

DAVANGERE UNIVERSITY
NEP Curricular framework for Physical Education, Sports and Yoga



DAVANGERE UNIVERSITY

**NEP 2020 BASED CURRICULUM
FOR PHYSICAL EDUCATION, SPORTS AND YOGA**

FACULTY OF EDUCATION

**SYLLABUS FOR
PHYSICAL EDUCATION, SPORTS AND YOGA**

**IN ACCORDANCE WITH
NEP REGULATIONS 2020**


Registrar
Davangere University
Shivagangotri, Davangere


DEAN
Faculty of Education, Davangere University
Shivagangotri, DAVANGERE-577007

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 framework for Physical Education, Sports and Yoga was an interesting assignment for the committee.

We had to keep in mind the broad guidelines given by the UGC about making the citizens of 21st Century equipped with Critical Thinking, Problem Solving, Analytic Reasoning, Cognitive Skills, and Self-Directed Learning etc. The committee had several meetings to develop the curriculum framework and we have come out with a broad outline for the Colleges and Universities to take up the framework for Physical Education, Sports and Yoga.

The broad aim of this framework is 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 thereby help every citizen of India to be Healthy, Fit and Stay well.

It was my pleasure and honor to chair this committee of eminent professionals and educationists in the field of Physical Education, Sports and Yoga, who have contributed significantly for the development of the curriculum frame work.

I, on behalf of all the committee members, take this opportunity to thank Higher Education Department, Government of Karnataka and Karnataka State Higher Education Council for providing us an opportunity to work for this noble cause.



Dr. B R Ramakrishna,

Chairman,

Subject Expert Committee: Physical Education, Sports and Yoga
& Vice Chancellor

SVYASA, Deemed - to be - University, Bengaluru

Revised Frame Work

Contents		
Sl No:	Particulars	Page No:
1.	NEP 2020 – Subject Expert Committee for Physical Education, Sports and Yoga	5
2.	Preamble	6-7
3.	Model Curriculum and the Outcome	8-9
4.	Assessment Pattern	10-11
5.	Curriculum Structure	12-13
6.	Aim, Objectives, Learning Outcomes, Employability	14
7.	DSC-1 Introduction To Physical Education, Sports And Yoga : Theory, Practical's & Assessment	15-19
8.	DSC-2 Life Style Management: Theory, Practical's & Assessment	20-24
9.		
10.	Semester-1 SEC-1 Health, Wellness, Sports & Yoga	27-28
11.	Semester-2 SEC-1 Physical Education and Sports	29
12.	Open Elective: Self Defense	30
13.	Open Elective: Sports Event Management	31
14.	Open Elective: Yoga and Fitness	32
15.	Open Elective: Adventurous Sports	33
16.	Open Elective: Fitness for Careers	34
17.	Open Elective: Sports and Recreation	35
18.	Recommendations of the Committee	36-38

**NEP 2020 - Subject Expert Committee
Physical Education, Sports and Yoga**

	Name	Designation and Address	Position
1	Dr. B R Ramakrishna	Vice Chancellor Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru	Chairman
2	Dr. P C Krishnaswamy	Professor, UCPE and Director of Physical Education, Bangalore University, Bengaluru	Member
3	Dr. Pasodi M S	Professor, Physical Education, Gulbarga University, Kalburgi	Member
4	Dr. C K Kishore Kumar	Professor, Physical Education, Registrar, Mangalore University, Konaje	Member
5	Dr. K Krishna Sharma	Dept. of Yogic Science, Mangalore University, Konaje	Member
6	Dr. D M Jyoti	Professor, Physical Education, KSAW University, Vijayapura	Member
7	Dr. Ravi Kumar H	College Director of Physical Education & Sports, Govt. Arts College, Bengaluru	Member
8	Dr. Basavaraj Ambiger	College Director of Physical Education & Sports, KH Patil GFGC, Hulikote	Member
9	Dr. John Pinto	College Director of Physical Education & Sports, GFGC, Haleyangadi MangaloreDakshina Kannada	Member
10	Dr. Sandhyarani. P.S	College Director of Physical Education & Sports, GFGC, Hullahally, Mysore District	Member
11	Shri. R Srikanth	College Director of Physical Education & Sports & Nodal Officer, Department of Collegiate & Technical Education Bangalore	Member
12	Dr. Jayappa	Special Officer, KSHEC, Bengaluru	Member Convener
<i>* SI No: 5 was not present for the meetings.</i>			
Special Invitees			
a	Dr. Apar Aviash Saoji	Principal, School of Yoga & Naturopathic Medicine, S-VYASA, Bengaluru	
b	Dr. Vasudev Vaidya	Head: Research & Development, SAMCH, Bengaluru	

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 Day of Yoga etc. These initiatives have given impetus and awareness among general public, professional 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.

