



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
Shivangotri, Davangere.


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

CURRICULUM

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

Discipline Core: Physical Education Sports & Yoga – BA/BSc

Total Credits for the Program (I & II Semesters): Discipline Core: 12 Credits

Open Electives: 06 Credits (BA/BSc/BCom/BBA/BCA & all other UGCourses)

Skill Enhancement Courses: 03 Credits (BA/BSc/BCom/BBA/BCA & all other UGCourses)

Starting Year of Implementation: 2021-22

Program Outcomes:

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

1. Be an entrepreneur (to start their own fitness center, gym, etc.) and devise an appropriate fitness program for different genders and age groups at all levels
2. Officiate, supervise various sports events and organize sports events
3. Acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
4. Learn theoretical and practical aspects of the game of his choice to apply at various levels for teaching, learning and coaching purposes.
5. Learn to apply knowledge of Physical fitness and exercise management to lead a better lifestyle.
6. Gain knowledge of professional preparation in Physical Education, Sports and Yoga
7. Assess Physical Fitness in a scientific manner.
8. Continue professional courses and research in Physical Education, sports and yoga.

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NEP Curricular Framework for Physical Education, Sports & Yoga

SEMESTER - I

(BA/BSc Programmes)				
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, TRACK AND FIELD, MAJOR GAMES AND YOGA	2	4	50 (25+25)
Total		6	8	150
Semester-1				
Open Electives (1-0-2/2-0-1)				
(BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	Self Defense (1-0-2) Yoga & Fitness (1-0-2) Sports Event Management (2-0-1) Note: Student's shall opt any one of the OEs	2	2	60 (40+20)
OE-1 Practical		1	2	40 (20+20)
Total		3	4	100
Note: For Open Electives the Number of Credits for Practical & Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)				
Semester-1				
Skill Enhancement Courses (SEC)				
Value Based-1 Physical Education				
Yoga-1 (0-0-2)				
(BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment (IA)
SEC-1 Practical	Yoga-1	1	2	25 (IA)
Sub-Total (A)		1	2	25
Skill Enhancement Courses (SEC)				
Value Based-2 Physical Education				
Health and Wellness (1-0-1)				
(BA/BSc/BCom/BBA/BCA & all other UG Courses)				
SEC-2 Theory cum Practical	Health and Wellness	1	1+1	25(IA)
Sub-Total (B)		1	1+1	25
Note: 1. Skill Enhancement Course - Yoga (Two Hours of Practical's)				
2. Skill Enhancement Course – Health and Wellness (One Hour Theory and One Hour Practical for One Credit)				


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SEMESTER-II

(BA/BSc Programmes)				
Discipline Specific Core-1 (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 Practical	ADVANCE FITNESS, ASANAS, TRACK & FIELD, AND MAJOR GAMES	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)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	Adventure Sports (1-0-2) Sports & Recreation (1-0-2) Fitness for Careers (1-0-2)	2	2	60 (40+20)
OE-1 Practical		1	2	40 (20+20)
Total		3	4	100
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/ Assessment
SEC-1 Practical's	Sports-1	1	2	25(IA)
Total		1	2	25
Note: Skill Enhancement Course –Sports-1(Two Hours of Practical's)				


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Curriculum Structure for Undergraduate Degree Program BA / BSc Courses in Physical Education, Sports and Yoga

Total Credits for the Program (I & II Semester): 6+6=12 Credits

Starting year of implementation: 2021-22

Name of the Degree Program: 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	Assessment
1	Introduction to Physical Education, Sports & Yoga (6 Credits)	<p>1. To understand the basic principles and practices of Physical Education, Sports and Yoga.</p> <p>2. To be able to instruct the Physical Activities, Sports and Yoga practices.</p> <p>3. To understand and able to organize & officiate sports events.</p>	Students with Arts/Science/Commerce streams at +2 level Interactive with Sports Background	The course shall be taught through Lecture, Practical, Sessions, Materials, Assignments, Seminars, Intramural & Extramural.	<p>Theory 100 (60+40) Practical 50 (25+25)</p>

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2	Life Style Management (6 Credits)	<p>1. To learn and apply the knowledge of Physical fitness and exercise management to lead a better quality life</p> <p>2. To understand and learn different dimension of an active lifestyle</p>		<p>The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramural.</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
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BA/BSc Semester I & II

Aim of the Course:

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promotes 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.

