical Education and Sports, References	34-36
14.	DSC-6 Sports Psychology & Sociology, References	37-38
15.	DSC-7 Sports Management, References	39-41
16.	DSC-8 Application of Sports Technology in Sports, References	42-44
17.	Semester-1 SEC-1 Health, Wellness and Yoga, References	45-46
18.	Semester-2-4 SEC-2 Physical Education and Sports, References	47-48
19.	Open Elective 1 <sup>st</sup> Semester any One 1. Yoga and Fitness 2. Sports Nutrition	49-50
20.	Open Elective 2 <sup>nd</sup> Semester any One 1. Physical Fitness for Careers 2. Adventurous Sports	51-52
21.	Open Elective 3 <sup>rd</sup> Semester any One 1. Self Defense 2. Sports Event Management	53-54

22.	Open Elective 4 <sup>th</sup> Semester any One 1. Sports and Recreation	55
23.	Open Elective 5 <sup>th</sup> Semester 1. Sports Journalism	56
24.	Open Elective 6 <sup>th</sup> Semester 1. Sports Nutrition	57
25.	Model of Question Papers	58-60
26.	Recommendations of the Committee	61-62

## PREFACE

“Education is the manifestation of the perfection already existing in Man” said Swami Vivekananda. The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education, Sports and Yoga are integrated under the National Education Policy (NEP) 2020. Physical Education, Sports and Yoga professionals, will contribute in bringing Health and Wellness at every aspect of one’s personality. Thus, developing and proposing the syllabus to introduce Physical Education, Sports and Yoga as discipline core, open elective and skill enhancement courses in all the under graduate courses at Government College(Autonomous), Kalaburagi.

The aim of Board of Studies is to develop the framework and to make Physical Education, Sports and Yoga accessible and available to masses by creation of professions in Physical Education, Sports and Yoga through the Higher Education Institutions. This will help young youths of this region of India to be Healthy, Fit and Stay well.

## PREAMBLE

India is growing rapidly as a global super-power. To face the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Government of India insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched Fit India Movement, Khelo India, TOPS and National Sports Day, International Yoga Day etc. These initiatives have given impetus and awareness among general public, professionals and academicians. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. Thus, the Governments of India and Government of Karnataka have included Physical Education, Sports and Yoga as a key area under the NEP 2020.

The Government of Karnataka, through the Karnataka State Higher Education Council constituted an expert committee to draft the curriculum framework for creating professionals in the area of Physical Education, Sports and Yoga at the Higher Education Institutions. Several meetings are conducted in both online and offline modes to discuss and prepare the Curriculum Framework. The curriculum framework is drafted for enhancing the skill development, value addition, overall personality development, entrepreneurship and employability. The courses proposed are Discipline Core, Elective and Skill Enhancement in nature and can be offered through HEIs.

The graduate level course in Physical Education, Sports and Yoga contains subjects varying from Foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & Coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics.

Methods of Teachings, History, Principles and Practices of Yoga, Application of Yoga etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education, sports and yoga courses are fit to join the jobs as physical and yoga trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers, yoga therapist etc. During their course of education, the students also develop the expertise to establish their own business as entrepreneurs in the field of Fitness, Sports, Yoga, Recreation, Adventure Sports, Camping, Event Management etc. The graduates who are interested can also pursue research in the field of Physical Education, Sports and Yoga.

Skills and knowledge are the driving forces of growth and development in any field of specialization. The countries with better and higher levels of skilled professionals adjust more effectively to the challenges and opportunities of globalization. A basic problem with our skill development system is that it is non-responsive to the demands of the market. Therefore, in order to develop the skills of our youth in the fields of Physical Education, Sports and Yoga directly or indirectly related to Physical Education, Sports and Yoga.

The Government College (Autonomous), Kalaburagi and its Board of Studies Committee in Physical Education 2023-24 has taken the initiative to revise the existing Physical Education, Sports and Yoga course syllabus to under graduate students.

# MEMBERS, BOARD OF STUDIES 2023-24

## PHYSICAL EDUCATION, SPORTS AND YOGA

UNDER GRADUATE STUDIES

**GOVERNMENT COLLEGE (AUTONOMOUS), KALABURAGI**

S.N	NAME	DESIGNATION
1.	<b>Dr. VISHWANATH BENNUR</b> College Director of Physical Education & Sports, Govt. College (Autonomous), Kalaburagi	Chairman
2.	<b>Dr. M S PASODI</b> Retd. Director of Physical Education Department of Physical Education Gulbarga University Kalaburagi	Gulbarga University Nominee
3.	<b>Dr. RAJKUMAR G KARVE</b> Assistant Professor of Physical Education & HOD, Department of Physical Education, College of Agriculture, Kalaburagi, UAS, Raichur	External Member (Other than parent University)
4.	<b>Smt. JAYALAXMI S HAVAPGOL</b> College Director of Physical Education & Sports, GFGC, Farahatabad, Kalaburagi	Member (Internal)
5.	<b>Dr. RAVI NAYAK</b> College Director of Physical Education & Sports GFGC Humnabad, Bidar	Member
6.	<b>Sri. SHANKAR SURE</b> College Director of Physical Education & Sports, SS GFGC, Madanhipparaga, Aland	Member
7.	<b>Sri. RAMESHWAR BHATI</b> Bussinessman Sri.Balaji Mithai Bhandhar, Kalaburagi	External Member Representing Industry
8.	<b>Sri. VIJAYKUMAR S DEGALMADI</b> Ph.D Scholar Department of Physical Education Gulbarga University Kalaburagi	Alumni Member

**PROCEEDINGS OF THE BOARD OF STUDIES FOR PHYSICAL EDUCATION, SPORTS AND YOGA FOR UNDER GRADUATE COURSES HELD ON 19.9.2023 AT GOVERNMENT COLLEGE (AUTONOMOUS), KALABURAGI:**

**MEMBERS PRESENT:**

- |                               |   |          |
|-------------------------------|---|----------|
| 1. DR.VISHWANATH BENNUR       | : | CHAIRMAN |
| 2. DR. M.S.PASODI             | : | MEMBER   |
| 3. DR.RAJKUMAR G. KARVE       | : | MEMBER   |
| 4. SMT. JAYALAXMI S. HAVAPGOL | : | MEMBER   |
| 5. DR. RAVI NAYAK             | : | MEMBER   |
| 6. SRI.SHANKAR SURE           | : | MEMBER   |
| 7. SRI.RAMESH BHATI           | : | MEMBER   |
| 8. SRI.VIJAYKUMAR S DEGALMADI | : | MEMBER   |

The aforesaid committee constituted by the **Government College (Autonomous), Kalaburagi** for revising the existing syllabus for **Physical Education, Sports and Yoga** as per the “Proposed curriculum Framework for undergraduate programs in the Universities of Karnataka State under NEP 2020” (Committee meeting for framing the Curriculum Framework for 5<sup>th</sup> & 6<sup>th</sup> Semester was held at KSHEC on 23<sup>rd</sup> & 24<sup>th</sup> April 2023). The following agendas were discussed in the BOS meeting by the committee.

**AGENDA:**

1. Framing of NEP 2020 guidelines based curricular framework for Physical Education, Sports and Yoga curriculum for B.A/ B.Sc for 5<sup>th</sup> & 6<sup>th</sup> Semester UG courses at Government College (Autonomous), Kalaburagi.
2. Consideration and approval of revised curriculum frame work for Physical Education Sports and Yoga for Under Graduate Courses for 5<sup>th</sup> & 6<sup>th</sup> Semester prepared & approved by Karnataka State Higher Education Council with modifications if any.
3. Making the decision to adopt NEP-2020 based revised curriculum frame work for Physical Education Sports and Yoga prepared by the BOS Committee for 1<sup>st</sup> to 6<sup>th</sup> Semester respectively.
4. Preparing the list of panel of examiners and approving.
5. Approval of Model Question Papers.
6. Any other matter with the consent of the BOS Chairman.



## PROCEEDINGS:

1. The subject entitled “**Physical Education, Sports and Yoga**” prepared & approved by the subject experts committee constituted by Karnataka State Higher Education Council i.e. “**The proposed curriculum Framework for undergraduate programs in the Universities of Karnataka State under NEP 2020**” (Revised Frame work submitted to Karnataka State Higher Education Council on 23<sup>rd</sup> & 24<sup>th</sup> April 2023) and the curriculum framework framed for “**Physical Education, Sports and Yoga**”.
2. The committee has thoroughly gone through the proposed curriculum framework for undergraduate programs in the Universities of Karnataka State under NEP 2020 (Committee meeting framing the Curriculum Framework for 5<sup>th</sup> & 6<sup>th</sup> Semester Karnataka State Higher Education Council on 23<sup>rd</sup> & 24<sup>th</sup> April 2023) and the revised curriculum framework framed for “**Physical Education, Sports and Yoga**” subject prepared by the BOS Committee (Physical Education) on 19.09.2023. The committee members discussed all the subject, content and procedure matters related to implementing and framing the revised curriculum subject entitled “**Physical Education Sports and Yoga**” for undergraduate studies at Government College (Autonomous), Kalaburagi. The committee members expressed their opinions, suggestions with some modifications. Accordingly, BOS committee framed the curriculum of aforesaid subject and it is approved by all members of BOS, Committee on 19.09.2023.
3. Further, the BOS committee considered and approved the 4 year under graduate course 1<sup>st</sup> to 6<sup>th</sup> Semester revised curriculum in Physical Education, Sports and Yoga.
4. The committee expressed to distribute the Open Elective subjects to the respective semesters. Two **Open Elective** papers allotted to each semester. Students have to select any one **Open Elective** for the respective semesters.