The first meeting of the expert committee was held on 22nd August 2021 in Online mode. This was followed by Offline meetings at S-VYASA Deemed to be University headquarters on 27th and 28th August, and 8th and 9th September at KSHEC. Another Online meeting was conducted on 13th September and Offline meeting at KSHEC on 16th September to finalize the First & Second Semester Curriculum Framework. 17th August and 29th September

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 Semesters):
Discipline Core: 06 Credits Per Semester
2. **Open Electives (OE): 03 Credits each**
(BA/BSc/BCom/BBA/BCA & all other UG Courses)
(3 Open Electives each, for First and Second semesters are suggested)
(8 Open Electives are suggested of which any of them can be assigned for any of the first four semesters)
3. **Skill Enhancement Courses:**
(BA/BSc/BCom/BBA/BCA & all other UG Courses)
Total Credits: 02 Credits for Health, Wellness, Sports & Yoga (I Semester)
02 Credit for Sports (II Semester onwards)

Year of Implementation: 2021-22 Onwards

Program Outcomes:

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

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. 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.
5. The student learns to plan, organize and execute sports events.
6. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
7. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
8. Student will learn to apply the knowledge of managing the fitness equipments.

9. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
10. The student will learn and contribute on fitness management.
11. Students will understand and learn different dimension of active life style.
12. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
13. Student will learn the knowledge of fitness diet.
14. Students will be able to assess the Physical Fitness in Scientific way.
15. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
16. The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically/ Visually Challenged students.

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 Practicals	BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & YOGA	2	4	50 (25+25)
Total		6	8	150
Open Electives (3 Credits) (2-0-1) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	Any one of the OEs can be opted from the suggested list of 8 Open Electives Note: University BoS can suggestively decide any 2 OEs for each semester	3	2	60
OE-1 Practicals			2	40 (20+20) Practical + IA
Total			3	4
Semester-1 Skill Enhancement Courses (SEC) Value Based-1 Physical Education Health, Wellness,Sports & Yoga (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	Health,Wellness, Sports &Yoga	2	3	50
Sub-Total (A)		2	3	50
Note: 1. Skill Enhancement Course – Health, Wellness, Sports & Yoga (Activity Based Theory cum Practical Paper)				

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	LIFE STYLE MANAGEMENT	4	4	100 (60+40)
DSC-1 Practicals	ADVANCE FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES	2	4	50 (25+25)
Total		6	8	150
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-1 Theory	Any one of the OEs can be opted from the suggested list of 8 Open Electives Note: University BoS can suggestively decide any 2 OEs for each semester	3	2	60
OE-1 Practicals			2	40 (20+20) Practical cum IA
Total			3	4
Semester-II Onwards Skill Enhancement Courses (SEC) Value Based-1 Physical Education Sports-1 (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's	Sports-1	2	4/3	50
Total		2	4/3	50
Note: 1. Skill Enhancement Course – Sports-1 (Activity Based Theory cum Practical Paper)				

Assessment

Weightage for Assessments

Semester-III BA/BSc				
Discipline Specific Core-2 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	SPORTS TRAINING AND COACHING	4	4	100 (60+40)
DSC-1 Practicals	SPORTS PROFICIENCY	2	4	50 (25+25)
Total		6	8	150
Open Electives (1-0-2 / 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-1 Theory	Any one of the OEs can be opted from the suggested list 8 Open Electives Note: University BoS can suggestively decide any 2 OEs for each semester	2	2	60
OE-1 Practicals		1	2	40 (20+20) Practical cum IA
Total		3	4	100
Semester-III Skill Enhancement Courses (SEC) Value Based-II Physical Education Sports-1 (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's	Sports-II	2	4/3	50
Total		2	4/3	50
Note: 1. Skill Enhancement Course – Sports-II (Activity Based Theory cum Practical Paper)				