B.A/B.Sc., Semester I

Title of the Course: **DSC-1**

Introduction to Physical Education, Sports and Yoga

Course outcomes

On completion of the Course the student will be able to:

Understand the historical concepts and significance of Physical Education and Yoga. Learn the modern trends in sports and yoga and its relation to education.

Learn the Principles of implementing fitness activities and yoga.

Understand the biological principles on which physical education, yoga and sports are based. Learn the basic yoga practices.

Be aware of the career opportunities arising out of undergoing courses in physical education, sports and yoga.

Understand and perform warm up and conditioning activities.

Assess the health-related fitness parameters and evaluate the same. Perform basic skills in a game and athletic event.

Perform basic asanas and pranayama.

Learn to record and prepare reports

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semester
4	56	2	56
Content of Theory Course-1 (4-0-2)			
Unit- I Introduction			
Meaning and definition of Physical Education, Sports and Yoga.			
Aim and Objectives of Physical Education, Sports and Yoga.			
History of Physical Education, Sports and Yoga.			
Ancient Greece			
Ancient and Modern Olympics			
Asian Games and Commonwealth Games			
Post-Independence Period –SAI, Khelo India, Fit India Movement.			
Origin & Development of Yoga.			
Modern trends of Physical Education, Sports and Yoga (brief concepts.) Values of Physical Education, Sports and Yoga.			
Assessment of human performance- Endurance			
Brief concept of Education in relation to Physical Education, Sports and Yoga. Pedagogy for Physical Education, Sports and Yoga			
Physical Education, Sports and Yoga for holistic development.			

<p>Unit- II Yoga & Fitness Training</p> <p>Importance of Yoga&Fitness Fundamentals Principles of Yoga & Fitness Training Shithalikaarana vyayamas; sequencing the practice; and need based practice. Principles of training and variables of training Components of Fitness Concept of fitness; their types and importance Health related fitness components Skill related fitness components Types of Yoga practices (concepts) Asanas Pranayama Kriyas Dhyana Considerations for practice of Yoga and fitness.</p>	14
<p>Unit- III Biological Foundations of Physical Education and Yoga</p> <p>Growth and Development: Meaning, Principles and Stages Heredity and Environment: Meaning, principles and influence on growth and development Concepts: Athletic Heart, Types of Ages, Types of load, Physical and Physiological differences between males and females Body Types: Meaning, Types, Characteristics, and implications in Physical Education and sports.</p>	14
<p>Unit- IV Career Opportunities in Physical Education, Sports and Yoga</p> <p>Physical Education, Sports and Yoga professionals at various levels of educational institutions- Qualities and Qualifications. Career Avenues: Sports Trainer, Yoga Instructor, Coach, Sports Manager, Sports Scientist, Event manager, Technical Official, Entrepreneurs, Researchers. Applications of sports and yoga for different purposes: Teaching, Business Executives, Police department, Defense personnel, Government employees. Sports and Yoga Establishments: Health Clubs, Fitness centers, Dance and yoga studios, Recreational clubs: Characteristics, Facilities and Infrastructure and Management. Specialized professions: Sports Journalists, sports Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Propsmanufacturers.</p>	14

Content of Practical Course 1: Practical (2 credits/56 hours)		56 HRS
A. Basic Fitness, Training and Assessment General and specific warm-up, limbering down – Meaning, types and benefits Assessment of Body Composition and Cardiovascular fitness. Training and Assessment for Health-related fitness - Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition.		56
B. Major/Minor Outdoor Games / Track & Field One Game (Choice as per institutional facilities/ trained personnel/ student/ popularity) Athletics: Running, Jumping and Throwing Event – One event from each.		
C. Basic Asanas and Surya Namaskara (as per the reference books) Shithilikarana Vyayama (Dynamic) Suryanamaskara Standing & Sitting Asanas (2 asanas from each) Prone & Supine Asanas (2 asanas from each)		
Basic Pranayamas Vibhagiya pranayama (Sectional breathing) Sukha Pranayama (Breath awareness) Anuloma Viloma/NadiShuddhi Surya Anuloma Viloma/Surya Bhedana Pranayama Chandra Anuloma Viloma/Chandra Bhedana Pranayama		

* The practical classes shall be adapted to the physically challenged students as per requirement.

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural & Extramurals and Mass demonstrations.

