



**DAVANGERE UNIVERSITY**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**Shivagangothri - 577007**

**Model Curriculum**  
**Of**  
**PHYSICAL EDUCATION, SPORTS AND YOGA**  
**UG 5<sup>th</sup> and 6<sup>th</sup> Semester**

  
**DEAN**  
Faculty of Education, Davangere University  
Shivagangothri, DAVANGERE-577007

  
**Registrar**  
Davangere University  
Shivagangothri, Davangere

**Government of Karnataka**  
**Karnataka State Higher Education Council**



Government of Karnataka

**PHYSICAL EDUCATION, SPORTS AND YOGA**  
**Curriculum Framework- UG 5<sup>th</sup> & 6<sup>th</sup> Semester**



Report on

**Proposed Curricular Framework for Under Graduate  
Programmes in Universities of Karnataka State**

In

**PHYSICAL EDUCATION, SPORTS AND YOGA**

शरीरमाद्यं खलु धर्मसाधनम्

Submitted to

**Karnataka State Higher Education Council**

Government of Karnataka

Bengaluru

UG 5<sup>th</sup> & 6<sup>th</sup> Semester Curriculum Framework  
April 2023

## **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 UG Curriculum. 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 21<sup>st</sup> 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**

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**State Level Subject Expert Committee  
Physical Education, Sports and Yoga**

|   | Name                  | Designation and Address   | Position           |
|---|-----------------------|---|--------------------|
| 1   | Dr. B R Ramakrishna   | Vice Chancellor<br>Swami Vivekananda Yoga Anusandhana<br>Samsthana, Bengaluru   | Chairman           |
| 2   | Dr. P C Krishnaswamy  | Professor, UCPE and Director of Physical<br>Education, Bangalore University,<br>Bengaluru                                       | Member             |
| 3   | Dr. Pasodi M S        | Professor, Physical Education, Gulbarga<br>University, Kalburgi   | Member             |
| 4   | Dr. C K Kishore Kumar | Professor, Physical Education,<br>Registrar, Mangalore University, Konaje   | Member             |
| 5   | Dr. K Krishna Sharma  | Dept. of Yogic Science, Mangalore<br>University, Konaje   | Member             |
| 6   | Dr. D M Jyoti         | Professor, Physical Education, KSAW<br>University, Vijayapura   | Member             |
| 7   | Dr. Ravi Kumar H      | College Director of Physical Education &<br>Sports, Govt. Arts College, Bengaluru   | Member             |
| 8   | Dr. Basavaraj Ambiger | College Director of Physical Education &<br>Sports, KH Patil GFGC, Hulikote   | Member             |
| 9   | Dr. John Pinto        | College Director of Physical Education &<br>Sports, GFGC, Haleyangadi<br>MangaloreDakshina Kannada                              | Member             |
| 10  | Dr. Sandhyarani. P.S  | College Director of Physical Education &<br>Sports, GFGC, Hullahally, Mysore District   | Member             |
| 11  | Dr. R Srikanth        | College Director of Physical Education & Sports<br>& Nodal Officer, Department of<br>Collegiate & Technical Education Bangalore | Member             |
| 12  | Dr. Jayappa           | Special Officer, KSHEC, Bengaluru   | Member<br>Convener |
| <b>* SI No: 5 was not present for the meetings.</b> |                       |   |                    |
| <b>Special Invitees</b>                             |                       |   |                    |
| a   | Dr. Apar Aviash Saoji | Principal, School of Yoga & Naturopathic Medicine,<br>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 insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched various initiatives that 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, Physical Education, Sports and Yoga have been included as a key area in the Under Graduate Curriculum.

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 were 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 Under 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 22<sup>nd</sup> August 2021 in Online mode. This was followed by Offline meetings at S-VYASA Deemed to be University headquarters on 27<sup>th</sup> and 28<sup>th</sup> August, and 8<sup>th</sup> and 9<sup>th</sup> September at KSHEC. Another Online meeting was conducted on 13<sup>th</sup> September and Offline meeting at KSHEC on 16<sup>th</sup> September to finalize the First & Second Semester Curriculum Framework. 17<sup>th</sup> August and 29<sup>th</sup> September. Further as per the KSHEC's instructions the revised Framework was submitted on 16-10-2021 and further few online meetings were held to prepare the Third and Fourth semester Framework and the offline meetings were held on 17<sup>th</sup> August & 29<sup>th</sup> September-2022. Further the Committee meeting for framing the Curriculum Framework for 5<sup>th</sup> & 6<sup>th</sup> Semester was held at KSHEC on 23<sup>rd</sup> & 24<sup>th</sup> April 2023.