5. The committee prepared model question paper for **Discipline Specific Core, Open Elective Courses** and **Skill Enhancement Courses** for 1<sup>st</sup> to 6<sup>th</sup> semesters respectively and approved the same.
6. The BOS Committee strongly recommends for organizing the Orientation / Workshop/ Short Term Training for the professionals of Physical Education, Sports and Yoga to give knowledge and seeking suggestions regarding teaching and evaluation procedures of NEP 2020 based Physical Education, Sports and Yoga subject.
7. The committee has decided that at the end of the semester Discipline Specific Core (DSC) practical exam shall be conducted by the External and Internal examiners.
8. The Skill Enhancement Course (SEC) internal practical exam shall be conducted by the internal subject expert.
9. For Open Elective (OE) Paper only the internal subject teacher shall conduct the practical exams and give marks internal assessment marks.
10. The Panel of UG Examiners reviewed and submitted for approval.
11. Internal marks shall be awarded by the subject expert only.
12. The average of marks allotted by the External and Internal examiners shall be awarded to the candidates in the practical examination for Discipline Specific Core (DSC).

The BOS has approved the revised syllabus for 1<sup>st</sup> to 6<sup>th</sup> semester and the same is forwarded to Departmental Committee for approving the above syllabus for the academic year 2023-24 onwards.

**Dr. Vishwanath Bennur**  
Chairman, BOS Committee  
College Director of Physical Education & Sports,  
Government College (Autonomous), Kalaburagi

## MODEL CURRICULUM AND PROGRAM OUTCOME

### MODEL CURRICULUM

*Name of the Degree Program: BA/BSc/BCom/BBA/BCA & all other UG Courses*

**1. Discipline Specific Core (DSC): Physical Education Sports & Yoga**

*BA/BSc Total Credits for the Program (I, II, III, IV, V & VI Semesters):*

*Discipline Core: 06 Credits per Semester*

**2. Open Electives (OE) : 03**

*Credits each (BA/BSc/BCom/BBA/BCA & all other UG Courses)*

*(Out of Total 8 Open Elective subjects 2 Open Electives are suggested in each semester out of which the students can choose any one the in every semester)*

**3. Skill Enhancement Courses:**

*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

*Total Credits: 02 Credits for Health, Wellness & Yoga (I Semester)*

*02 Credit for Sports (II Semester onwards)*

*Year of Implementation: 2023-24 Onwards*

### PROGRAM OUTCOMES:

**By the end of the program the students will be able to:**

1. The curriculum would enable the pass out graduate students to be entrepreneur in sports field to start their own fitness/yoga center, gym, sports shops etc for different genders and age groups at all level.
2. The curriculum would increase the ability of students to officiate, supervise and organize various sports events.
3. The graduate students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.

4. As this curriculum framework is aligned with the National Skill Qualification Framework (NSQF), the students will be benefited with better career opportunities in the respective fields.
5. Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
6. Students acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
7. Students will learn to apply the knowledge of maintenance and management the sports equipments and play fields.
8. Students will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
9. The students will learn and contribute on fitness and sports management.
10. Students will understand and learn different dimension of active life style.
11. The students will gain the knowledge of professional preparation in Physical Education, Sports and Yoga.
12. Students will learn the knowledge of fitness diet and nutritional aspects in sports.
13. Students will be able to assess the Physical Fitness in a scientific way.
14. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
15. The activities in the curriculum shall be modified/redesigned at the BOS level of the concerned Colleges and Universities according to ability, needs and benefit of the Physically/ Visually Challenged students.

**ASSESSMENT PATTERNS:****ASSESSMENT***Weightage for Assessments*

<b>Semester-I BA/BSc</b>				
<b>Discipline Specific Core-1(4-0-2)</b>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA</b>	4	4	100 (60+40)
DSC-1 Practical	<b>BASIC FITNESS, ATHLETICS TRACK &amp; FIELD, MAJOR GAMES &amp; YOGA</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
<b>Open Electives (3 Credits) (2-0-1)</b> <i>(BA/BSc/BCom/BBA/BCA &amp; all other UG Courses)</i>				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	Open Elective I <sup>st</sup> Semester any One	3	2	60
OE-1 Practical			2	40 (20+20) Practical + IA
<b>Total</b>	1. Yoga and Fitness 2. Sports Nutrition	<b>3</b>	<b>4</b>	<b>100</b>
<b>Semester-1</b> <b>Skill Enhancement Courses (SEC)</b> <b>Value Based-1 Physical Education</b> <b>Health, Wellness &amp; Yoga (2 Credits)</b> <i>(Compulsory for BA/BSc/BCom/BBA/BCA &amp; all other UG Courses)</i>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	<b>Health, Wellness and Yoga</b>	2	4	<b>50</b>
<b>Sub-Total (A)</b>		<b>2</b>	<b>4</b>	<b>50</b>
<b>Note: 1. Skill Enhancement Course – Health, Wellness &amp; Yoga (Activity Based Theory cum Practical Paper)</b>				

## ASSESSMENT

### Weightage for Assessments

Semester-II BA/BSc				
Discipline Specific Core-2 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>LIFE STYLE MANAGEMENT</b>	4	4	100 (60+40)
DSC-1 Practical	<b>ADVANCE FITNESS, ASANAS, ATHLETICS- TRACK &amp; FIELD, MAJOR GAMES</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
Open Electives (3 Credits) (2-0-1) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-2 Theory	Open Elective 2 <sup>nd</sup> Semester any One 1.Physical Fitness for Careers 2.Adventurous Sports	3	2	60
OE-2 Practical			2	40 (20+20) Practical cum IA
<b>Total</b>		<b>3</b>	<b>4</b>	<b>100</b>
Semester-II Onwards Skill Enhancement Courses (SEC) Value Based-II Physical Education Sports-II (2 Credits) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	<b>Sports-II</b>	2	4	50
<b>Total</b>		<b>2</b>	<b>4</b>	<b>50</b>
<b>Note: 1. Skill Enhancement Course – Sports-II (Activity Based Theory cum Practical Paper)</b>				

## ASSESSMENT

### Weightage for Assessments

Semester-III BA/BSc				
Discipline Specific Core-3 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>SPORTS TRAINING AND COACHING</b>	4	4	100 (60+40)
DSC-1 Practical		2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
Open Electives (3 Credits) (2-0-1) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-3 Theory	Open Elective 3 <sup>rd</sup> Semester any One 1. Self Defense 2. Sports Event Management	3	2	60
OE-3 Practical			2	40 (20+20) Practical cum IA
<b>Total</b>			<b>3</b>	<b>4</b>
Semester-III Skill Enhancement Courses (SEC) Value Based-III Physical Education Sports-III (2 Credits) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	<b>Sports-III</b>	2	4	50
<b>Total</b>		<b>2</b>	<b>4</b>	<b>50</b>
<b>Note: 1. Skill Enhancement Course – Sports-III (Activity Based Theory cum Practical Paper)</b>				

## ASSESSMENT

### Weightage for Assessments

Semester-IV BA/BSc				
Discipline Specific Core-4 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>SPORTS INJURIES &amp; MANAGEMENT</b>	4	4	100 (60+40)
DSC-1 Practical		2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
Open Electives (3 Credits) (2-0-1) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Open Electives				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-4 Theory	Open Elective 4 <sup>th</sup> Semester any One 1.Sports Journalism 2.Sports and Recreation	3	2	60
OE-4 Practical			2	40 (20+20) Practical cum IA
<b>Total</b>			<b>3</b>	<b>4</b>
Semester-IV Skill Enhancement Courses (SEC) Value Based-IV Physical Education Sports-IV (2 Credits) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	<b>Sports-IV</b>	2	4	<b>50</b>
<b>Total</b>			<b>2</b>	<b>4</b>
<b>Note: 1. Skill Enhancement Course – Sports-IV (Activity Based Theory cum Practical Paper)</b>				



## ASSESSMENT

### Weightage for Assessments

Semester-V BA/BSc				
Discipline Specific Core-5 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION &amp; SPORTS</b>	4	4	100 (60+40)
DSC-1 Practical	<b>Practical Approach in Test, Measurement and Evaluation of Physical Education &amp; Sports Activities</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
Discipline Specific Elective (3 Credits) (2-0-1)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Mark/ Assessment
OE-1 Theory	<b>SPORTS JOURNALISM</b>	3	2	60
OE-1 Practical			2	40 (20+20) Practical + IA
<b>Total</b>			4	100
Discipline Specific Core-6 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>SPORTS PSYCHOLOGY &amp; SOCIOLOGY</b>	4	4	100 (60+40)
DSC-1 Practical	<b>PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>

## ASSESSMENT

### Weightage for Assessments

Semester-VI BA/BSc				
Discipline Specific Core-7 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>SPORTS MANAGEMENT</b>	4	4	100 (60+40)
DSC-1 Practical		<b>ORGANISATION AND ADMINISTRATION OF SPORTS EVENTS</b>	2	4
<b>Total</b>			<b>6</b>	<b>8</b>
Discipline Specific Elective (3 Credits) (2-0-1)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	<b>SPORTS NUTRITION</b>	3	2	60
OE-1 Practical			2	40 (20+20) Practical + IA
<b>Total</b>			<b>3</b>	<b>4</b>
Discipline Specific Core-8 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	<b>APPLICATION OF TECHNOLOGY IN SPORTS</b>	4	4	100 (60+40)
DSC-1 Practical	<b>PRACTICALS – TECHNOLOGY AND SPORTS</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>