Formative Assessment					
Assessment Type	Internal Assessment			Semester Exam	Total
Theory	Test	20	40	60	100
	Assignment	10			
	Seminar	10			
Practical	Test	15	25	25	50
	Assignment	10			
Total					150

Assignments can be in the form of field work, projects, written tasks, practical tasks.


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Reference Books

1. Bucher, C. A. Foundation of physical education. St.Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
4. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
5. William, J.F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
6. Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.
7. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
8. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi :Sports.
9. Russell, R.P. (1994). Health and Fitness Through Physical Education. USA
10. : Human Kinetics.
11. Uppal, A.K. (1992). Physical Fitness. New Delhi: Friends Publication.
12. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitsa. Bengaluru: Swami Vivekananda YogaPrakasana.
13. Kumar, Jith. (1984) YogaPravesha. Bengaluru: RashtrothannaPrakashana.
14. D.M Jyoti, Yoga and Physical Activities (2015) Lulu.com3101, Hills borough, NC27609, United States
15. D.M Jyoti, Athletics (2015) Lulu. com3101, Hills borough, NC27609, United States
16. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
17. Pinto, John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
18. Shekar, K. C. (2003). Yoga for health. Delhi: KhelSahityaKendra..
19. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
20. Pinto, John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
21. IAAF Manual
22. Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications (India), 1st Edition, Daryaganj, New Delhi
23. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr.Md.Attaullah Jagirdar, 2015, KhelSahitya Kendra, Daryaganj, New Delhi

Semester I
Open Elective Paper

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

Course outcomes:

On completion of the Course the student will be able to:

Understand the meaning and need of self-defense.

Understand the fitness requirements to implement self-defense.

Learn the basic techniques of selected combative sports.

Learn the defensive techniques applied from combative

sports. Implement survival techniques during emergencies.

Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical Hours / semester
1	14	2	28 = 56 hours
Content of Theory Course (1-0-2)			Hours
Theory			14
Concept of self-defense and its importance.			
Mental preparation for self-defense.			
Specific fitness for self-defense.			
General characteristics of Karate, Wrestling and Judo. Ethical considerations for self-defense.			
Practical			56
Specific Warmup and conditioning for self-defense.			
Basic techniques and skills of Karate, Wrestling and Judo.			
Self-defense during emergencies- Chain snatching, holding back,			
Attack from the front-with and without weapons.			
Defensive skills with Kati (Sticks).			
Report preparation, records and PPT.			

* The practical classes shall be adapted to the physically challenged students as per requirement

Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Theory	Test	10	20	40
	Assignment	5		
	Seminar	5		
Practical	Test	10	20	40
	Assignment	10		
Total				100

Assignments can be in the form of field work, projects, written tasks, practical tasks etc.


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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/ semester
1	14	2	56
Content of Theory Course (1-0-2)			
Theory Meaning and Importance of Yoga and Fitness. Types and Principles of Asanas. Types of Fitness and their components. General and Specific Conditioning and their importance Methods of developing Endurance, Strength, Speed, Agility and Flexibility. Nutrition for Fitness			14
Practical General and Specific Warmup Specific Exercises for Endurance, Strength, Speed, Agility and Flexibility. Aerobics/Zumba/Dance/Pilates/Resistance training/Swiss balls/Jump rope/Fitness activities using varied equipment. Yogasanas <ul style="list-style-type: none"> ○ Standing Asanas: Tadasana, Vrikshasana & Trikonasana. ○ Sitting Asanas: Vajrasana, Badha Konasana & Vakrasana. ○ Supine lying Asanas: Pavana Muktasana, Sarvangasana & Navasana. ○ Prone lying Asanas: Bhujangasana, Shalabhasana & Dhanurasana. Recreational games. Preparation of records and reports			56

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory - 40 Marks Internal - 20 Marks = 60
Practical	Practical - 20 Marks Internal - 20 Marks = 40
Total	100 Marks


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Semester- I
OPEN ELECTIVE PAPER - 2

Title of the Course:

Sport Event Management

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

Course outcomes:

On completion of the Course the student will be able to:

Understand the meaning and salient features of sport event management.

Learn the various sports related events and the required skills for their management.

Learn the application of financial and human resource management in organizing sports events. Know the various gadgets, implements, equipment used in conducting sports events.

Undergo practical exercise in conducting various sports related events.

Get the opportunity to practically visit and learn the nuances of sports event management from actual sports events.

Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course			
2-0-1			
Theory			14
Meaning, Definition and importance of Sports Event Management Scope of Sports Event Management Types of Sports Events and Principles of Sports Event Management Financial and Human resources Planning in Sports Event Management Types of Sports, Events, modalities of organization, event specific equipment and gadgets utilized – Major sports such as athletic events and games, Road races and marathons, traditional and folk events, Sports Conferences and workshops. Sponsorship and sports event management.			56
Practical Organizing project athletic meets. Organizing project competitions in games. Organizing project road races, etc. Participation and visit to various sports events and preparation of reports: Financial outlay, sponsorship usage, marketing and media, Human resources management, competitions rules and regulations, equipment and gadgets used, Usage of volunteers etc. Preparation of records and reports			

* The practical classes shall be adapted to the physically challenged students as per requirement.

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Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Theory	Test	10	40	60
	Assignment	5		
	Seminar	5		
Practical	Test	10	20	40
	Assignment	10		
Total				100

Assignments can be in the form of field work, projects, written tasks, practical tasks etc.

References

Bachelor of Sports Management Syllabus(Revised)'2008

Chandan, JS : Management – Concepts and Strategies, Vikas Publishing

Daft, RL : Management, Thomson

Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill,

201, Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.

Ramaswami T; Principles of Mgmt., Himalaya

Publishing Robbins, SP : Management, Prentice Hall

Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice

Hall. Stoner J and Freeman RE: Management; Prentice-Hall

V.S.P Rao&Hari Krishna: Management-Text &Cases,Excel Books.

Weihrich and Koontz, et al: Essentials of Management; Tata McGraw Hill

Semester I
Skill Enhancement Courses (SEC-1)
Physical Education

Title of the Course:

Yoga

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

Number of Credits	Number of lecture hours/ semester	
1	28hrs	
Content of Practical Course (0-0-2)		28Hrs
Unit 1:-Asanas Yoga Stretchings, Suryanamaskara (Warming-up), Standing Asanas, Sitting Asanas, Prone position Asanas, Supine position Asanas, Meditative Asanas, Relaxation Asanas Unit 2:- Pranayama Vibhagiya Pranayama, Sukha Pranayama, Kapalabathi / Basthrika, Anuloma-Viloma/ Nadishuddhi/ Brahamari Pranayama/ Shithali/ Shitkari/ Sadantha/ Shwana-Swasha Unit 3: - Introduction to Meditation Yoga Intramural Competitions <i>Note: For Specially Challenged Students, the Program shall be designed at the college level</i>		28

Formative Assessment	
Assessment type	Weightage in Marks
Practical	Internal Assessment- 25 Marks
Total	25 Marks

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 Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: RashtrothannaPrakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) Lulu.com3101, Hills borough, NC27609, United States

Semester I
Skill Enhancement Courses (SEC-2)

Title of the Course:

Health and Wellness

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

Number of Credits	Number of lecture hours/ semester
1	14 hrs = 28hrs (One hour theory and 1 one hour practical per week)
Content of Theory cum practical Course (1-0-1)	
THEORY:	
Unit 1:- Introduction to Health & Wellness	
Meaning, Definition and importance of Health and Wellness. Dimensions of Health and Wellness. Role of Physical Activities, Recreational Games and Yoga in maintaining Health and Wellness Hypokinetic diseases: Meaning, types, causes and steps to overcome. Stress- causes and its management.	
PRACTICALS:	
Unit 2:- Exercises for Health and Wellness	
Warming up and cooling down Stretching exercises Strengthening exercises Cardiovascular exercises Flexibility and agility exercises Relaxation techniques- (IRT,QRT,DRT). Note: The program shall be suitably designed at the college level for differently abled students.	
	14
	14

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Theory and Practical	Internal Assessment- 25 Marks
Total	25 Marks

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

References

1. AAPHERD "Health related Physical Fitness Test Manual." 1980 Published by Association drive Reston Virginia
2. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CV MosbyCo.)
3. Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publication
4. Thomas D Fahey and others. Fit and well : 6th Edition New York : McGraw Hill Publishers,2005
5. Dixit Suresh (2006) SwasthyaShiksha sports PublicationsDelhi.
6. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication NewDelhi Education", Louis Publication.Mangalore
8. Shanti K Y (1987) "The Science of Yogic Breathier" (Pranayama) D B Bombay
9. Ziegler E F (2007) "An Introduction to Sports and Physical Education" PhilosophyDelhi
10. Pinto John and Ramachandra K (2021) Kannada Version
"DahikaSikshanadaParichaya" Louis publications.Mangalore