## Model Curriculum and Program Outcome

***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 (V & VI Semesters): 2 Papers Each**  
**Discipline Core: 06+06 Credits per Semester**
2. **Discipline Specific Elective (DSE) : 1 Paper per Semester – 3 Credits each**

***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. Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
7. Students acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
8. Students will learn to apply the knowledge of managing the fitness equipments.
9. Students will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
10. The students will learn and contribute on fitness management.

11. Students will understand and learn different dimension of active life style.
12. The students will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
13. Students 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-V BA/BSc                                |  |         |                            |                           |
|--|--|---------|----------------------------|---------------------------|
| Discipline Specific Core-5 (4-0-2)               |  |         |                            |                           |
| Course   | Paper  | Credits | No. of Teaching Hours/Week | Total Marks/ Assessment   |
| DSC-1 Theory                                     | TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS                                  | 4       | 4                          | 100 (60+40)               |
| DSC-1 Practical                                  | Practical Approach in Test, Measurement and Evaluation of Physical Education & Sports Activities | 2       | 4                          | 50 (25+25)                |
| Total  |  | 6       | 8                          | 150                       |
| Discipline Specific Elective (3 Credits) (2-0-1) |  |         |                            |                           |
| Course   | Papers   | Credits | No. of Teaching Hours/Week | Total Marks/ Assessment   |
| OE-1 Theory                                      | Sports Journalism  | 3       | 2                          | 60                        |
| OE-1 Practical                                   |  |         | 2                          | 40 (20+20) Practical + IA |
| Total  |  |         | 3                          | 4                         |
| Discipline Specific Core-6 (4-0-2)               |  |         |                            |                           |
| Course   | Paper  | Credits | No. of Teaching Hours/Week | Total Marks/ Assessment   |
| DSC-1 Theory                                     | SPORTS PSYCHOLOGY & SOCIOLOGY  | 4       | 4                          | 100 (60+40)               |
| DSC-1 Practical                                  | PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS                              | 2       | 4                          | 50 (25+25)                |
| Total  |  | 6       | 8                          | 150                       |

### Assessment

#### Weightage for Assessments

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

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

**Total Credits for the Program (For V & VI Semesters): 6 Credits each**

**Year of implementation: 2021-22 onwards**

**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<br>Of the course  | Program<br>outcomes that<br>the course<br>addresses (not<br>more than 3 per<br>course)  | Pre-<br>requisite<br>course(s)  | Pedagogy  | Assessments  |
|----------|---|---|---|---|--|
| 1        | <b>TEST,<br/>MEASURE<br/>MENT AND<br/>EVALUATI<br/>ON IN<br/>PHYSICAL<br/>EDUCATIO<br/>N &amp;<br/>SPORTS<br/>(6 Credits)</b> | 1. To understand the basic principles and practices of Test, Measurement and Evaluation in Physical Education, Sports and Yoga.<br>2. To be able to apply tests in Physical Activities, Sports and Yoga practices | Students with Arts/Science/ Commerce streams at 12 <sup>th</sup> / +2 level preferable with Sports Background | The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural | Theory<br>100 (60+40)<br><br>Practical<br>50 (25+25) |

|   |   |   |  |   |   |
|---|---|---|--|---|---|
| 2 | <b>SPORTS<br/>PSYCHOLOGY &amp;<br/>SOCIOLOGY</b><br>(6 Credits) | <p>1. To learn and apply the knowledge of Sports Psychology and Sociology for better performance</p> <p>2. To understand and learn its application in present sports scenario</p> |  | The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural | <p>Theory<br/>100 (60+40)</p> <p>Practical<br/>50 (25+25)</p> |
| 3 | <b>SPORTS<br/>MANAGEMENT</b><br>(6 Credits)                     | <p>1. To learn the theoretical and practical aspects of Sports Management</p> <p>2. To apply Sports Management aspects for appropriate functioning during major sports events</p> |  | The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural | <p>Theory<br/>100 (60+40)</p> <p>Practical<br/>50 (25+25)</p> |

|   |  |   |  |   |  |
|---|--|---|--|---|--|
| 4 | <b>APPLICATION<br/>OF<br/>TECHNOLOGY<br/>IN SPORTS</b><br><br><b>(6 Credits)</b> | 1. To learn the need of application of technology in sports<br><br>2. To understand the use of modern gadgets for enhancing performance |  | The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural | Theory<br><br>100 (60+40)<br><br>Practical<br><br>50 (25+25) |
|---|--|---|--|---|--|

## **BA/BSc Semester V & VI**

### **Aim of the Course**

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

### **Objectives of the Course**

1. To 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.
- Students Studying this course shall be eligible to do B.P.Ed Course, along with other Sports Coaches Training Programs.