## CURRICULUM STRUCTURE

### for Undergraduate Degree Program BA /BSc in

## PHYSICAL EDUCATION, SPORTS & YOGA

**Total Credits for the Program (For I, II, III, IV, V & VI Semesters): 6 Credits each**

**Year of 1<sup>st</sup> implementation: 2021-22 onwards**

**Year of revised syllabus implementation: 2023-24 onwards**

**Name of the Degree: BA/B.Sc Discipline/Subject: Physical Education, Sports and Yoga**

**Program Articulation Matrix:**

This matrix lists only the core courses. Core courses are essential to earn the degree in that discipline/subject. They include courses such as theory, laboratory, project, internships etc. Elective courses may be listed separately

Semester	Title /Name of the course	Program outcomes that the course addresses (not more than 3 per course)	Pre-requisite course(s)	Pedagogy	Assessments
I	<b>Introduction to Physical Education, Sports and Yoga (6 Credits)</b>	<ol style="list-style-type: none"> <li>Students understand the basic principles and practices of Physical Education, Sports and Yoga.</li> <li>Students practically learn methods of teaching the Physical Activities, Sport and Yoga practices.</li> <li>Students get practical experience of organizing &amp; officiating in sports events.</li> </ol>	Students with Arts/Science/ Commerce streams at 12 <sup>th</sup> / +2 level preferable with Sports Background	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural	<p style="text-align: center;">Theory 100 (60+40)</p> <p style="text-align: center;">Practical 50 (25+25)</p>
II	<b>Life Style Management (6 Credits)</b>	<ol style="list-style-type: none"> <li>Students learn and apply the knowledge of Physical fitness and exercise management to lead better quality life.</li> <li>Students are enabled to learn different dimension of active life style.</li> </ol>	Students with Arts/Science/ Commerce streams at 12 <sup>th</sup> / +2 level preferable with Sports Background	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural	<p style="text-align: center;">Theory 100 (60+40)</p> <p style="text-align: center;">Practical 50 (25+25)</p>



III	<b>Sports Training and Coaching (6 Credits)</b>	<ol style="list-style-type: none"> <li>Students will learn the theoretical and practical aspects of scientific basis of Sports Training and Coaching</li> <li>Students will understand the components of Sports Training and Methods.</li> <li>Students acquire the knowledge good qualities of a Coach.</li> </ol>		<p>The courses shall be taught through</p> <p>Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural &amp; Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
IV	<b>Sports Injuries &amp; Management (6 Credits)</b>	<ol style="list-style-type: none"> <li>Students learn the causes and types of sports injuries occur during sports activities.</li> <li>Students learn and gain the knowledge and experience in the prevention and management of sports injuries along with process rehabilitation techniques.</li> </ol>		<p>The course shall be taught through</p> <p>Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural &amp; Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
V	<b>Test, Measurement and Evaluation in Physical Education &amp; Sports (6 Credits)</b>	<ol style="list-style-type: none"> <li>To understand the basic principles and practices of Test, Measurement and Evaluation in Physical Education, Sports.</li> <li>To be able to apply tests in Physical Activities &amp; Sports</li> </ol>	<p>Students with Arts/ Science/ Commerce streams at</p>	<p>The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignment Seminars, Intramural &amp; Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
	<b>Sports Psychology &amp; Sociology (6 Credits)</b>	<ol style="list-style-type: none"> <li>To learn and apply the knowledge of Sports Psychology and Sociology for better performance.</li> <li>To understand and learn its application in present sports scenario.</li> </ol>	<p>12th/ +2 level preferable with Sports Background</p>	<p>The courses shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural &amp; Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
VI	<b>Sports Management (6 Credits)</b>	<ol style="list-style-type: none"> <li>To learn the theoretical and practical aspects of Sports Management.</li> <li>To apply Sports Management aspects for appropriate functioning during major sports events.</li> </ol>		<p>The courses shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural &amp; Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
	<b>Application of Technology in Sports (6 Credits)</b>	<ol style="list-style-type: none"> <li>To learn the need of application of technology in sports.</li> <li>To understand the use of modern gadgets for enhancing performance.</li> </ol>		<p>The courses shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural &amp; Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>



## **COURSE AIM, OBJECTIVES, LEARNING OUTCOMES AND EMPLOYABILITY**

### **Aim of the Course:**

The course aims at creating awareness about the fundamentals of Physical Education, Sports, Yoga and its effectiveness to promote Health and Wellness through Healthy Lifestyle.

### **Objectives of the Course:**

1. To provide skill development in Physical Education, Sports and Yoga to improve their employability by optimally utilizing the infrastructure available in Government College (Autonomous), Kalaburagi.
2. To build capacity in the area of Physical Education, Sports and Yoga for development of competency standards, course curriculum, learning material and assessment standards in the Karnataka State.
3. To impart quality education to the students with basic concepts of Physical education, Sports and Yoga for health and wellness.
4. To familiarize the practical aspects of health-related exercise, sports and yoga for overall growth & development.
5. To create a foundation for the professionals in Physical Education, Sports and Yoga.
6. To educate the students to impart the basic knowledge of teaching skills in Physical Education, Sports & Yoga activities.

### **Learning Outcome/ Skills:**

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to teach practical aspects of Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize and officiate Sports and Yoga events at schools and community level.

### **Employability/ Entrepreneurship abilities:**

- ✓ The graduated students will be able to work professionally as Physical Education, Sports and Yoga instructor.
- ✓ The graduated students will be practically skillful and able to instruct, organize and officiate Physical Education, Sports and Yoga related events or activities.
- ✓ The graduated students will be able to establish fitness, sports and yoga centers.
- ✓ The graduated students will be able to conduct traditional games, sports and general yoga classes for rural and community level.



**BA/BSc Semester-I**  
**Title of the Course: Discipline Specific Core (DSC) -1**  
**INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA**

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	52 - 56	2	52 - 56
<b>Content of Theory Course-1 (4-0-2)</b>			Hours
<b>Unit I: INTRODUCTION</b>			<b>14</b>
<ol style="list-style-type: none"> <li>1. Meaning and definition of Physical Education, Sports and Yoga.</li> <li>2. Aims, Objectives and Importance of Physical Education, Sports and Yoga.</li> <li>3. History of Physical Education, Sports and Yoga.</li> <li>4. Modern trends of Physical Education, Sports and Yoga.</li> <li>5. Brief concept of Education in relation to Physical Education, Sports and Yoga.</li> </ol>			
<b>Unit II: Yoga &amp; Fitness Training</b>			<b>14</b>
<ol style="list-style-type: none"> <li>1. Importance of Yoga &amp; Fitness</li> <li>2. Fundamentals Principles of Yoga &amp; Fitness Training</li> <li>3. Components of Fitness and Fitness Equipments</li> <li>4. Types of Yoga Practices - Asanas, Pranayama and Meditation</li> <li>5. Introduction to Balanced Diet for Fitness</li> </ol>			



<b>Unit III: Introduction to Athletics and Officiating of Sports and Games</b>	
<ol style="list-style-type: none"> <li>1. Characteristics and Measurement of Standard Track</li> <li>2. Duties and Principles of officiating</li> <li>3. Qualities and Qualification of Technical officials for Athletics, Sports and Games</li> <li>4. Officiating of Athletics</li> <li>5. Officiating of Sports and Games</li> </ol>	<b>14</b>
<b>Unit IV: Career Opportunities in Physical Education, Sports and Yoga</b>	
<ol style="list-style-type: none"> <li>1. Physical Education, Sports and Yoga professionals at various levels of educational institutions.</li> <li>2. Sports Trainers, Yoga Instructors, Coach, Managers, Researcher, Event Organizers, Technical Officials, Entrepreneurs and others</li> <li>3. Physical Education, Sports and Yoga Trainer for Police and Paramilitary forces at State and Central organizations and others</li> <li>4. Health Clubs and Fitness Centers, Aerobics, Dance &amp; Recreation Clubs in Corporate Sectors and others.</li> <li>5. Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufactures.</li> </ol>	<b>14</b>



## Content of Practical Course 1: Practical (2 credits/56 hours)

### BASIC FITNESS, ATHLETICS-TRACK & FIELD, MAJOR GAMES & YOGA

#### Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardiovascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

#### A. Major/Minor Outdoor Games / Track & Field

1. One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) \*
2. One event each - Running, Jumping and Throwing Event \*

#### C. Basic Asanas & Surya Namaskara (as per the reference books)

1. Shithilikarana Vyayama (Dynamic)
2. Surya Namaskara
3. Standing & Sitting Asanas
4. Prone & Supine Asanas

#### D. Basic Pranayamas

1. Vibhagiya Pranayama (Sectional breathing)
2. Sukha Pranayama (Breath awareness)
3. Kapalabhati/Basthrika
4. Anuloma Viloma/Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha)

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
Theory <b>INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA</b>	Theory-60 Marks Internal Assessment-40* Marks
Practical <b>BASIC FITNESS, ATHLETICS-TRACK &amp; FIELD, MAJOR GAMES &amp; YOGA</b>	Practical External-25* Marks Internal Practical Assessment-25* Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks





## REFERENCES

1. Amit Arjun Budhe, (2015). Career aspects and Management in Physical Education, Sports Publication, New Delhi.
2. Anil Kumar Vanaik (2017). Officiating and Coaching, Friends Publications (India), Ist Edition, Daryaganj, New Delhi.
3. Bucher, C. A. (n.d.) Foundation of Physical Education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree College of Physical Education.
4. Coalter, F. (2013). Sport for Development: What game are weplaying?.Routledge.
5. D.M Jyoti, Athletics (2015), lulu.com3101, Hills borough, NC27609,United States.
6. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States.
7. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogicpractices. Lonawala: Kaivalyadhama.
8. Kumar, Ajith (1984).Yoga Pravesha. Bengaluru: Rasthrothanna Prakashana.
9. Md.Attaullah Jagirdar (2015). Officiating, Coaching, Training Methods and Recreation in Physical Education, Khel Sahitya Kendra, Daryaganj, New Delhi.
- 10.Mohan, V. M. (1969). Principles of Physical Education. Delhi: MetropolitanBook Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physicaleducation. Philadelphia: W.B. Saunders Co.William, J. F. (1964). The Principles of Physical Education. Philadelphia:W.B. Saunders Co.
- 11.Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
- 12.Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse.Bengaluru: Swami Vivekananda Yoga Prakasana.
- 13.Pinto John and Ramachandra K (2021). Kannada Version, DaihikaShikshanada Parichaya, Louis Publications, Mangalore, IAAF Manual.
- 14.Pinto John and Roshan Kumar Shetty (2021). Introduction to PhysicalEducation, Louis Publications, Mangalore.



