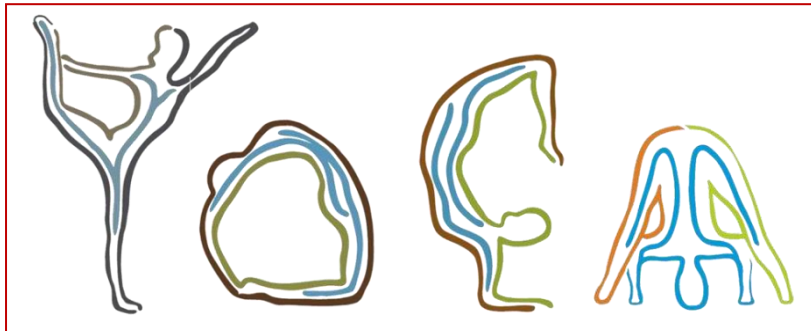




**GOVERNMENT COLLEGE (AUTONOMOUS)
KALABURAGI**

SEP-2024-25

PHYSICAL EDUCATION, SPORTS AND YOGA



CURRICULUM

FOR B. A/B.SC UG COURSES 2024-25 ONWARDS

FRAMED IN THE BOARD OF STUDIES ON

07-08-2024 FOR THE YEAR 2024-25

DEPARTMENT OF PHYSICAL EDUCATION

GOVERNMENT COLLEGE (AUTONOMOUS), KALABURAGI

CONTENTS

S.N	PARTICULARS	PAGE.NO
1.	Preface	1-3
2.	Preamble	4-5
3.	Members, Board of Studies 2024-25 of Government College (Autonomous), Kalaburagi	6
4.	Proceedings of the Board of Studies for Physical Education, Sports and Yoga for Under Graduate Courses	7-9
5.	Model Curriculum and the Outcome	10-11
6.	Assessment Patterns	12
7.	Curriculum Structure	13
8.	Course Aim, Objectives, Learning Outcomes, Employability	14-15
9.	1 st Semester DSC-1 Introduction to Physical Education, Sports and Yoga Theory & Internal Assessment, References DSC-1 Practical & Internal Assessment	16-20
10.	2 nd Semester DSC-2 Sports Management Theory, Practical's & Internal Assessment, References DSC-2- Practical & Internal Assessment	21-23
	Model of Question Papers	24
	Recommendations of the Committee	25-26

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 State Education Policy (SEP) 2024. 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 the Board of Studies in Physical Education, Sports, and Yoga is to develop a robust framework that ensures these disciplines are accessible and available to the masses. This initiative seeks to create a structured pathway for the incorporation of Physical Education, Sports, and Yoga into higher education, thus fostering a culture of health, fitness, and well-being among students.

Developing the Framework

The Board of Studies focuses on creating comprehensive curricula that encompass theoretical knowledge and practical skills in Physical Education, Sports, and Yoga.

This includes designing courses that cover a wide range of topics such as human anatomy, physiology, kinesiology, sports psychology, and the philosophy of yoga. The curricula are developed with the input of experts in these fields to ensure they are relevant, up-to-date, and aligned with current industry standards.

Accessibility and Availability

One of the primary goals is to make Physical Education, Sports, and Yoga accessible to all students, regardless of their background. This involves integrating these subjects into the undergraduate programs of higher education institutions.

By doing so, students from diverse disciplines can benefit from the physical, mental, and emotional advantages these practices offer. Additionally, institutions are encouraged to provide necessary facilities, such as sports grounds, yoga studios, and fitness centers, to support practical learning and participation.

Creation of Professions

The Board of Studies aims to create professional opportunities in the fields of Physical Education, Sports, and Yoga. By developing specialized courses and degrees, students can pursue careers as physical education teachers, sports coaches, fitness trainers, sports managers, yoga instructors, and wellness consultants. This professionalization helps in standardizing these careers and ensures that practitioners have the necessary qualifications and skills.