### **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 related events or activities.
- 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-V**  
**Title of the Course: DSC-5**  
**TEST, MEASUREMENT & EVALUATION IN**  
**PHYSICAL EDUCATION, SPORTS AND**

| Number of Theory Credits  | Number of lecture hours/ semester | Number of practical Credits | Number of practical hours/ semesters |       |
|---|-----------------------------------|-----------------------------|--------------------------------------|-------|
| 4   | 60                                | 2                           | 60                                   |       |
| Content of Theory Course-1 (4-0-2)  |                                   |                             |                                      | Hours |
| Unit- I Introduction  |                                   |                             |                                      | 15    |
| 1. Meaning- Test, Measurement and Evaluation in Physical Education, Sports and Yoga |                                   |                             |                                      |       |
| 2. Need and Importance of Test, Measurement and Evaluation                          |                                   |                             |                                      |       |
| 3. Principles of Tests, Measurement and Evaluation                                  |                                   |                             |                                      |       |
| 4. Application of Test and Measurement  |                                   |                             |                                      |       |
| Unit- II Criteria, Classification and Administration of Test                        |                                   |                             |                                      | 15    |
| 1. Criteria of Good Test  |                                   |                             |                                      |       |
| 2. Scientific Authenticity (Reliability, Objectivity, Validity and Norms)           |                                   |                             |                                      |       |
| 3. Types and Classification of Test   |                                   |                             |                                      |       |
| 4. Administration of Test, Advance Preparation, duties during and after testing     |                                   |                             |                                      |       |

|   |    |
|---|----|
| <b>Unit- III Physical Fitness Tests</b>           | 15 |
| 1. AAHPER Youth Fitness Test                      |    |
| 2. Harvard Step Test                              |    |
| 3. Indiana Motor Fitness Test                     |    |
| 4. JCR Test, Health related Physical Fitness Test |    |
| 5. Anthropometric Measurements                    |    |
| <b>Unit- IV Sports Skill Test</b>                 | 15 |
| 1. McDonald Soccer Test                           |    |
| 2. Russell Lange Volleyball Test                  |    |
| 3. Lockhart and McPherson Badminton Test          |    |
| 4. Johnson Basketball Ability Test                |    |

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

### Practical Approach in Test, Measurement and Evaluation of Physical Education & Sports Activities

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

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

| Formative Assessment |  |
|----------------------|--|
| Assessment type      | Weightage in Marks                                   |
| Theory               | Theory-60 Marks<br>Internal Assessment-40 Marks      |
| Practical            | External- 25 Marks<br>Internal Assessment - 25 Marks |
| <b>Total</b>         | <b>150 Marks</b>                                     |

### Reference Books

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

**BA/BSc Semester V**  
 Title of the Course: DSC-6  
**SPORTS PSYCHOLOGY &  
 SOCIOLOGY**

| Number of Theory Credits   | Number of lecture hours/semester | Number of practical Credits | Number of practical hours / semesters |       |
|--|----------------------------------|-----------------------------|---------------------------------------|-------|
| 4  | 60                               | 2                           | 60                                    |       |
| Content of Theory Course 2 (4-0-2)                               |                                  |                             |                                       | Hours |
| Unit – 1 INTRODUCTION  |                                  |                             |                                       | 13    |
| 1. Definition, Meaning, Need and Importance of Sports Psychology |                                  |                             |                                       |       |
| 2. Importance of Yoga in Sports Psychology                       |                                  |                             |                                       |       |
| 3. Evolution of Sports Psychology                                |                                  |                             |                                       |       |
| 4. Scope and Issues of Sports Psychology                         |                                  |                             |                                       |       |
| Unit - 2 Development of Sports Psychology                        |                                  |                             |                                       | 17    |
| 1. Perspectives on Sports Psychology                             |                                  |                             |                                       |       |
| 2. Sports Psychology in India                                    |                                  |                             |                                       |       |
| 3. Application of Yogic Psychology in Sports Scenario            |                                  |                             |                                       |       |
| 4. Recent advances in Sports Psychology and Coaching             |                                  |                             |                                       |       |