15. Rajkumar G. Karve (2019). Role and Importance of Physical Education in the Modern Society, published in the book “Research Trends in Physical Education and Yoga”, Vol.No.3, Akinik Publications 2019, New Delhi, bearing Paperback ISBN: 978-93-5335-358-2 and E-Book ISBN: 978-93-5335-359-9.
16. Rajkumar G. Karve (2019). Yoga Leads to Fitness and Benefits, published in the book “Research Trends in Physical Education and Yoga”, Vol.No.3, Akinik Publications, New Delhi, bearing Paperback ISBN: 978-93-5335-358-2 and E-Book ISBN: 978-93-5335-359-9.
17. Rajkumar G. Karve (2021). Benefits of Teaching in Physical Education, published in the book “Perspectives in Physical Education”, Vol.No.4, Akinik Publications 2021, New Delhi, bearing Paperback ISBN: 978-93-5335-358-2 and E-Book ISBN: 978-93-5335-359-9.
18. Rajkumar G. Karve (2021). Effects of Yogasana on Physiological, Psychological and Biochemical Benefits of Human Body, published in the book “Research Trends in Physical Education and Yoga”, Vol.No.9, Akinik Publications 2021, New Delhi, bearing Paperback ISBN: 978-93-5335-358-2 and E-Book ISBN: 978-93-5335-359-9.
19. Russell, R.P. (1994). Health and Fitness Through Physical Education. USA: Human Kinetics.
20. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
21. Singh Hardayal (1991). Science of Sports Training, DVS Publication, New Delhi.
22. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.



**BA/BSc Semester II**  
**Title of the Course: Discipline Specific Core (DSC)-2**  
**LIFE STYLE MANAGEMENT**

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practical Hours / Semester
4	52 - 56	2	52 - 56
<b>Content of Theory Course 2 (4-0-2)</b>			<b>Hours</b>
<b>Unit – 1 INTRODUCTION TO LIFE STYLE &amp; PHYSICAL FITNESS</b>			
1. Meaning and Definitions of Physical Fitness and Life Style 2. Need and Benefits of Physical Fitness 3. Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition 4. Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time, Speed			<b>12</b>
<b>Unit - 2 PRINCIPLES OF YOGIC PRACTICES</b>			
1. Jnana Yoga, 2. Karma Yoga, 3. Bhakthi Yoga, 4. Raja Yoga/ Astanaga Yoga 5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara			<b>14</b>
<b>Unit - 3 DIET, FITNESS, WELLNESS &amp; LIFE STYLEMANAGEMENT</b>			
1. Meaning and Definitions of Wellness & Lifestyle. 2. Dimensions/Components of Wellness and Lifestyle 3. Relationship between Diet and Fitness 4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins & Minerals, Water 5. Healthy Lifestyle through Diet and Fitness			<b>16</b>
<b>Unit - 4 PHYSICAL LITERACY</b>			
1. Meaning, Definition and Importance of Physical Literacy. 2. Core Elements of Physical Literacy 3. Fundamental Movements 4. Art of Walking, Running, Jumping and Throwing. 5. Locomotor and Balance Stability skills /Tactical Movements			<b>14</b>



## Content of Practical Course 2: Practical (2 credits/56 hours)

### ADVANCED FITNESS, ASANAS, ATHLETICS-TRACK & FIELD, MAJOR GAMES PRACTICAL

- A. Specific warm-up / Lead up Activities
- B. Core Physical Fitness: Fitness Test Assessment for Agility, Balance, Speed, Co-ordination, Power, Reaction Time,
- C. **Advanced Asanas (as per the reference books)**
  1. Standing Asanas
  2. Sitting Asanas
  3. Prone Asanas
  4. Supine Asanas
  5. Meditative Asanas

#### ADVANCED PRANAYAMAS

- Surya Anuloma Viloma/Surya Bhedana Pranayama
- Chandra Anuloma Viloma/Chandra Bhedana Pranayama
- Ujjayi Pranayama
- Kumbhaka Pranayama
- Sampurna Yoga Shavasana (Full Yogic Breathing)

#### D. TWO MAJOR/MINOR GAMES /ATHLETICS-TRACK & FIELD

- One Major and one Minor Game. Rules and Regulations of the Games. Officiating and Coaching.
- Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating and Coaching.

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory <b>LIFE STYLE MANAGEMENT</b>	Theory-60 Marks Internal Assessment-40* Marks
Practical <b>ADVANCED FITNESS, ASANAS, ATHLETICS-TRACK &amp; FIELD, MAJOR GAMES</b>	External- 25* Marks Internal Practical Assessment- 25* Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks



### REFERENCE BOOKS:

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2. Fit to be Well, Alton L.Thygeron, Karl L.Larson, Jones and Bartlett Publishers, Sudbury
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuch scaris brick Publishers, Arizona
4. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
5. Introduction to Physical Education, Fitness and Sport, 5<sup>th</sup> Edition, Dary Sidentop, Mc Graw Hill 007-123271-0 ISBN.
6. Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi.
7. Fit & Well, 4<sup>th</sup> Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London.
8. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore.
9. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K,Struder, 2021, Meyer & Meyer Sport(UK) publishers, Germany.
10. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
11. “Nutrition Education”, Anjali Pattanaik, (2004), Published by ChamanEnterprises, Patoudi House, New Delhi.
12. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M.Harold, Rosemary.Mc.Gee, Lea & Febiger, Philadelphia.
13. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics.
14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3<sup>rd</sup> Edition, Mayfield Publishing Company.



- 15.H.R.Nagendra and R.Nagarathna (2011). Yoga for Promotion of Positive Health, Swamy Vivekananda Yoga Prakashna, Bangalore.
16. Asana, Pranayama, Mudra, Bandha”, 1969. Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger.
17. “Four Yoga of Swamy Vivekananda”, 1979. Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta.
- 18.H.R.Nagendra (2014). New Perspectives in Stress Management, SwamyVivekananda Yoga Prakashna, Bangalore.
19. H.R.Nagendra (2005). Pranic Enegezation Technique, Swamy Vivekananda Yoga Prakashna, Bangalore.
- 20.H.R.Nagendra (2005). Mind, Sound, Resonance Technique, Swamy Vivekananda Yoga Prakashna, Bangalore.



**BA/BSc Semester-III**  
**Title of the Course: Discipline Specific Core (DSC)-3**  
**SPORTS TRAINING AND COACHING**

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practical Hours / Semester
4	52 - 56	2	52 - 56
<b>Content of Theory Course 3 (4-0-2)</b>			<b>Hours</b>
<b>Unit I: INTRODUCTION</b>			<b>14</b>
<ul style="list-style-type: none"> <li>• Introduction to Sports Training</li> <li>• Meaning, Definition, Aims and Objectives of Sports Training</li> <li>• Need and Importance of Sports Training</li> <li>• Principles of Sports Training-</li> <li>• General Principles, Principle of Over Load or Over Use</li> </ul>			
<b>Unit II: TRAINING COMPONENTS</b>			<b>14</b>
<p><b>Training Components-</b></p> <ul style="list-style-type: none"> <li>• Strength (Isometric, Isotonic &amp; Isokinetic)</li> <li>• Speed</li> <li>• Endurance</li> <li>• Flexibility</li> <li>• Agility &amp; Coordinative abilities</li> </ul> <p><b>Sports Training Methods and its Impacts</b></p> <ul style="list-style-type: none"> <li>• Continuous Training</li> <li>• Interval Training</li> <li>• Fartlek Training</li> <li>• Circuit Training</li> <li>• Weight Training</li> </ul>			
<b>Unit III: COACHING</b>			<b>14</b>
<ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Coaching</li> <li>• Principles of Coaching</li> <li>• Qualities and Qualifications of a Coach</li> <li>• Responsibilities and Duties of a Coach</li> </ul> (Pre, During & Post - Training and Competition)			
<b>Unit III: TRAINING PROGRAM AND PLANNING</b>			<b>14</b>
<ul style="list-style-type: none"> <li>• Competition Preparation</li> <li>• Periodization- Meaning and Importance</li> <li>• Cycles of Training- Micro, Meso and Macro</li> <li>• Individual Preparation and Team Cohesion</li> <li>• Psychological Preparation</li> </ul>			



## Content of Practical Course 3: Practical (2 credits/56 hours)

### SPORTS PROFICEINCY

#### Basic Fitness, Training and Assessment

1. Brief Introduction of Particular Sport/Game (Among the list of IOA, AIU,SGFI)
2. Play Field Technology- Construction, Marking and Equipment
3. Specific Fitness for specific Sport/Game
4. Basic Asanas and Pranayama for Fitness and Recovery
5. Basic Skill, Drills and Techniques of the Game
6. Officiating of the Specific Game