Assessment

Weightage for Assessments

Semester-IV BA/BSc				
Discipline Specific Core-2 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	SPORTS INJURIES & MANAGEMENT	4	4	100 (60+40)
DSC-1 Practicals	FIRST AID & ATHLETIC CARE	2	4	50 (25+25)
Total		6	8	150
Open Electives (1-0-2 / 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-1 Theory	Any one of the OEs can be opted from the suggested list 8 Open Electives Note: University BoS can suggestively decide any 2 OEs for each semester	2	2	60
OE-1 Practicals		1	2	40 (20+20) Practical cum IA
Total		3	4	100
Semester-III				
Skill Enhancement Courses (SEC)				
Value Based-III Physical Education				
Sports-III				
(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's	Sports-1	2	4/3	50
Total		2	4/3	50
Note: 1. Skill Enhancement Course – Sports-III (Activity Based Theory cum Practical Paper)				

**Curriculum Structure for
Undergraduate Degree Program
BA / BSc in Physical Education, Sports & Yoga**

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

Year of implementation: 2021-22 Onwards

Name of the Degree Program: BA/B.Sc

Discipline/Subject: Physical Education, Sports & 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	Assessment\$
1	Introduction to Physical Education, Sports & Yoga (6 Credits)	1. To understand the basic principles and practices of Physical Education, Sports and Yoga. 2. To be able to instruct the Physical Activities, Sports and Yoga practices 3. To understand and able to organize & officiate sports events	Students with Arts/Science/ Commerce streams at 12 th / +2 level preferable with Sports Background	The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals	Theory 100 (60+40) Practicals 50 (25+25)

2	Life Style Management (6 Credits)	<p>1. To learn and apply the knowledge of Physical fitness and exercise management to lead better quality life</p> <p>2. To understand and learn different dimension of active life style</p>		<p>The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals</p>	<p>Theory 100 (60+40)</p> <p>Practicals 50 (25+25)</p>
3	PHILOSOPHY OF TRAINING AND COACHING (6 Credits)	?		<p>The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals</p>	<p>Theory 100 (60+40)</p> <p>Practicals 50 (25+25)</p>

4	SPORTS INJURIES & MANAGE MENT (6 Credits)	?		The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals	Theory 100 (60+40) Practicals 50 (25+25)
---	--	---	--	---	---

BA/BSc Semester I, II, III & IV

Aim of the Course

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

Objectives of the Course

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
2. To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth & development
3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
4. To impart the basic knowledge and skills to teach 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 instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and community level.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate 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: 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
Content of Theory Course-1 (4-0-2)			
Unit- I Introduction			
1. Meaning and definition of Physical Education, Sports and Yoga.			14
2. Aims, Objectives and Importance of Physical Education, Sports and Yoga.			
3. History of Physical Education, Sports and Yoga.			
4. 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			
1. Importance of Yoga & Fitness			14
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			

Unit- III Introduction to Athletics and Officiating of Sports and Games	
<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 	14
Unit- IV Career Opportunities in Physical Education, Sports and Yoga	
<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. 	14

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

BASIC FITNESS, 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. Kapalabhathi/Basthrika
4. Anuloma Viloma/Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha)

Pedagogy: The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

Formative Assessment	
Assessment type	Weightage in Marks
Theory INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	Theory-60 Marks Internal Assessment-40 Marks
Practicals BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & YOGA	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Reference Books

1. 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.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
4. Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
6. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
7. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA : Human Kinetics.
8. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
9. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitsa. Bengaluru: Swami Vivekananda Yoga Prakasana.
10. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
11. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
12. D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
13. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
14. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
15. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
16. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
17. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
18. IAAF Manual

19. Officiating and Coaching, Dr.Anil Kumar Vanaik, 2017, Friends Publications(India), Ist Edition, Daryaganj, New Delhi
20. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr.Md.Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi

BA/BSc Semester II
Title of the Course: 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
Content of Theory Course 2 (4-0-2)			
Unit – 1 INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS			
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			12
Unit - 2 PRINCIPLES OF YOGIC PRACTICES			
1. Jnana Yoga, 2. Karma Yoga, 3. Bhakthi Yoga, 4. Raja Yoga/ Astanaga Yoga 5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara			14

Unit - 3 DIET, FITNESS, WELLNESS & LIFE STYLE MANAGEMENT	
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	16
Unit - 4 PHYSICAL LITERACY	
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	14

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

ADVANCED FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES

PRACTICALS

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

1. Surya Anuloma Viloma/Surya Bhedana Pranayama
2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama
3. Ujjayi Pranayama
4. Kumbhaka Pranayama
5. Sampoorana Yoga Shwasana (Full Yogic Breathing)