B.A/B.Sc., Semester II

Title of the Course: **DSC-2** **Lifestyle Management**

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/ semester
4	56	2	56
Content of Theory Course 2 (4-0-2)			
Unit – 1 INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS Meaning and Definitions of Physical Fitness and Life Style Need and Benefits of Physical Fitness Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time,Speed			12
Unit – 2 PRINCIPLES OF YOGIC PRACTICES AND HEALTHY LIFESTYLE Yogic principles related to Jnana Yoga, Karma Yoga, Bhakthi Yoga and Raja Yoga / Astanga Yoga. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara. Components of lifestyle and their management: Diet, Exercise and Sleep/rest			14
Unit - 3 NUTRITIONAL CONSIDERATIONS FOR HEALTHY LIFE STYLE Meaning of Balanced diet, its importance for different age groups and physically active person. Components of Balance Diet and their importance- <ul style="list-style-type: none"> ○ Macro nutrients: Carbohydrates, Protein, Fat ○ Micronutrients: Vitamins & Minerals ○ Fibers and water ○ Lifestyle diseases and their management 			16
Unit - 4 PHYSICAL LITERACY FOR ACTIVE LIFESTYLE Meaning, Definition and Importance of Physical Literacy. Core Elements of Physical Literacy. Fundamental Movements - Art of Walking, Running, Jumping and Throwing. Contribution of physical activity towards adopting a healthy lifestyle.			14

Content of Practical Course 2: Practical (2 credits/56 hours)	56 HRS
A. Specific warm-up / Lead up Activities for sports and games.	56
B. Training and Assessment of Skill related fitness: Agility, Balance, Speed, Co-ordination, Power, Reaction Time	
C. Advanced Asanas (as per the reference books)- 2 asanas from each. Standing Asanas Sitting Asanas Prone Asanas Supine Asanas	
Advanced Pranayamas (Any two) Bhramari & Cooling pranayamas (Sheethali/Sheethkari/Sadhantha) Kapalabhati/Basthrika Ujjayi Pranayama Kumbhaka Pranayama.	
D. GAMES /TRACK & FIELD One major game and one individual sport among the list of IOA, AIU and SGFI: Rules and Regulations of the Game and Officiating. Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating.	
E. Preparation of Records and Reports	

** The practical classes shall be adapted to the physically challenged students as per requirement.*

Pedagogy: The course shall be taught through the Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural and Extramural.

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal assessment -40 Marks
Practical	External - 25 Marks Internal - 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, Garsuchscaris 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, DarySidentop, McGraw 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, 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 3rd Edition, 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, Adwaitha Prakashana, Ramakrishna Ashrama, Calcutta
18. New Perspectives in Stress Management, 2014, Dr. H.R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
19. Pranic Energization 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

Semester II
OPEN ELECTIVE PAPER - 1

Title of the Course:

Adventure Sports

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

Course outcomes

On completion of the Course the student will be able to:

Understand the meaning and importance of Adventure sports.

Learn the various types of adventure sports, the equipment and resources required to practice these sports.

Learn the safety measures to be taken while practicing adventure sports. Be aware of the job opportunities in this area of sports.

Practically perform selected adventure sports.

Teach, plan and organize various adventure sports. Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Contents of the Course (1–0–2)			
Theory Definition, Meaning and Importance of Adventure Sports History- Development, Scope, and Objectives Water and Aero sports – Canoeing, rafting, kayaking, scuba diving, snorkeling, surfing, paddling. Aero sports: Ballooning, Hang gliding, Paragliding, Parasailing, skydiving Mountaineering – Trekking, Rock Climbing, Wall climbing, Bouldering. Safety measures in adventure sports and first aid Recent Trends in Adventure Sports Job Opportunities in Adventure Sports			14

* The practical classes shall be adapted to the physically challenged students as per requirement.

DAVANGERE UNIVERSITY
NEP Curricular Framework for Physical Education, Sports & Yoga

Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Theory	Test	10	20	40
	Assignment	5		
	Seminar	5		
Practical	Test	10	20	40
	Assignment	10		
Total				100

Assignments can be in the form of field work, projects, written tasks, practical tasks etc.