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
Theory <b>SPORTS TRAINING AND COACHING</b>	Thoery-60 Marks Internal Assessment-40* Marks
Practical <b>SPORTS PROFICEINCY</b>	External Practical-25* Marks Internal Practical Assessment-25* Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks





### REFERENCES:

1. Amit Arjun Budhe (2013). Officiating and Coaching, Sports Publication, Darya Ganj, New Delhi.
2. Kankanala Venkateshwarlu (2015). Periodization of Training, Saran Graphics, Jawaharnagar, Hyderabad.
3. Piyush Jain & D.C.S.Tomar (2012). Principles of Coaching and Officiating, Khel Sahitya Kendra, Darya Ganj, New Delhi.
4. Dabir.R.Qureshi (2012). Principles of Officiating, Sports Publications, Ansari Road, New Delhi.
5. K.G. Jadhav (2012). Principles of Sports Training, Khel Sahitya Kendra, Darya Ganj, New Delhi.
6. Tarun Routhan (2018). Principles of Sports Training, Sport Publication, Sports Publication, Darya Ganj, New Delhi.
7. N.K.Sharma (2016). Psychology of Coaching, Educational Publishers and Distributors, Laxminagar, New Delhi.
8. Rajeev Kumar (2012). Scientific Methods of Coaching and Training, Sport Publication, Sports Publication, Darya Ganj, New Delhi.
9. Rajnikant.P.Patel & Vijay Singh Gurjar (2011). Sports Coaching, KSK Publishers & Distributors, Darya Ganj, New Delhi.
10. Sports Psychology for Coaches, 2013, Khel Sahitya Kendra, Darya Ganj, New Delhi.
11. Vikram Shankarrao Kunturwar (2017). Sports Training, Khel Sahitya Kendra, Darya Ganj, New Delhi.
12. Satyanarayana (2018). Sports Training, Sports Publication, Darya Ganj, New Delhi.
13. (2015). Training, Teaching, Coaching and Officiating in Physical Education, Sports Publication, Darya Ganj, New Delhi.



**BA/BSc Semester-IV**  
**Title of the Course: Discipline Specific Core (DSC)-4**  
**SPORTS INJURIES & MANAGEMENT**

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practical Hours / Semester
4	52 - 56	2	52 - 56
<b>Content of Theory Course 3 (4-0-2)</b>			<b>Hours</b>
<b>Unit I: INTRODUCTION TO SPORTS INJURIES</b>			<b>14</b>
<ul style="list-style-type: none"> <li>• Meaning, Definition &amp; Concept of Sports Injuries</li> <li>• Classification of Sports Injuries -</li> <li>• Acute Injuries and</li> <li>• Over Use Injuries</li> <li><b>Common Sports Injuries:</b></li> <li>• Sprain, Strain and Cramps</li> <li>• Fractures and Dislocation</li> <li>• Abrasion and Contusion</li> <li>• Cuts and Bruise</li> </ul>			
<b>Unit II: CAUSES &amp; PREVENTION OF SPORTS INJURIES</b>			<b>14</b>
<p><b>Causes</b></p> <ul style="list-style-type: none"> <li>• Accident</li> <li>• Poor Training Practice</li> <li>• Improper Equipments and Surfaces</li> <li>• Lack of Conditioning</li> <li>• Use of Supplements for Sports Performance</li> </ul> <p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>• Good Conditioning</li> <li>• Scientific and Systematic Training</li> <li>• Balance Diet</li> <li>• Specified Equipments, Surfaces and Sports Wears</li> <li>• Misconceptions of Sports Injuries</li> </ul>			
<b>Unit III: MANAGEMENT OF INJURIES</b>			<b>14</b>
<ul style="list-style-type: none"> <li>• First Aid - Meaning and Definition First Aid</li> <li>• Principles of First Aid,</li> <li>• First Aid Kit and its Importance</li> <li>• Diagnosis and Treatment</li> <li>• CPR for Sudden Cardiac Arrest in Sports</li> <li>• RICE Treatment – Rest, Ice, Compression and Elevation</li> </ul>			
<b>Unit IV: REHABILITATION OF SPORTS INJURIES</b>			<b>14</b>
<ul style="list-style-type: none"> <li>• Physical and Psychological Preparation</li> <li>• Sports Therapy, Yoga, Pranayama, Meditation</li> <li>• Massage and Relaxation Techniques</li> <li>• Appropriate Measures to restart sports activities</li> </ul>			



## Content of Practical Course 1: Practical (2 credits/56 hours)

### FIRST AID AND ATHLETIC CARE

1. Usage of First Aid Kit
2. Management Techniques of Injuries
  - Taping and Wrapping
  - Ice Application
  - Bandages
3. Rehabilitation Exercises
  - Active and Passive Exercise
  - Resistance and Assisted Exercise
  - Asanas and Pranayama
4. CPR Training
5. Therapies
  - Massage
  - Hydrotherapy
  - Contrast Bath

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
Theory <b>SPORTS INJURIES &amp; MANAGEMENT</b>	Thoery-60 Marks Internal Assessment-40*Marks
Practical <b>FIRST AID AND ATHLETIC CARE</b>	External-25* Marks Internal Practical Assessment-25*Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks



### REFERENCES:

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, SublimePublications, Jaipur, ISBN:978-81-8192-209
2. Sports Injuries,2013, Bhushan Kumar Mishra, Sports Publications, Darya Ganj, NewDelhi, ISBN:978-81-7879-743-4
3. Sports Injuries and Rehabilitation, 2017, Dr.Sinku Kumar Singh, Khel Sahitya Kendra,Darya Ganj, New Delhi, ISBN:978-81-7524-590-5
4. Prevention and Treatment of Sports Injuries, 2000, Anju Ambast, Khel SahityaKendra, Shiv Market, Ashok Vihar, Delhi, ISBN: 81-7524-047-4
5. Sports Injuries, 2016, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-862-5
6. Sports Injuries and Athletic Problems, 1996, 2nd Edition, Morris B.Mellion, MD,Surjeet Publications, Kamalanagar, Delhi



**BA/BSc Semester V**  
**Title of the Course: Discipline Specific Core (DSC) 5**  
**TEST, MEASUREMENT & EVALUATION IN**  
**PHYSICAL EDUCATION AND SPORTS**

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practical Hours / Semester
<b>4</b>	<b>60</b>	<b>2</b>	<b>60</b>
<b>Content of Theory Course 1 (4-0-2)</b>			<b>Hours</b>
<b>Unit I: INTRODUCTION</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• Meaning- Test, Measurement and Evaluation in Physical Education, Sports and Yoga</li> <li>• Need and Importance of Test, Measurement and Evaluation</li> <li>• Principles of Tests, Measurement and Evaluation</li> <li>• Application of Test and Measurement</li> </ul>			
<b>Unit II: CRITERIA, CLASSIFICATION AND ADMINISTRATION OF TEST</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• Criteria of Good Test</li> <li>• Scientific Authenticity (Reliability, Objectivity, Validity and Norms)</li> <li>• Types and Classification of Test</li> <li>• Administration of Test, Advance Preparation, duties during and after testing</li> </ul>			
<b>Unit III: PHYSICAL FITNESS TESTS</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• AAHPER Youth Fitness Test</li> <li>• Harvard Step Test</li> <li>• Indiana Motor Fitness Test</li> <li>• JCR Test, Health related Physical Fitness Test</li> <li>• Anthropometric Measurements</li> </ul>			
<b>Unit IV: SPORTS SKILL TEST</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• McDonald Soccer Test</li> <li>• Russell Lange Volleyball Test</li> <li>• Lockhart and McPherson Badminton Test</li> <li>• Johnson Basketball Ability Test</li> </ul>			



## Content of Practical Course 1: Practical (2 credits/30 hours)

### PRACTICAL APPROACH IN TEST, MEASUREMENT AND EVALUATION OF PHYSICAL EDUCATION & SPORTS ACTIVITIES

- Physical Fitness Tests: Speed, Strength, Endurance, Flexibility, Agility.
- Motor Ability Test
- Weight Training/Aerobics
- Sports Specific Skill test
- Project/ Seminar/ Paper Presentation
- Assignments

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory <b>TEST, MEASUREMENT &amp; EVALUATION IN PHYSICAL EDUCATION AND SPORTS</b>	Theory-60 Marks Internal Assessment-40*Marks
Practical <b>PRACTICAL APPROACH IN TEST, MEASUREMENT AND EVALUATION OF PHYSICAL EDUCATION &amp; SPORTS ACTIVITIES</b>	External-25* Marks Internal Practical Assessment-25*Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks



## REFERENCES:

1. Chakraborty, P and Bhattacharya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata.
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall.
3. Fahey, T.D, Basic Weight Training for Men and Women. Mayfield Publishing Company.
4. Kirtani, R: Physical Fitness. Khel Sahitya Kendra, Delhi.
5. Raghunathan, P.P; Volleyball A Guide to Playing and Coaching. Friends Publication, Delhi.
6. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B.Saunders Company.
7. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
8. Phillips, D.A, & HornaK, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
9. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia: Lea and Fibiger Publisher.
10. Johnson, B.L and Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi.
11. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication.
12. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.