D. TWO MAJOR/MINOR GAMES /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, Practicals, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

Formative Assessment	
Assessment type	Weightage in Marks
Theory LIFE STYLE MANAGEMENT	Thoery-60 Marks Internal Assessment-40 Marks
Practicals ADVANCED FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES	External- 25 Marks Internal Assessment - 25 Marks
Total	150 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.Thygerson, 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, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0ISBN
6. Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
7. Fit & Well, 4th 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 Chaman Enterprises, 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 3rdEdition, Mayfield Publishing Company.

15. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, 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. New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
19. Pranic Eneigization Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
20. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore

BA/BSc Semester-III
Title of the Course: DSC-3
SPORTS TRAINING AND COACHING

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	52 - 56	2	52 - 56
Content of Theory Course-1 (4-0-2)			
Unit- I Introduction			
<ul style="list-style-type: none"> ➤ Introduction to Sports Training ➤ Meaning, Definition, Aims and Objectives of Sports Training ➤ Need and Importance of Sports Training ➤ Principles of Sports Training- General Principles, Principle of Over Load or Over Use 			14
Unit-2 Training Components			
<ul style="list-style-type: none"> ➤ Training Components- <ul style="list-style-type: none"> ● Strength (Isometric, Isotonic & Isokinetic) ● Speed ● Endurance ● Flexibility ● Agility & Coordinative abilities ➤ Sports Training Methods and its Impacts <ul style="list-style-type: none"> ● Continuous Training ● Interval Training ● Fartlek Training ● Circuit Training ● Weight Training 			14

Unit- III Coaching	14
➤ Meaning, Definition and Importance of Coaching	
➤ Principles of Coaching	
➤ Qualities and Qualifications of a Coach	
➤ Responsibilities and Duties of a Coach (Pre, During & Post - Training and Competition)	
Unit- IV Training Program and Planning	14
➤ Competition Preparation	
➤ Periodization- Meaning and Importance	
➤ Cycles of Training- Micro, Meso and Macro	
➤ Individual Preparation and Team Cohesion	
➤ Psychological Preparation	

Content of Practical Course 3: Practical's (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's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Thoery-60 Marks Internal Assessment-40 Marks
Practicals	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Note: The break-up for Internal marks shall be decided at the BoS Level.

REFERENCES:

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

1.

BA/BSc Semester-IV
Title of the Course: DSC-4
SPORTS INJURIES & MANAGEMENT

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	52 - 56	2	52 - 56
Content of Theory Course-1 (4-0-2)			
Unit- I Introduction to Sports Injuries			
<p>➤ Meaning, Definition & Concept of Sports Injuries</p> <p>➤ Classification of Sports Injuries -</p> <ul style="list-style-type: none">● Acute Injuries and● Over Use Injuries <p>➤ Common Sports Injuries:</p> <ul style="list-style-type: none">● Sprain, Strain and Cramps● Fractures and Dislocation● Abrasion and Contusion● Cuts and Bruise			14
Unit-II Causes & Prevention of Sports Injuries			
<p>Causes</p> <p>➤ Accident</p> <p>➤ Poor Training Practice</p> <p>➤ Improper Equipments and Surfaces</p> <p>➤ Lack of Conditioning</p> <p>➤ Use of Supplements for Sports Performance</p> <p>Prevention</p> <p>➤ Good Conditioning</p> <p>➤ Scientific and Systematic Training</p> <p>➤ Balance Diet</p>			14

<ul style="list-style-type: none"> ➤ Specified Equipments, Surfaces and Sports Wears ➤ Misconceptions of Sports Injuries 	
Unit- III Management of Injuries	
<ul style="list-style-type: none"> ➤ First Aid - Meaning and Definition First Aid ➤ Principles of First Aid, ➤ First Aid Kit and its Importance ➤ Diagnosis and Treatment ➤ CPR for Sudden Cardiac Arrest in Sports ➤ RICE Treatment – Rest, Ice, Compression and Elevation 	14
Unit- IV Rehabilitation of Sports Injuries	
<ul style="list-style-type: none"> ➤ Physical and Psychological Preparation ➤ Sports Therapy, Yoga, Pranayama, Meditation ➤ Massage and Relaxation Techniques ➤ Appropriate Measures to restart sports activities 	14