|  |    |
|--|----|
| <b>Unit - 3 Sports Personality and Performance</b>   | 18 |
| 1. Growth and Development - Heredity and Environment<br>2. Psychological factors affecting Sports Performance: Stress, Anxiety, Depression, Aggression, Attention, Concentration, Confidence and Psychological preparation in Sports<br>3. Cognitive process in Sports and Laws of Learning<br>4. Motivation in Sports, Types of Motivation – Extrinsic, Intrinsic |    |
| <b>Unit - 4 Sports Sociology</b>   | 12 |
| 1. Meaning, Definition, Need and Scope<br>2. Sports as a Social Phenomenon – Sports Socialization<br>3. Leadership in Sports<br>4. Values and Ethics in Sports   |    |

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

#### **PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS**

##### **➤ Basic Sports Psychological and Sociological Tests:**

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

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

| <b>Formative Assessment</b> |  |
|-----------------------------|--|
| <b>Assessment type</b>      | <b>Weightage in Marks</b>                            |
| Theory                      | Thoery-60 Marks<br>Internal Assessment-40 Marks      |
| Practical                   | External- 25 Marks<br>Internal Assessment - 25 Marks |
| <b>Total</b>                | <b>150 Marks</b>                                     |

**Reference Books:**

1. Authors Guide, 2013, **National Library of Educational and Psychological Test (NLEPT)**
2. Dr.Agyajit Singh, (2013), **Sports Psychology for Coaches**, New Delhi, Khel Sahitya Kendra
3. Dharam.V.R., (1989), **Sports and Society: Readings in the Sociology of Sports**, New Delhi, Classical Publishing Co.,
4. Dr.Bhupinder Singh, Mrs.Madalsa Mittal, (2004), **Psychological Implications in Physical Education and Sports**, New Delhi, Friends Pucations (India)
5. Dr,R.Sendhil, (2014), **Sports Psychology**, New Delhi, Sports Publication
6. Jitendra Mohan, (1996), **Recent Advances in Sports Psychology**, Delhi, Friends Publications (India)
7. John D.Lauthor, (1998), **Sports Psychology**, Englewood, Prentice Hall Inc,
8. John D.Lauthor, (2000), **Psychology of Coaching**, New Jersey Prentice Hall Inc.,
9. Kuppuswamy.B, (1982), **An Introduction to Social Psychology**, Bombay, Media Promoters and Publishers Pvt. Ltd.,
10. Richard.J.Crisp, (2000), **Essential Social Psychology**, Sage Publications
11. Richard M.Suinn, (1994), **Psychology in Sports: Methods and Applications**, Delhi, Surjeet Publications



**BA/BSc Semester-VI**  
**Title of the Course: DSC-7**  
**SPORTS MANAGEMENT**

| Number of Theory Credits   | Number of lecture hours/ semester | Number of practical Credits | Number of practical hours/ semesters |
|--|-----------------------------------|-----------------------------|--------------------------------------|
| 4  | 60                                | 2                           | 60                                   |
| Content of Theory Course-1 (4-0-2)                               |                                   |                             | Hours                                |
| Unit- I Introduction   |                                   |                             | 13                                   |
| 1. Definition, Nature, Scope and Principles of Sports Management |                                   |                             |                                      |
| 2. Essential Skills of Sports Management                         |                                   |                             |                                      |
| 3. Qualities and competencies required for the Sports Manager    |                                   |                             |                                      |
| 4. Event Management in Physical Education, Sports and Yoga       |                                   |                             |                                      |
| Unit-2 Leadership in Sports Management                           |                                   |                             | 15                                   |
| 1. Meaning and Definition of Leadership                          |                                   |                             |                                      |
| 2. Types and Qualities of Leadership                             |                                   |                             |                                      |
| 3. Leadership and Organizational Performance                     |                                   |                             |                                      |
| 4. Influence of Leadership on Sports Performance                 |                                   |                             |                                      |
| Unit- III Planning and Management                                |                                   |                             | 17                                   |
| 1. Sports Management in Institutions and Organizations           |                                   |                             |                                      |
| 2. Factors affecting Planning and Management                     |                                   |                             |                                      |
| 3. Human Resource Management in Sports                           |                                   |                             |                                      |
| 4. The Reward/Punishment System                                  |                                   |                             |                                      |
| 5. Sports Equipment Management                                   |                                   |                             |                                      |
| 6. Sports Records Management                                     |                                   |                             |                                      |

| Unit- IV Financial Management of Events               |    |
|---|----|
| 1. Objectives and Scope of Financial Planning.        | 15 |
| 2. Budgeting, Purchase and Audit                      |    |
| 3. Sources of Funding                                 |    |
| 4. Management of Infrastructure, Finance and Personal |    |