References

- Adventure Sports: World's Most Popular 89 Adventure Sports Paperback Import, 13 February 2020, by Mahesh Sharma (Author)
- Adventure Tourism and Sports 1st Edition (English, Hardcover, NegiJagmohan)
- The world of adventure sports, By:Berne, Emma Carlson, Lonely Planet
- Kids, Jepson, Ian(Illustrated by) Part of the Lonely Planet Kids series
- Sports, Games and Adventure Sports (English, Hardcover, Ghosh C N)


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Semester II
Open Elective Paper
Title of the Course:
Sports and Recreation
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Course outcomes

On completion of the Course the student will be able to:

Know the role of recreational activities in improving health and fitness. Learn the different types of sports and recreational activities.

Understand the educational values of practicing recreational and sports activities. Get a hands-on experience in sports, recreational activities.

Get a hands-on experience in organizing sports, recreational activities.

Learn to record and prepare reports

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	28=56hours
Content of Theory Course (1-0-2)			
Theory Meaning and Concept of Recreation. Objectives and benefits of Sports and Recreation. Meaning of sports and games; and their role in Recreation. Types of Recreation. Recreation through Sports and Games. Uses of Leisure Time activities and their educational and moral values.			14
Practical Traditional, Folk and Indigenous Games. Outdoor camp activities. Cycling, hiking, trekking activities. Organization of Recreational activities. Report preparation and records.			56
Formative Assessment			
Assessment Occasion/ type	Weightage in Marks		
Theory	Theory - 40 Marks Internal assessment - 20 Marks		
Practical	Practical - 20 Marks Internal assessment - 20 Marks		
Total	100 Marks		

Semester II

OPEN ELECTIVE PAPER

Title of the Course:

Physical Fitness for Careers

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

Course outcomes:

On completion of the Course the student will be able to:

Be aware of various professions which require physical fitness and abilities. Learn the specific physical requirements of various professions.

Learn about the various tests to be conducted to evaluate physical fitness.

Learn the mode of selections and fitness standards required for related careers. Practice the motor abilities required by related professions.

Assess and prepare themselves for passing in the physical fitness tests of these professions. Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Contents of the Course (1-0-2)			
Theory Career opportunities in Physical Education. Physical Fitness Standards for Men and Women: Tests for Speed, Endurance, Strength, Agility and Flexibility. Career specific Fitness Tests: Fitness Tests for Defense 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 General and Specific conditioning exercises Training for Endurance, Speed, Strength, Agility, Flexibility. Assessment of career specific fitness abilities (fitness tests): Defense Forces, PSI, Police constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education Records and Report Preparation			56

* The practical classes shall be adapted to the physically challenged students as per requirement.

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NEP Curricular Framework for Physical Education, Sports & Yoga

Formative Assessment					
Assessment Type		Internal Assessment		Semester Exam	Total
Theory	Test	10	20	40	60
	Assignment	5			
	Seminar	5			
Practical	Test	10	20	20	40
	Assignment	10			
Total					100

Assignments can be in the form of field work, projects, written tasks, practical tasks etc.

References

- A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition,
Barrow.M. Harold, Rosemary.Mc.Gee, Lea &Febiger, Philidelphia
AAPHERD "Health related Physical Fitness Test Manual." 1980 Published by Association
drive Reston Virginia
- Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
- Russell, R.P.(1994). Health and Fitness through Physical Education. USA: Human Kinetics
- Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
- Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.


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Semester II
OPEN ELECTIVE PAPER

Title of the Course:

Physical Fitness for Careers

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

Course outcomes

On completion of the Course the student will be able to:

Be aware of various professions which require physical fitness and abilities. Learn the specific physical requirements of various professions.

Learn about the various tests to be conducted to evaluate physical fitness.

Learn the mode of selections and fitness standards required for related careers. Practice the motor abilities required by related professions.

Assess and prepare themselves for passing in the physical fitness tests of these professions. Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	28=56 hours
Contents of theory Course (1 – 0 – 2)			
Theory: Meaning, Types and Importance of careers requiring fitness. Physical Fitness Standards for Men and Women: Tests for Speed, Endurance, Strength, Agility and Flexibility. Career specific Fitness Tests: Fitness Tests for Defense Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education. General and Specific Conditioning and their importance Specific Tests for Strength, Speed, Agility, Flexibility, strength, endurance. Departmental Mode of Selections and Qualifying Standards			14
Practical General and Specific conditioning exercises. Training for Endurance, Speed, Strength, Agility, and Flexibility. Assessment of career specific fitness abilities (fitness tests): Defense Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports and Physical Education Records and Report Preparation.			56

* The practical classes shall be adapted to the physically challenged students as per requirement.