**BA/BSc Semester V**  
**Title of the Course: Discipline Specific Core (DSC) 6**  
**SPORTS PSYCHOLOGY & SOCIOLOGY**

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practical Hours / Semester
<b>4</b>	<b>60</b>	<b>2</b>	<b>60</b>
<b>Content of Theory Course 2 (4-0-2)</b>			<b>Hours</b>
<b>Unit I: INTRODUCTION</b>			<b>13</b>
<ul style="list-style-type: none"> <li>• Definition, Meaning, Need and Importance of Sports Psychology</li> <li>• Importance of Yoga in Sports Psychology</li> <li>• Evolution of Sports Psychology</li> <li>• Scope and Issues of Sports Psychology</li> </ul>			
<b>Unit II: DEVELOPMENT OF SPORTS PSYCHOLOGY</b>			<b>17</b>
<ul style="list-style-type: none"> <li>• Perspectives on Sports Psychology</li> <li>• Sports Psychology in India</li> <li>• Application of Yogic Psychology in Sports Scenario</li> <li>• Recent advances in Sports Psychology and Coaching</li> </ul>			
<b>Unit III: SPORTS PERSONALITY AND PERFORMANCE</b>			<b>18</b>
<ul style="list-style-type: none"> <li>• Growth and Development - Heredity and Environment</li> <li>• Psychological factors affecting Sports Performance: Stress, Anxiety, Depression, Aggression, Attention, Concentration, Confidence and Psychological preparation in Sports</li> <li>• Cognitive process in Sports and Laws of Learning</li> <li>• Motivation in Sports, Types of Motivation – Extrinsic, Intrinsic</li> </ul>			
<b>Unit IV: SPORTS SOCIOLOGY</b>			<b>12</b>
<ul style="list-style-type: none"> <li>• Meaning, Definition, Need and Scope</li> <li>• Sports as a Social Phenomenon – Sports Socialization</li> <li>• Leadership in Sports</li> <li>• Values and Ethics in Sports</li> </ul>			





## Content of Practical Course 2: Practical (2 credits/30 hours)

### PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS

#### Basic Sports Psychological and Sociological Tests:

- Sports Anxiety Tests
- Personality Tests, IQ Tests
- Mental Toughness Tests, Aptitude Tests
- Emotional Intelligence Tests,
- Self Confidence Tests
- Cognitive Ability Tests

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory <b>SPORTS PSYCHOLOGY &amp; SOCIOLOGY</b>	Theory-60 Marks Internal Assessment-40*Marks
Practical <b>PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS</b>	External-25* Marks Internal Practical Assessment-25*Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks



**BA/BSc Semester VI**  
**Title of the Course: Discipline Specific Core (DSC) 7**  
**SPORTS MANAGEMENT**

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practical Hours / Semester
<b>4</b>	<b>60</b>	<b>2</b>	<b>60</b>
<b>Content of Theory Course 1 (4-0-2)</b>			<b>Hours</b>
<b>Unit I: INTRODUCTION</b>			<b>13</b>
<ul style="list-style-type: none"> <li>• Definition, Nature, Scope and Principles of Sports Management</li> <li>• Essential Skills of Sports Management</li> <li>• Qualities and competencies required for the Sports Manager</li> <li>• Event Management in Physical Education, Sports and Yoga</li> </ul>			
<b>Unit II: LEADERSHIP IN SPORTS MANAGEMENT</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• Meaning and Definition of Leadership</li> <li>• Types and Qualities of Leadership</li> <li>• Leadership and Organizational Performance</li> <li>• Influence of Leadership on Sports Performance</li> </ul>			
<b>Unit III: PLANNING AND MANAGEMENT IN SPORTS</b>			<b>17</b>
<ul style="list-style-type: none"> <li>• Sports Management in Institutions and Organizations</li> <li>• Factors affecting Planning and Management</li> <li>• Human Resource Management in Sports</li> <li>• The Reward/Punishment System</li> <li>• Sports Equipment Management</li> <li>• Sports Records Management</li> </ul>			
<b>Unit IV: FINANCIAL MANAGEMENT OF EVENTS</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• Objectives and Scope of Financial Planning.</li> <li>• Budgeting, Purchase and Audit</li> <li>• Sources of Funding</li> <li>• Management of Infrastructure, Finance and Personal</li> </ul>			



## Content of Practical Course 3: Practical (2 credits/30 hours)

### ORGANIZATION AND ADMINISTRATION IN SPORTS

- Sports Event Management - Internship
- Organization of Intramural and Extramural Competitions
- Schedule Preparation – Athletics and Group Games
- Types of Fixtures
- Record Books Management in Sports
- Training session Attendance Management

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory <b>SPORTS MANAGEMENT</b>	Theory-60 Marks Internal Assessment-40* Marks
Practical <b>ORGANIZATION AND ADMINISTRATION IN SPORTS</b>	External-25* Marks Internal Practical Assessment-25* Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks



## REFERENCES:

1. Jagmohan Srivastava, Sports Management, Random Publisher.
2. John Beech, Business of Sport Management, Pearson Education
3. Paul Downward, Alistair Dawson, Trudo Dejonghe (2009). Sports Economics, 1st Edition.
4. Russell Hoye, Graham Cuskelly (2006). Sport Governance, 1st Edition.
5. Russell Hoye, Katie Misener, Michael L. Naraine, Catherine Ordway (2022). Sport Management: Principles and Applications, 6th Edition.
6. Yeshwant Patil (2016). Sports Management, Khel Sahitya Kendra.



**BA/BSc Semester VI**  
**Title of the Course: Discipline Specific Core (DSC) 8**  
**APPLICATION OF SPORTS TECHNOLOGY IN SPORTS**

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practical Hours / Semester
<b>4</b>	<b>60</b>	<b>2</b>	<b>60</b>
<b>Content of Theory Course 1 (4-0-2)</b>			<b>Hours</b>
<b>Unit I: INTRODUCTION</b>			<b>13</b>
<ul style="list-style-type: none"> <li>• Meaning and definition of Sports Technology</li> <li>• Purpose and Advantages of Sports Technology</li> <li>• Principles of Instrumentation in Sports</li> <li>• Technological Impact on Sports</li> </ul>			
<b>Unit II: SCIENCE OF SPORTS MATERIALS</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• Nanoglu, Nano Moulding, Nano Turf, Foot wear Production</li> <li>• Advanced Sports Wears</li> <li>• Advancements in Playing Equipment: Balls, Bat, Racquet, Clothing, Shoes</li> <li>• Smart Materials: Shape Memory Alloy (SMA) Thermo Chromic</li> <li>• Film</li> </ul>			
<b>Unit III: PLAY FIELD SURFACES</b>			<b>17</b>
<ul style="list-style-type: none"> <li>• Modern Surfaces for Playfields: Types of materials; Synthetic, Wooden, Polyurethane, Artificial Turf/Polygrass</li> <li>• Modern technology in Construction of Indoor and Outdoor Sports Facilities, Technology in manufacture of Modern Sports Equipments</li> <li>• Use of Computers and Software's in Sports</li> </ul>			
<b>Unit IV: MODERN SPORTS EQUIPMENTS AND GADGETS</b>			<b>15</b>
<ul style="list-style-type: none"> <li>• Measuring Equipments for Throws, Jumps</li> <li>• Electronic Timers, Chip based Timers</li> <li>• Protective Equipments in Sports and its Advantages</li> <li>• Video Analysis in Sports and Electronic Scoring</li> <li>• Multipurpose Sports Arena</li> <li>• Modern Sports Equipments: Courts, Lighting, Floodlights</li> </ul>			



## Content of Practical Course 3: Practical (2 credits/30 hours)

### TECHNOLOGY AND SPORTS

- Uses of Modern Sports Equipments: Starting Block, Electronic gadgets in sports for Measurements, etc.
- Use of Video Analysis for Sports Training
- Sports Arena Preparation using Foam Mats.
- Usage of Sports related Apps
- Preparation of Sports related Templates

**Pedagogy:** The course shall be taught through Lecture, Practical, Interactive sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory <b>APPLICATION OF SPORTS TECHNOLOGY IN SPORTS</b>	Theory-60 Marks Internal Assessment-40* Marks
Practical <b>TECHNOLOGY AND SPORTS</b>	External-25* Marks Internal Practical Assessment-25* Marks
<b>Total</b>	<b>150 Marks</b>

**Note:**

**\*Theory Internal Assessment 40 Marks:**

Internal Test-20 Marks, Assignment-10 Marks, Seminar-10 Marks

**\*Practical External 25 Marks:** Practical Skill Demonstration-20 Marks, Oral Viva-05 Marks

**\*Practical Internal 25 Marks:** Practical record book-20 Marks, Oral Viva-05 Marks



### REFERENCES:

1. Geoff Thompson (2001). Sports Technology, Nelson Price Milburn; New edition (16 March 2001).
2. Jaswinder Singh Brar (2020). Sports Technology (M.P.Ed New Syllabus).