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

#### ORGANISATION AND ADMINISTRATION IN SPORTS

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

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

| Formative Assessment |  |
|----------------------|--|
| Assessment type      | Weightage in Marks                                   |
| Theory               | Theory-60 Marks<br>Internal Assessment-40 Marks      |
| Practical            | External- 25 Marks<br>Internal Assessment - 25 Marks |
| <b>Total</b>         | 150 Marks  |

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

**BA/BSc Semester-VI**  
**Title of the Course: DSC-8**  
**APPLICATION OF**  
**SPORTS TECHNOLOGY IN SPORTS**

| Number of Theory Credits  | Number of lecture hours/ semester | Number of practical Credits | Number of practical hours/ semesters |       |
|---|-----------------------------------|-----------------------------|--------------------------------------|-------|
| 4   | 60                                | 2                           | 60                                   |       |
| Content of Theory Course-1 (4-0-2)  |                                   |                             |                                      | Hours |
| Unit- I Introduction  |                                   |                             |                                      | 13    |
| 1. Meaning and definition of Sports Technology  |                                   |                             |                                      |       |
| 2. Purpose and Advantages of Sports Technology  |                                   |                             |                                      |       |
| 3. Principles of Instrumentation in Sports  |                                   |                             |                                      |       |
| 4. Technological Impact on Sports   |                                   |                             |                                      |       |
| Unit-2 Science of Sports Materials  |                                   |                             |                                      | 15    |
| 1. Nanoglue, Nano Moulding, Nano Turf, Foot wear Production   |                                   |                             |                                      |       |
| 2. Advanced Sports Wears  |                                   |                             |                                      |       |
| 3. Advancements in Playing Equipment: Balls, Bat, Racquet, Clothing, Shoes  |                                   |                             |                                      |       |
| 4. Smart Materials: Shape Memory Alloy (SMA) Thermo Chromic Film  |                                   |                             |                                      |       |
| Unit- III Play Field Surfaces   |                                   |                             |                                      | 17    |
| 1. Modern Surfaces for Playfields: Types of materials; Synthetic, Wooden, Polyurethane , Artificial Turf/Polygrass                  |                                   |                             |                                      |       |
| 2. Modern technology in Construction of Indoor and Outdoor Sports Facilities, Technology in manufacture of Modern Sports Equipments |                                   |                             |                                      |       |
| 3. Use of Computers and Software's in Sports  |                                   |                             |                                      |       |

| Unit- IV Modern Sports Equipments and Gadgets   |    |
|---|----|
| 1. Measuring Equipments for Throws, Jumps<br>2. Electronic Timers, Chip based Timers<br>2. Protective Equipments in Sports and its Advantages<br>3. Video Analysis in Sports and Electronic Scoring<br>4. Multipurpose Sports Arena<br>5. Modern Sports Equipments: Courts, Lighting, Floodlights | 15 |

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

#### PRACTICALS – TECHNOLOGY AND SPORTS

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

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

| Formative Assessment |  |
|----------------------|--|
| Assessment type      | Weightage in Marks                                   |
| Theory               | Thoery-60 Marks<br>Internal Assessment-40 Marks      |
| Practical            | External- 25 Marks<br>Internal Assessment - 25 Marks |
| <b>Total</b>         | 150 Marks  |