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NEP Curricular Framework for Physical Education, Sports & Yoga

Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Theory	Test	10	20 marks	40
	Assignment	5		
	Seminar	5		
Practical	Test	10	20	40
	Assignment	10		
Total				100

Assignments can be in the form of field work, projects, written tasks, practical tasks.

References

- A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition,
Barrow.M. Harold, Rosemary.Mc.Gee, Lea &Febiger, Philadelphia
AAPHERD "Health related Physical Fitness Test Manual." 1980 Published by Association
drive Reston Virginia
- Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
- Russell, R.P.(1994). Health and Fitness through Physical Education. USA: Human Kinetics
- Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
- Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.


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Semester II
Skill Enhancement Courses (SEC-1)
Physical Education

Title of the Course: **Sports**

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

On completion of the Course the student will:

Learn the rules and regulations and practically participate in sports activities. Be able to practice the skills of a game and athletic events.

Learn the various fitness activities and practically learn them.

Be able to teach and organize intramural and extramural competitions. Learn to prepare record and reports.

Number of Credits	Number of Practical hours/ semesters
1	14 HOURS=28 HOURS (Two hours practical per week)
Content of Theory & Practical Course (0-0-2)	
Unit 1: - Physical Education & Sports Conditioning exercises. Aerobics & Calisthenics. One major game and one indigenous game (Basic skill). Athletics - One Track/One Throw/One Jump. Organization of Intramural Competitions in the concerned game. Records and Report Preparation Note: Colleges may offer required number of games as per the students' strength and available facilities (Students shall opt any one game in each of the semesters and shall not repeat the same game in other semesters).	28

* The practical classes shall be adapted to the physically challenged students as per requirement.

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	IA-Internal assessment:25 marks
Total	25 marks

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
5. Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

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

SCHEME / PATTERN OF EXAMINATION

DISCIPLINE SPECIFIC CORE - THEORY

Max. marks: 60

Time: 03 Hours

Instructions:

1. Answer all questions
2. Each answer shall not exceed three pages

1. Essay Question from Unit 1 12 marks
Or
Essay Question from Unit 1
2. Essay Question from Unit 2 12 marks
Or
Essay Question from Unit 2
3. Essay Question from Unit 3 12 marks
Or
Essay Question from Unit 3
4. Essay Question from Unit 4 12 marks
Or
Essay Question from Unit 4
5. Write short notes on any Two of the following (one from each unit) 6 x 2 = 12 marks
(a)
(b)
(c)
(d)

DISCIPLINE SPECIFIC CORE – PRACTICAL

Max marks: 30

1. Assessment of BMI/Fitness Components – as per respective syllabus (Any two) 6 Marks
2. Demonstration of Game Fundamental Skills (Any two Skills) 6 Marks
3. Track and Field: Skill/Performance of any one track and one field event 6 Marks
4. Yoga: Any one Asana in Standing/Sitting and One form Prone/Supine position 6Marks
5. Record Book 6 marks


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RECOMMENDATIONS

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programs, in Discipline Specific Core (DSC), Discipline Specific Elective (DSE), Skill Enhancement Courses (SEC) such as Health and Wellness, Yoga, Sports etc., shall be taught (theory and practical) *by qualified Physical Education Faculty*, as per the UGC guidelines.
2. *Open Elective Papers and Skill Enhancement* Papers in Physical Education, Sports and Yoga shall be made available in all Colleges 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.
3. The Committee recommends that, Physical Education, Sports & Yoga Discipline Specific Core (DSC) Subject shall be considered *under both Arts (B.A) and also Science Stream (B.Sc.)* from the academic year 2022-23 as it is in other states.
4. Physical Education Faculty shall be enriched with additional knowledge Through *short term courses/workshops/refresher/orientation/training programmes* as per requirements.
5. Since Health and Wellness paper is practical-cum theory-based paper shall be taught by Physical Education Faculty only. (Value based paper under SEC)
6. Appropriate Sporting and Yoga infrastructure, necessary Books/reference materials, equipments shall be ensured at all affiliated Colleges
7. Recruitment of Faculty shall be ensured in Government, Aided, Constituent and Private affiliated Colleges. Further Guest faculties shall be considered for additional workload arising in colleges.

8. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for Inter Collegiate/Inter University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.

9. All affiliated Colleges 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.