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

FIRST AID AND ATHLETIC CARE

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

Pedagogy: The course shall be taught through Lecture, Practical's, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practicals	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Reference Books

REFERENCES:

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, Sublime Publications, Jaipur, ISBN:978-81-8192-209
2. Sports Injuries, 2013, Bhushan Kumar Mishra, Sports Publications, Darya Ganj, New Delhi, 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 Sahitya Kendra, 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

<p align="center">Semester-I Skill Enhancement Courses (SEC-1) PHYSICAL EDUCATION Title of the Course: Health, Wellness, Sports & Yoga <i>(BA/BSc/BCom/BBA/BCA & all other UG Courses)</i></p>

Number of Credits	Number of lecture hours/ semester	
2	3 Hours/Week	
Activity Based Practical Course Content		
Unit 1:- Introduction a. Meaning, Definition and Importance of Health & Wellness b. Dimensions of Health and Wellness c. Factors influencing Health and Wellness <i>Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle</i> d. Health & Wellness through Physical Activities <i>Sports, Games, Yoga, Recreation and Leisure time activities</i> e. Causes of Stress & Stress relief through Exercise and Yoga	42Hrs	
Unit 2:- Practical's- Exercises for Health and Wellness 1. Warm-Up and Cool Down - General & Specific Exercises 2. Physical Fitness Activities 3. Stretching Exercises 4. Strengthening Exercises 5. Cardiovascular Exercises 6. Flexibility and Agility Exercises 7. Assessment of BMI 8. Relaxation techniques		
Unit 3:- Yoga <ul style="list-style-type: none">● Shitalikarna Vyayama● Suryanamaskara● Basic Set of Yoga Asanas● Basic Set of Pranayama & Meditation		

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

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

Note: 1. *Due Weightage in the Internal Assessment shall be given to the achievement of Sportsmen of the College

2. IA Guidelines shall further be modified at the University Level

References:

1. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA: Human Kinetics.
2. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
3. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakashana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hillsborough, NC27609, United States
6. AAPHERD “Health related Physical Fitness Test Manual.”1980 Published by Association drive Reston Virginia
7. Bucher.C.A (1979) foundation of Physical Education (5th Edition Missouri CV Mosby Co.)
8. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
9. Thomas D Fahey and others. Fit and well : 6th Edition New York :McGraw Hill Publishers, 2005
10. Dixit Suresh (2006) SwasthyaShiksha sports Publications Delhi.
11. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi
12. Pinto John and Roshan Kumar (2021) “Introduction to PhysicalEducation”, Louis Publication. Mangalore
13. Shanti K Y (1987) “The Science of Yogic Breathier” (Pranayama) D B Bombay
14. Pinto John and Ramachandra K (2021)Kannada Version “Dahika Sikshanada Parichaya” Louis publications. Mangalore

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's)	
2	3 Hours/Week	
Activity Based Practical Course Content		42Hrs
Physical Education & Sports <ul style="list-style-type: none">● Conditioning Exercises● Aerobics & Calisthenics● One Major Game and One Indigenous Game (Basic Skills)● One Track/Field Event● Intramural Competitions● Project/Record● Proficiency in particular Sport<ul style="list-style-type: none">➤ Rules & Regulations➤ Marking & Ground Management➤ Officiating		42
Note: <ol style="list-style-type: none"><i>Colleges may offer required no: of games as per students' strength and available facilities.</i><i>Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters.</i><i>For Specially Challenged Students, the Program shall be designed at college level</i>		

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

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

	● Performance = 10
Total	50 Marks

Note: IA Guidelines shall be formulated at the University 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

Semester-I
Open Elective Paper

Title of the Course:

Self-Défense

(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
Content of Theory Course (2-0-1)			
Theory <ul style="list-style-type: none"> ● Importance and need of self-defense. ● Types of Defensive Skills ● Conditioning Exercises - General and Specific Exercises ● Development of Strength and Speed ● Development of coordinative abilities. 			14
Practical Basic Skills for Self - Defense <ul style="list-style-type: none"> ● Martial Arts ● Kick Boxing and Wrestling ● Defensive Skills with and without sticks (Lathi) ● Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment Type	Weightage in Marks		
Theory Self-Défense	Theory - 40 Marks Internal - 20 Marks		
Practical's Basic Skills for Self - Defense	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester-I
Open Elective Paper