Benefits to Undergraduate Students

For undergraduate students, this initiative presents numerous benefits. Firstly, incorporating Physical Education, Sports, and Yoga into their studies promotes a holistic approach to education, addressing not only academic growth but also physical and mental well-being. Regular engagement in these activities can lead to improved physical fitness, stress reduction, and better mental health, which can enhance overall academic performance. Secondly, students gain practical skills and knowledge that are valuable in personal and professional contexts. Understanding the principles of physical fitness, the benefits of regular exercise, and the techniques of yoga can lead to lifelong healthy habits. Moreover, the professional courses offer career opportunities in a rapidly growing sector, providing students with diverse career paths. Lastly, by participating in sports and yoga, students develop essential life skills such as teamwork, leadership, discipline, and perseverance. These skills are transferable and can be advantageous in various aspects of life, including their future careers and personal development.

The Board of Studies' aim to integrate Physical Education, Sports, and Yoga into higher education is a forward-thinking approach that recognizes the importance of these disciplines in fostering a well-rounded education. By making these subjects accessible, creating professional opportunities, and promoting overall well-being, this initiative significantly benefits undergraduate students, equipping them with the skills and knowledge to lead healthy, productive lives.

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 SEP 2024.

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, Sociology, 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 2024-25 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.	Dr. VISHWANATH BENNUR College Director of Physical Education & Sports, Govt. College (Autonomous), Kalaburagi	Chairman
2.	Dr. H.S JANGE Co-ordinator P.G in Physical Education University College of Physical Education, Gulbarga University Kalaburagi	Gulbarga University Nominee
3.	Dr. RAJKUMAR G KARVE Assistant Professor of Physical Education & HOD, Department of Physical Education, College of Agriculture, Kalabuargi, UAS, Raichur	External Member (Other than parent University)
4.	Dr. RAVI NAYAK College Director of Physical Education & Sports GFGC Humnabad, Bidar	Member
5.	Sri. SHANKAR SURE College Director of Physical Education & Sports, SS GFGC, Madanhipparaga, Aland	Member
6.	Sri. RAMESHWAR BHATI Bussinessman Sri.Balaji Mithai Bhandhar, Kalaburagi	External Member Representing Industry
7.	Sri. VIJAYKUMAR S DEGALMADI 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 07.8.2024 AT GOVERNMENT COLLEGE (AUTONOMOUS), KALABURAGI:

MEMBERS PRESENT:

1. DR.BENNUR VISHWANATH	:	CHAIRMAN
2. DR. H.S.JANGE	:	MEMBER
3. DR.RAJKUMAR G. KARVE	:	MEMBER
4. DR. RAVI NAYAK	:	MEMBER
5. SRI.SHANKAR SURE	:	MEMBER
6. SRI.RAMESH BHATI	:	MEMBER
7. 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 SEP 2024” (Government of Karnataka, Order.No:ED 166 UNE 2023, Bengaluru, dated 08.05.2024). The following agendas were discussed in the BOS meeting by the committee.

AGENDA:

1. Framing of SEP 2024 guidelines based curricular framework for Physical Education, Sports and Yoga curriculum for B.A & B.Sc for 1st & 2nd 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 1st & 2nd Semester prepared & approved by Karnataka State Higher Education Council with modifications if any.
3. Making the decision to adopt SEP-2024 based revised curriculum frame work for Physical Education Sports and Yoga prepared by the BOS Committee for 1st & 2nd 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:

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 SEP 2024**” (Government of Karnataka, Order.No:ED 166 UNE 2023, Bengaluru, dated 08.05.2024) and the curriculum framework framed for “Physical Education, Sports and Yoga”.

1. The committee has thoroughly gone through the proposed curriculum framework for undergraduate programs in the Universities of Karnataka State under SEP 2024 and the revised curriculum framework framed for “Physical Education, Sports and Yoga” subject prepared by the BOS Committee (Physical
2. Education) on 07.08.2024. 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 07.08.2024.
3. Further, the BOS committee considered and approved the 3 year under graduate course 1st to 2nd Semester Curriculum in Physical Education, Sports and Yoga.
4. The committee prepared model question paper for Discipline Specific Core for 1st to 2nd semesters respectively and approved the same.