NEP 2020 GCA PESY 2023-24



**Semester-I**  
**SKILL ENHANCEMENT COURSES (SEC) PHYSICAL EDUCATION**

Title of the Course:

**HEALTH, WELLNESS & YOGA**

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

*Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students*

Number of Credits	Number of lecture hours/ semester	
2	4 Hours/Week	
Activity Based Practical Course Content		Hours
<b>UNIT I: INTRODUCTION</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Health &amp; Wellness</li> <li>• Dimensions of Health and Wellness</li> <li>• Factors influencing Health and Wellness Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle</li> <li>• Health &amp; Wellness through Physical Activities Sports, Games, Yoga, Recreation and Leisure time activities</li> <li>• Causes of Stress &amp; Stress relief through Exercise and Yoga</li> </ul>		<b>56 Hours</b>
<b>UNIT I: PRACTICAL- EXERCISES FOR HEALTH AND WELLNESS</b> <ul style="list-style-type: none"> <li>• Warm-Up and Cool Down - General &amp; Specific Exercises</li> <li>• Physical Fitness Activities</li> <li>• Stretching Exercises</li> <li>• Strengthening Exercises</li> <li>• Cardiovascular Exercises</li> <li>• Flexibility and Agility Exercises</li> <li>• Assessment of BMI</li> <li>• Relaxation techniques</li> </ul>		
<b>Unit III: YOGA</b> <ul style="list-style-type: none"> <li>• Shitalikarna Vyayama</li> <li>• Suryanamaskara</li> <li>• Basic Set of Yoga Asanas</li> <li>• Basic Set of Pranayama &amp; Meditation</li> </ul>		

*Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students*





<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
<b>Activity Based Practical</b>	<p align="center"><b>IA-Internal Assessment- 50 Marks</b></p> <ul style="list-style-type: none"> <li>• Skills/Physical Fitness Test =10</li> <li>• Classroom Activity (Discipline, Mass Participation Activity, Punctuality) = 10</li> <li>• Project/ Record=20</li> <li>• Performance = 10*</li> </ul>
	<b>50 Marks</b>
<b>Total</b>	<b>50 Marks</b>

**Note:**

- \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.
- IA Guidelines shall further be modified at the College Level.

**REFERENCES:**

- Russell, R.P.(1994). Health and Fitness through Physical Education. USA: Human Kinetics.
- Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
- Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
- Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashthrothanna Prakashana.
- D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hillsborough, NC27609, United States
- AAPHERD “Health related Physical Fitness Test Manual.”1980 Published by Association drive Reston Virginia.
- Bucher.C.A (1979) foundation of Physical Education (5<sup>th</sup> Edition Missouri CV Mosby Co.).
- Puri .K. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication.
- Thomas D Fahey and others. Fit and Well : 6<sup>th</sup> Edition New York :McGraw HillPublishers, 2005.



**Semester-II, III & IV Semesters**  
**Skill Enhancement Courses (SEC)**  
**PHYSICAL EDUCATION**  
 Title of the Course: **SPORTS**  
 (BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture Hours/ Semester (Inclusive of Theory & Practical)	
2	4 Hours/Week	56 Hrs
<b>Activity Based Practical Course Content</b>		
<b>Physical Education &amp; Sports</b> <ul style="list-style-type: none"> <li>• Conditioning Exercises</li> <li>• Aerobics &amp; Calisthenics</li> <li>• One Major Game and One Indigenous Game (Basic Skills)</li> <li>• One Track/Field Event</li> <li>• Intramural Competitions</li> <li>• Project/Record</li> <li>• Proficiency in particular Sport</li> <li>• Rules &amp; Regulations</li> <li>• Marking &amp; Ground Management</li> <li>• Officiating</li> </ul>		<b>56</b>

**Note:**

1. Colleges may offer required no: of games as per students' strength and available facilities.
2. Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters.
3. For Specially Challenged Students, the Program shall be designed at college level

*Note: Due Weightage in Assessment shall be given to Elite Sportsmen of the College*



<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
<b>Activity Based Practical</b>	<b>IA-Internal Assessment- 50 Marks</b>
	<ul style="list-style-type: none"> <li>• Skills/Physical Fitness Test =10</li> <li>• Classroom Activity (Discipline, Mass Participation Activity, Punctuality) = 10</li> <li>• Project/ Record=20</li> <li>• Performance = 10*</li> </ul>
<b>Total</b>	<b>50 Marks</b>

**Note:**

1. \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.
2. IA Guidelines shall further be modified at the College Level.

**REFERENCES:**

1. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
2. IAAF Manual.
3. Vanaik.A (2005). Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002). Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga.

**Note: Skills of Sports and Games (Game Specific books) may be referred**



**Open Elective Paper for I Semester**  
**SPORTS NUTRITION AND WEIGHT MANAGEMENT**  
*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Number of Theory Credits	Number of Lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semesters
2	28	1	14X2=28 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			
<b><u>THEORY</u></b>			
<b>UNIT I: INTRODUCTION</b>			
<ul style="list-style-type: none"> <li>➤ Meaning and definition of Sports Nutrition</li> <li>➤ Role Of Nutrition In Health Promotion And Sports</li> <li>➤ Concept of diet</li> <li>➤ Balance Diet: Components, factors affecting Balanced Diet and Malnutrition</li> </ul>			<b>28</b>
<b>UNIT II: NUTRIENTS</b>			
<ul style="list-style-type: none"> <li>➤ Meaning, Classification, Sources, Functions of Nutrients</li> <li>➤ Micro Nutrients: Vitamins, Minerals, Water</li> <li>➤ Macro Nutrients: Carbohydrates, Protein, Fat</li> <li>➤ Nutrients for Sportsmen - Calories and Diet for Games, Sports, Sprints, Endurance and Power Events.</li> </ul>			
<b>UNIT III: NUTRITION AND WEIGHT MANAGEMENT</b>			
<ul style="list-style-type: none"> <li>➤ Meaning, Definition and Importance of Weight Management</li> <li>➤ Causes of Obesity and its Prevention Strategies</li> <li>➤ Carbohydrate Metabolism and its Role as a fuel for Muscular Activities.</li> <li>➤ Nutritional intake before, during and after Sports Activity.</li> </ul>			
<b><u>PRACTICAL</u></b>			
<ul style="list-style-type: none"> <li>● Body Mass Index (BMI)</li> <li>● Weight Training</li> <li>● Physical activities for Weight Loss</li> <li>● Fitness Training: Aerobics-Zumba/Dance /Calisthenics</li> <li>● Physical Fitness Test</li> <li>● Cardiovascular Exercises</li> <li>● Upper Body, Lower Body and Core Exercises</li> </ul>			<b>28</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory		Theory - 40 Marks	
<b>Sports Nutrition &amp; Weight Management</b>		Internal - 20 Marks	
Practical		Practical - 20 Marks	
<b>Weight Management</b>		Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	



**Open Elective Paper for I Semester**  
 Title of the Course: **YOGA AND FITNESS**  
 (BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/Semesters
2	28	1	14=28 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			
<b>Theory</b> <ul style="list-style-type: none"> <li>• Importance of Yoga and Fitness</li> <li>• Types and Principles of Asanas</li> <li>• Fitness Components</li> <li>• General and Specific Conditioning and its importance</li> <li>• Specific exercises for Strength, Speed, Agility, Flexibility, and Coordinative abilities</li> <li>• Yoga, Fitness and Personality</li> <li>• Nutrition for Fitness</li> </ul>			<b>28</b>
<b>Practical</b> <ul style="list-style-type: none"> <li>• General and Specific Warm up</li> <li>• Aerobics-Zumba/Dance</li> <li>• Yogasanas</li> <li>• Recreation for Fitness</li> </ul>			<b>28</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory <b>Yoga and Fitness</b>		Theory - 40 Marks Internal - 20 Marks	
Practical <b>Aerobics, Yogasanas and Fitness</b>		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks



### Open Elective II Semester

Title of the Course: **PHYSICAL FITNESS FOR CAREERS**  
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/Semesters
2	28	1	14=28 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			
<b>Theory</b> <ul style="list-style-type: none"> <li>• Importance of Yoga and Fitness</li> <li>• Physical Standards: Men and Women</li> <li>• Standard Fitness Tests: Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports &amp; Physical Education</li> <li>• General and Specific Conditioning and its importance</li> <li>• Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc Mode of Selections and Qualifying Standards</li> </ul>			<b>28</b>
<b>Practical</b> <ul style="list-style-type: none"> <li>• General and Specific Warm up</li> <li>• Training for Endurance, Speed, Strength, Agility, Flexibility etc</li> <li>• Required Physical Fitness Tests: Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc</li> </ul>			<b>28</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory <b>Physical Fitness for Careers</b>		Theory - 40 Marks Internal - 20 Marks	
Practical <b>Physical Fitness Tests</b>		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks



## Open Elective II Semester

Title of the Course: **ADVENTURE SPORTS**  
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	28	1	14=28 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			
<b>Theory (BA/BSc/BCom/BBA/BCA &amp; all other UG Courses)</b> <ul style="list-style-type: none"> <li>• Importance of Adventure Sports</li> <li>• Types and Principles of Asanas</li> <li>• Definition, Classification, History, Development, Scope, Importance and Objectives</li> <li>• Types of Adventure Activities</li> <li>• Mountaineering – Trekking, Rock Climbing, Single Rope, Water Sports – River Rafting, Cannoning, Boating</li> <li>• Recent Trends in Adventure Sports</li> <li>• Job Opportunities in Adventure Sports</li> </ul>			<b>28</b>
<b>Practical</b> <ul style="list-style-type: none"> <li>• Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down</li> <li>• Practical, teaching, demonstration, training, technical training</li> <li>• Planning and Organizing-Mountaineering, Trekking, Rock Climbing, Single Rope, Para Sailing, Water Sports, Adventure Camps etc.</li> </ul>			<b>28</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory <b>Adventure Sports</b>		Theory - 40 Marks Internal - 20 Marks	
Practical <b>Adventure Training &amp; Camping</b>		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks