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

Semester -I
Open Elective Paper

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
Content of Theory Course (2-0-1)			
Theory <ul style="list-style-type: none"> ● Importance of Yoga and Fitness ● Types and Principles of Asanas ● Fitness Components ● General and Specific Conditioning and its importance ● Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities ● Yoga, Fitness and Personality ● Nutrition for Fitness 			14
Practical's <ul style="list-style-type: none"> ● General and Specific Warm up ● Aerobics/Zumba/Dance ● Asanas ● Recreation for Fitness ● Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment type	Weightage in Marks		
Theory Yoga and Fitness	Theory - 40 Marks Internal - 20 Marks		
Practical's Aerobics & Asanas for Fitness	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester-II
Open Elective Paper
 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
Content of Theory Course (2-0-1)			
Theory (BA/BSc/BCom/BBA/BCA & all other UG Courses) <ul style="list-style-type: none"> ● Importance of Adventure Sports ● Types and Principles of Asanas ● Definition, Classification, History- Development, Scope, Importance and Objectives ● Types of Adventure Activities ● Mountaineering – Trekking, Rock Climbing, Single Rope, Water Sports –River Rafting, Cannoning, Boating ● Recent Trends in Adventure Sports ● Job Opportunities in Adventure Sports 			14
Practical's <ul style="list-style-type: none"> ● Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down ● Practical, teaching, demonstration, training, technical training ● Planning and Organising-Mountaineering, Trekking, Rock Climbing, Single Rope, Para Sailing, Water Sports, Adventure Camps etc ● Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment type	Weightage in Marks		
Theory Adventure Sports	Theory - 40 Marks Internal - 20 Marks		
Practicals Adventure Training & Camping	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester- II
Open Elective Paper
 Title of the Paper
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
Content of Theory Course (2-0-1)			
Theory <ul style="list-style-type: none"> ● Importance of Yoga and Fitness ● Physical Standards: Men and Women ● Standard Fitness Tests: Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education ● General and Specific Conditioning and its importance ● Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc Mode of Selections and Qualifying Standards 			14
Practical's <ul style="list-style-type: none"> ● General and Specific Warm up ● Training for Endurance, Speed, Strength, Agility, Flexibility etc ● Required Physical Fitness Tests: Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc 			56
Formative Assessment			
Assessment type	Weightage in Marks		
Theory Physical Fitness for Careers	Theory - 40 Marks Internal - 20 Marks		
Practicals Physical Fitness Tests	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester- II
Open Elective Paper
 Title of the Paper
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
Content of Theory Course (2-0-1)			
Theory <ul style="list-style-type: none"> • Meaning, Definition and Concept of Fitness and Recreation • Objectives, Characteristics and Principles of Fitness and Recreation • Importance, Purpose, Benefits of Fitness and Recreation • Types of Recreation • Recreation through Sports and Games • Use of Leisure Time Activities and their educational values 			14
Practical <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games • Three Days outdoor camp and Hiking • Cycling, tie up with District/ State Association • Visit to Recreational Clubs 			56
Formative Assessment			
Assessment type	Weightage in Marks		
Theory Sports and Recreation	Theory - 40 Marks Internal - 20 Marks		
Practicals Sports & Games for Recreation	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Semester- II
Open Elective Paper
 Title of the Paper
SPORTS NUTRITION
(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
Content of Theory Course (2-0-1)			
<p style="text-align: center;"><u>THEORY</u></p> <p>UNIT-1-INTRODUCTION</p> <ul style="list-style-type: none"> ➤ Meaning and definition of Sports Nutrition. ➤ Role of Nutrition in health promotion and Sports ➤ Concept of diet ➤ Balance Diet: Components, factors affecting Balanced Diet and Malnutrition <p>UNIT 2- NUTRIENTS</p> <ul style="list-style-type: none"> ➤ Meaning, Classification, Sources, functions of nutrients ➤ Micro Nutrients: Vitamins, Minerals, Water ➤ Macro Nutrients: Carbohydrates, Protein, Fat ➤ Nutrients for Sportsmen - Calories and diet for Games, Sports, Sprints, Endurance and Power Events. <p>UNIT 3-Nutrition and Weight Management</p> <ul style="list-style-type: none"> ➤ Meaning, Definition and Importance of Weight Management ➤ Causes of Obesity and its prevention strategies ➤ Carbohydrate metabolism and its role as a fuel for muscular activities. ➤ Nutritional intake before, during and after sports activity. 			28
<p style="text-align: center;"><u>PRACTICALS</u></p> <ul style="list-style-type: none"> • Weight Training • BMI • Physical Activities for Weight Loss • Fitness Training: Yoga, Aerobics/Calisthenics/ Zumba/Dance • Physical Fitness Test • Cardiovascular Exercises • Upper Body, Lower Body and Core Exercises • Record/Project 			28
Formative Assessment			
Assessment type		Weightage in Marks	
Theory		Theory - 60 Marks	
Practicals		Practical - 20 Marks	
Sports & Games for Recreation		Internal - 20 Marks	
Total		100 Marks	