5. 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 SEP 2024 based Physical Education, Sports and Yoga subject.
6. 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.
7. The Panel of UG Examiners reviewed and submitted for approval.
8. Internal marks shall be awarded by the subject expert only.
9. 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 1st to 2nd semester and the same is forwarded to Departmental Committee for approving the above syllabus for the academic year 2024-25 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 UG Courses

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

Under Graduate Programmes: BA & BSc

Total Credits for the Program (I & II Semesters):

Discipline Core: 3 + 2 = 05 Credits per Semester

Theory 03 Credits and Practical 02 Credits.

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 equipment's 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

Semester-I BA/BSc				
Discipline Specific Core-1(4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	4	4	100 (60+40)
DSC-1 Practical	BASIC FITNESS, ATHLETICS TRACK & FIELD, MAJOR GAMES & YOGA	2	4	50 (25+25)
Total		6	8	150

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	SPORTS MANAGEMENT	4	4	100 (60+40)
DSC-1 Practical	ADVANCE FITNESS, ASANAS, ATHLETICS- TRACK & FIELD, MAJOR GAMES	2	4	50 (25+25)
Total		6	8	150

CURRICULUM STRUCTURE

For Undergraduate Degree Program BA /BSc in PHYSICAL EDUCATION, SPORTS & YOGA

Total Credits for the Program (For I & II): 5 Credits each

Year of 1st implementation: 2024-25 onwards

Year of revised syllabus implementation: 2024-25 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	Introduction to Physical Education, Sports and Yoga (5 Credits)	<ul style="list-style-type: none"> Students understand the basic principles and practices of Physical Education, Sports and Yoga. Students practically learn methods of teaching the Physical Activities, Sport and Yoga practices. Students get practical experience of organizing & officiating in sports events. 	Students with Arts/Science/Commerce streams at 12 th /+2 level	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural	Theory 100 (80+20) Practical 50 (40+10)
II	Sports Management(5 Credits)	<ul style="list-style-type: none"> To learn the theoretical and practical aspects of Sports Management. To apply Sports Management aspects for appropriate functioning during major sports events. Students are enabled to learn different dimension of active life style. 	preferable with Sports Background	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural	Theory 100 (80+20) Practical 50 (40+10)

COURSE AIM, OBJECTIVES, LEARNING OUTCOMES AND EMPLOYABILITY

Aim of the Course:

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

Objectives of the Course:

- 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.
- 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.
- To impart quality education to the students with basic concepts of Physical education, Sports and Yoga for health and wellness.
- To familiarize the practical aspects of health-related exercise, sports and yoga for overall growth & development.
- To create a foundation for the professionals in Physical Education, Sports and Yoga.
- 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
3	52 - 56	2	52 - 56
Content of Theory Course-1 (3-0-2)			Hours
Unit I: INTRODUCTION			14
<ol style="list-style-type: none"> 1. Meaning and definition of Physical Education, Sports and Yoga. 2. Aims, Objectives and Importance of Physical Education, Sports and Yoga. 3. History of Physical Education (Sparta & Athens), Sports and Yoga. 4. Olympic Games, Para Olympic Games, Common Wealth Games, Asian Games. Modern trends of Physical Education, Sports and Yoga. 5. Brief concept of Education in relation to Physical Education, Sports and Yoga. 			
Unit II: Yoga & Fitness Training			14
<ol style="list-style-type: none"> 1. Importance of Yoga & Fitness 2. Fundamentals Principles of Yoga & Fitness Training 3. Components of Fitness and Fitness Equipments 4. Types of Yoga Practices - Asanas, Pranayama and Meditation 5. Introduction to Balanced Diet for Fitness 			

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

Content of Practical Course 1: Practical (2 credits/56 hours)**ATHLETICS-TRACK & FIELD, MAJOR GAMES & YOGA****A. Track & Field, Major Outdoor Games**

1. Any One Major Game - Volleyball/Basketball
2. One event each - Track & Field

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

1. Surya Namaskara
2. Standing & Sitting Asanas
3. Prone & Supine Asanas

Formative Assessment	
Assessment type	Weightage in Marks
Theory INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	Theory-80 Marks Internal Assessment-20* Marks
Practical MAJOR GAMES, ATHLETICS-TRACK & FIELD, & YOGA	Practical External-40* Marks Internal Practical Assessment-10* Marks
Total	150 Marks