**Open Elective III Semester**  
 Title of the Course: **SELF DEFENSE**  
 (BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/Semesters
2	28	1	14 =28 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			<b>Hours</b>
<b>Theory</b> <ul style="list-style-type: none"> <li>• Importance and need of self-defense.</li> <li>• Types of Defensive Skills</li> <li>• Conditioning Exercises - General and Specific Exercises</li> <li>• Development of Strength and Speed</li> <li>• Development of coordinative abilities.</li> </ul>			<b>28</b>
<b>Practical</b> Basic Skills for Self - Defense <ul style="list-style-type: none"> <li>• Martial Arts</li> <li>• Kick Boxing and Wrestling</li> <li>• Defensive Skills with and without sticks (Lathi)</li> <li>• Report Preparation, Records and PPT</li> </ul>			<b>28</b>
<b>Formative Assessment</b>			
<b>Assessment Type</b>		<b>Weightage in Marks</b>	
Theory <b>Self-Défense</b>		Theory - 40 Marks Internal - 20 Marks	
Practical <b>Basic Skills forSelf - Defense</b>		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks





### Open Elective III Semester

Title of the Course: **SPORTS EVENT MANAGEMENT**

(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical Hours/ Semesters
2	28	1	14X2 =28 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			<b>14 Hrs</b>
<b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and importance of Sports Management</li> <li>• Scope of Sports Event Management</li> <li>• Principles of Sports Event Management</li> <li>• Major and Minor Sports Events</li> <li>• Traditional Games Management</li> </ul>			<b>28</b>
<b>Practical</b> <ul style="list-style-type: none"> <li>• Organization of Indoor Sports and Games Events</li> <li>• Project on Outdoor Sports and Games Events</li> <li>• Visits to Sports Clubs, Sports Stadiums, IPL. KPL and League Tournaments.</li> <li>• Organization of Intramural - Sports Events, Sports Fests, Traditional Games Fest</li> <li>• Report Preparation, Records and PPT</li> </ul>			<b>28</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory <b>Sports Event Management</b>		Theory - 40 Marks Internal - 20 Marks	
Practical <b>Sports Event Organization</b>		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks



### Open Elective IV Semester

Title of the Course: **SPORTS AND RECREATION**  
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical Hours/ Semesters
2	28	1	14=28 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			<b>14 Hrs</b>
<b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Concept of Fitness and Recreation</li> <li>• Objectives, Characteristics and Principles of Fitness and Recreation</li> <li>• Importance, Purpose, Benefits of Fitness and Recreation</li> <li>• Types of Recreation</li> <li>• Recreation through Sports and Games</li> <li>• Use of leisure time activities and their educational values</li> </ul>			<b>28</b>
<b>Practical</b> <ul style="list-style-type: none"> <li>• Traditional, Folk and Indigenous Games</li> <li>• Three Days outdoor camp and Hiking</li> <li>• Cycling, tie up with District/ State Association</li> <li>• Visit to Recreational Clubs</li> </ul>			<b>28</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory <b>Sports and Recreation</b>		Theory - 40 Marks Internal - 20 Marks	
Practical		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks



**Open Elective V Semester**  
**Title of the Course: SPORTS JOURNALISM**  
 (BA/BSc UG Courses)

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semesters
<b>2</b>	<b>30</b>	<b>1</b>	<b>30 Hours</b>
<b>Content of Theory Course (2-0-1) 3 Credits</b>			<b>30 Hrs</b>
<b>Theory</b>			
<b>UNIT I: INTRODUCTION</b>			
<ul style="list-style-type: none"> <li>● Meaning and Definition of Journalism</li> <li>● Sports Journalism: Meaning, Definition and Scope</li> <li>● Media: Types, Nature, Significance</li> <li>● Journalist: Role, Responsibilities, Ethics and Hazards in journalism</li> </ul>			
<b>UNIT II: MASS MEDIA IN SPORTS</b>			
<ul style="list-style-type: none"> <li>● Sports Section in Mass Media: Print, Electronic and Online</li> <li>● Sports Coverage: Live and Recorded</li> <li>● Sports Contents: News, Panel Discussions, Interviews, Special Stories</li> <li>● Basic Sports Journalism Terminology</li> </ul>			<b>30</b>
<b>UNIT III: WRITING AND REPORTING</b>			
<ul style="list-style-type: none"> <li>● Sports Events, Tournaments and their Coverage</li> <li>● Skill and Techniques of Writing</li> <li>● Drafting and Reporting - Language, Vocabulary, Dialect, Spelling, Figure of Speech</li> </ul>			
<b>PRACTICAL</b>			
<ul style="list-style-type: none"> <li>● Field visits and reporting of Major Sports Events</li> <li>● Interviews of Elite Sports Personalities</li> <li>● Project on Local Sports Tournaments and Sports Photography</li> <li>● Notable National and International Sports Journalists and their contribution to Sports Journalism</li> <li>● New Trends and Technologies in Sports Coverage</li> </ul>			<b>30</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory <b>Sports Journalism</b>		Theory - 40 Marks Internal - 20 Marks	
Practical		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks



**Open Elective IV Semester**  
**Title of the Course: SPORTS NUTRITION**  
 (BA/BSc UG Courses)

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semesters
2	30	1	30 Hours
<b>Content of Theory Course (2-0-1) 3 Credits</b>			<b>30 Hrs</b>
<b>Theory</b> <b>UNIT I: INTRODUCTION</b> <ul style="list-style-type: none"> <li>● Meaning and definition of Sports Nutrition</li> <li>● Role of Nutrition in Health Promotion and Sports</li> <li>● Concept of diet</li> <li>● Balance Diet: Components, factors affecting Balanced Diet and Malnutrition</li> </ul> <b>UNIT II: NUTRIENTS</b> <ul style="list-style-type: none"> <li>● Meaning, Classification, Sources, Functions of Nutrients</li> <li>● Micro Nutrients: Vitamins, Minerals, Water</li> <li>● Macro Nutrients: Carbohydrates, Protein, Fat</li> <li>● Nutrients for Sportsmen - Calories and Diet for Games, Sports, Sprints, Endurance and Power Events.</li> </ul> <b>UNIT III: NUTRITION AND WEIGHT MANAGEMENT</b> <ul style="list-style-type: none"> <li>● Meaning, Definition and Importance of Weight Management</li> <li>● Causes of Obesity and Its Prevention Strategies</li> <li>● Carbohydrate Metabolism and Its Role as A Fuel for Muscular Activities.</li> <li>● Nutritional Intake Before, During and After Sports Activity.</li> </ul>			<b>30</b>
<b>PRACTICAL</b> <ul style="list-style-type: none"> <li>● Weight Training</li> <li>● BMI</li> <li>● Physical Activities for Weight Loss</li> <li>● Fitness Training: Yoga, Aerobics/Calisthenics/ Zumba/Dance</li> <li>● Physical Fitness Test</li> <li>● Cardiovascular Exercises</li> <li>● Upper Body, Lower Body and Core Exercises</li> <li>● Record/Project</li> </ul>			<b>30</b>
<b>Formative Assessment</b>			
<b>Assessment type</b>		<b>Weightage in Marks</b>	
Theory <b>Sports Nutrition</b>		Theory - 40 Marks Internal - 20 Marks	
Practical		Practical - 20 Marks Internal - 20 Marks	
<b>Total</b>		<b>100 Marks</b>	

**Note:**

**\*Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

**\*Practical 20 Marks:** Practical Skill Demonstration-20 Marks

**\*Practical Internal 20 Marks:** Practical record book-15 Marks, Oral Viva-05 Marks



## Model Question Paper

### DISCIPLINE SPECIFIC CORE (DSC)

Maximum Marks: 60

Time : 02 Hours

#### Instructions:

1. Answer any FIVE questions in the Part-A, each question carries 8 marks.
2. Answer any TWO questions in the Part-B, each question carries 10 marks.

#### PART – A

I. Answer any FIVE questions

8x5= 40 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

#### PART – B

II. Answer any TWO questions

2x10=20 Marks

- 1.
- 2.
- 3.
- 4.



## Model Question Paper

### OPEN ELECTIVE (OE)

**Maximum Marks: 40**

**Time: 90 Minutes**

Instructions:

1. Answer any Four questions in the Part-A, each question carries 5 marks.
2. Answer any Two questions in the Part-B, each question carries 10 marks.

#### PART – A

**III. Answer any Four questions**

**5x4= 20 Marks**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

#### PART – B

**IV. Answer any TWO questions**

**10x2=20 Marks**

- 1.
- 2.
- 3.
- 4.



## Model Question Paper

### SKILL ENHANCEMENT COURSE (SEC)

**Maximum Marks: 50**

**Time : 90 Minutes**

#### **Instructions:**

Answer any FIVE questions, each question carries equal marks.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

NEP 2020 GCA PESY 2023-24



## RECOMMENDATIONS

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes in discipline specific core, skill enhancement course and open elective shall be taught (theory and practical) by Physical Education faculty qualified as per the UGC guidelines.
2. The Committee recommends that from 2022-23 and there on, the Physical Education, Sports & Yoga as Discipline Core Subject (DSC) shall be considered under Science Stream (B.Sc.) as it is in other states.
3. Physical Education Faculty shall be enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
4. The committee recommends inclusion of the subjects for the competitive examinations conducted for the civil services under the central and state level.
5. Health, Wellness and Yoga (value-based paper under SEC) paper shall be taught by Physical Education Faculty only.
6. In addition to practical, one hour of theory (for Physical Education, Sports and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.
7. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs) for effective learning.
8. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.





9. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22. Board of Studies (BoS) & Board of Examination (BoE) shall be constituted immediately in all the universities.
10. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
11. HEIs shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MoUs with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
12. Along with Discipline Specific Core papers, appropriate measures shall be ensured to conduct practical and theory assessments for Open Electives and Skill Enhancement Courses.

\*\*\*\*\*

***Sound Mind in a Sound Body***

***Vision Generates Actions.....***