Semester- II
Open Elective Paper
 Title of the Paper
Health and Safety Education
(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
1	14	2	28 =56 Hours
Content of Theory Course (1-0-2)			
THEORY			
UNIT 1 - DEFINITION OF HEALTH <ul style="list-style-type: none"> ➤ Factors influencing health: heredity, environment and habits ➤ Physical and mental health- meaning and dimensions ➤ Personal Hygiene – Skin, Mouth, Teeth, Nails, Clothing, Shoes, Food, Exercises, ➤ Sleep and Relaxation 			14
UNIT 2- COMMUNICABLE DISEASE <ul style="list-style-type: none"> ➤ Meaning and Definition of Communicable Disease ➤ Causes of Communicable diseases ➤ Spread of Infections ➤ Preventive measures of Malaria, Filariasis, Typhoid, Cholera, Dysentery, Small Pox, whooping Cough, Tuberculosis and AIDS 			56
UNIT 3- PUBLIC HEALTH AND SAFETY <ul style="list-style-type: none"> ➤ General methods of sanitation ➤ Supply of drinking water and methods of water purification ➤ Safety measures and precaution: at home, street, play ground ➤ First Aid: Introduction, Principles of First Aid, Duties of First Aider 			
Practicals Practical First Aid First Aid Requirements during Sports Competition Actions during emergencies: SCA, Fractures, Breathlessness, Cramps, Sprains, Strain,			
Formative Assessment			
Assessment type		Weightage in Marks	
Theory		Theory - 40 Marks	
Sports and Recreation		Internal - 20 Marks	
Practicals		Practical - 20 Marks	
Sports & Games for Recreation		Internal - 20 Marks	
Total		100 Marks	

Semester- II
Open Elective Paper
 Title of the Paper
Sports Journalism (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	28 Hours
Content of Theory Course (2-0-1) 3 Credits			56 Hours
<p style="text-align: center;">THEORY</p> <p>UNIT 1 - INTRODUCTION</p> <ul style="list-style-type: none"> ➤ Meaning and Definition of Journalism, ➤ Sports Journalism: Meaning, Definition and Scope, ➤ Media: Types, Nature, Significance. ➤ Journalist: Role, Responsibilities, Ethics and Hazards in journalism <p>UNIT 2 - MASS MEDIA</p> <ul style="list-style-type: none"> ➤ Sports Section in Mass Media: Print, Electronic and Online ➤ Sports Coverage: Live and Recorded, ➤ Sports Contents: News, Panel Discussions, Interviews, Special Stories, ➤ Basic Sports Journalism Terminology <p>UNIT 3 - WRITING AND REPORTING</p> <ul style="list-style-type: none"> ➤ Sports Events, Tournaments and their Coverage: ➤ Skill and Techniques of Writing ➤ Drafting and Reporting - Language, Vocabulary, Dialect, Spelling, Figure of Speech <p style="text-align: center;"><u>PRACTICALS</u></p> <ul style="list-style-type: none"> ● Field Visits and Reporting of Major Sports Events ● Interviews of Elite Sports Personalities ● Project on Local Sports Tournaments and Sports Photography ● Notable National and International Sports Journalists and their contribution to Sports Journalism ● New Trends and Technologies in Sports Coverage ● Mock Interview/Record/Project 			28
			28
Formative Assessment			
Assessment type		Weightage in Marks	

Theory Sports and Recreation	Theory - 40 Marks Internal - 20 Marks
Practicals Sports & Games for Recreation	Practical - 20 Marks Internal - 20 Marks
Total	100 Marks

Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practicals) by Physical Education Faculty, qualified as per the UGC guidelines
2. The Committee recommends that from 2022-23 the Physical Education, Sports & Yoga Discipline Core Subject 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 and Wellness (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).
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 madeavailable 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