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

Note:

***Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

***Practical External 40 Marks:** Practical Skill Demonstration-40 Marks.

***Practical Internal 10 Marks:** Practical Assignment 10 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), 1st Edition, Daryaganj, New Delhi.
3. Bucher, C. A. (n.d.) Foundation of Physical Education. St. Louis: The C.V. Mosby Co.
4. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree College of Physical Education.
5. Coalter, F. (2013). Sport for Development: What game are we playing?. Routledge.
6. D.M Jyoti, Athletics (2015), lulu.com3101, Hills borough, NC27609, United States.
7. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States.
8. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
9. Kumar, Ajith (1984). Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
10. Md. Attaullah Jagirdar (2015). Officiating, Coaching, Training Methods and Recreation in Physical Education, Khel Sahitya Kendra, Daryaganj, New Delhi.
11. Mohan, V. M. (1969). Principles of Physical Education. Delhi: Metropolitan Book Dep.
12. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
13. William, J. F. (1964). The Principles of Physical Education. Philadelphia: W.B. Saunders Co.
14. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi : Sports.
15. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
16. Pinto John and Ramachandra K (2021). Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore, IAAF Manual.
17. Pinto John and Roshan Kumar Shetty (2021). Introduction to Physical Education, 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
SPORTS MANAGEMENT

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of practicalHours / Semester
3	60	2	60
Content of Theory Course 1 (3-0-2)			Hours
Unit I: INTRODUCTION			13
<ul style="list-style-type: none"> • Definition, Nature, Scope and Principles of Sports Management • Essential Skills of Sports Management • Qualities and competencies required for the Sports Manager • Event Management in Physical Education, Sports and Yoga 			
Unit II: LEADERSHIP IN SPORTS MANAGEMENT			15
<ul style="list-style-type: none"> • Meaning and Definition of Leadership • Types and Qualities of Leadership • Leadership and Organizational Performance • Influence of Leadership on Sports Performance 			
Unit III: PLANNING AND MANAGEMENT IN SPORTS			17
<ul style="list-style-type: none"> • Sports Management in Institutions and Organizations • Factors affecting Planning and Management • Human Resource Management in Sports • The Reward/Punishment System • Sports Equipment Management • Sports Records Management 			
Unit IV: FINANCIAL MANAGEMENT OF EVENTS			15
<ul style="list-style-type: none"> • Objectives and Scope of Financial Planning. • Budgeting, Purchase and Audit • Sources of Funding • Management of Infrastructure, Finance and Personal 			

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

Formative Assessment	
Assessment type	Weightage in Marks
Theory INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	Theory-80 Marks Internal Assessment-20* Marks
Practical MAJOR GAMES, ATHLETICS-TRACK & FIELD, & YOGA	Practical External-40* Marks Internal Practical Assessment-10* Marks
Total	150 Marks

Note:

***Theory Internal Assessment 20 Marks:**

Assignment-10 Marks, Seminar-10 Marks

***Practical External 40 Marks:** Practical Skill Demonstration-40 Marks.

***Practical Internal 10 Marks:** Practical Assignment 10 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.

Model Question Paper
DISCIPLINE SPECIFIC CORE (DSC)

Subject:
Title of Paper:
SEMESTER I/II

Time : 03 Hours

Maximum Marks: 80

Section A

I. Answer any TEN of the following.

- | | | |
|-----|---|----------|
| 1. | } | Unit I |
| 2. | | |
| 3. | | |
| 4. | } | Unit II |
| 5. | | |
| 6. | | |
| 7. | } | Unit III |
| 8. | | |
| 9. | | |
| 10. | } | Unit IV |
| 11. | | |
| 12. | | |

Section B

II. Answer any SIX of the following.

- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Section C

III. Answer any THREE of the following.

- 21.
- 22.
- 23.
- 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 2024-25 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 i.e.BA/BSc UG Courses) starting from the academic year 2024-25. 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 SEP.
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.....