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

**Discipline Specific Elective Paper**  
**Title of the Paper**  
**Sports Nutrition**

| Number of Theory Credits   | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semesters |
|--|----------------------------------|-----------------------------|--------------------------------------|
| 2  | 30                               | 1                           | 30 Hours                             |
| Content of Theory Course (2-0-1) 3 Credits   |                                  |                             | Hours                                |
| <p style="text-align: center;"><b><u>THEORY</u></b></p> <p><b>UNIT-1-INTRODUCTION</b></p> <ul style="list-style-type: none"> <li>➤ Meaning and definition of Sports Nutrition</li> <li>➤ Role Of Nutrition In Health Promotion And Sports</li> <li>➤ Concept of diet</li> <li>➤ Balance Diet: Components, factors affecting Balanced Diet and Malnutrition</li> </ul> <p><b>UNIT 2- NUTRIENTS</b></p> <ul style="list-style-type: none"> <li>➤ Meaning, Classification, Sources, Functions Of Nutrients</li> <li>➤ Micro Nutrients: Vitamins, Minerals, Water</li> <li>➤ Macro Nutrients: Carbohydrates, Protein, Fat</li> <li>➤ Nutrients for Sportsmen - Calories and Diet for Games, Sports, Sprints, Endurance and Power Events.</li> </ul> <p><b>UNIT 3-Nutrition and Weight Management</b></p> <ul style="list-style-type: none"> <li>➤ Meaning, Definition and Importance of Weight Management</li> <li>➤ Causes of Obesity And Its Prevention Strategies</li> <li>➤ Carbohydrate Metabolism And Its Role As A Fuel For Muscular Activities.</li> <li>➤ Nutritional Intake Before, During And After Sports Activity.</li> </ul> |                                  |                             | 30                                   |
| <p style="text-align: center;"><b><u>PRACTICAL</u></b></p> <ul style="list-style-type: none"> <li>• Weight Training</li> <li>• BMI</li> <li>• Physical Activities for Weight Loss</li> <li>• Fitness Training: Yoga, Aerobics/Calisthenics/ Zumba/Dance</li> <li>• Physical Fitness Test</li> <li>• Cardiovascular Exercises</li> <li>• Upper Body, Lower Body and Core Exercises</li> <li>• Record/Project</li> </ul>   |                                  |                             | 30                                   |
| Formative Assessment   |                                  |                             |                                      |
| Assessment type  |                                  | Weightage in Marks          |                                      |
| Theory   |                                  | Theory - 60 Marks           |                                      |
| Practical  |                                  | Practical - 20 Marks        |                                      |
|  |                                  | Internal - 20 Marks         |                                      |
| <b>Total</b>   |                                  | <b>100 Marks</b>            |                                      |

**Discipline Specific Elective Paper**

Title of the Paper

**Sports Journalism**

| Number of Theory Credits   | Number of lecture hours/semester | Number of Practical Credits                 | Number of Practical hours/ semesters |       |
|--|----------------------------------|---|--------------------------------------|-------|
| 2  | 30                               | 1   | 30 Hours                             |       |
| Content of Theory Course (2-0-1) 3 Credits   |                                  |   |                                      | Hours |
| THEORY   |                                  |   |                                      | 30    |
| UNIT 1 - INTRODUCTION  |                                  |   |                                      |       |
| <ul style="list-style-type: none"><li>➤ Meaning and Definition of Journalism</li><li>➤ Sports Journalism: Meaning, Definition and Scope</li><li>➤ Media: Types, Nature, Significance</li><li>➤ Journalist: Role, Responsibilities, Ethics and Hazards in journalism</li></ul>  |                                  |   |                                      |       |
| UNIT 2 - MASS MEDIA  |                                  |   |                                      | 30    |
| <ul style="list-style-type: none"><li>➤ Sports Section in Mass Media: Print, Electronic and Online</li><li>➤ Sports Coverage: Live and Recorded</li><li>➤ Sports Contents: News, Panel Discussions, Interviews, Special Stories</li><li>➤ Basic Sports Journalism Terminology</li></ul>  |                                  |   |                                      |       |
| UNIT 3 - WRITING AND REPORTING   |                                  |   |                                      |       |
| <ul style="list-style-type: none"><li>➤ Sports Events, Tournaments and their Coverage</li><li>➤ Skill and Techniques of Writing</li><li>➤ Drafting and Reporting - Language, Vocabulary, Dialect, Spelling, Figure of Speech</li></ul>   |                                  |   |                                      | 30    |
| <u>PRACTICAL</u>   |                                  |   |                                      |       |
| <ul style="list-style-type: none"><li>● Field Visits and Reporting of Major Sports Events</li><li>● Interviews of Elite Sports Personalities</li><li>● Project on Local Sports Tournaments and Sports Photography</li><li>● Notable National and International Sports Journalists and their contribution to Sports Journalism</li><li>● New Trends and Technologies in Sports Coverage</li><li>● Mock Interview/Record/Project</li></ul> |                                  |   |                                      |       |
| Formative Assessment   |                                  |   |                                      |       |
| Assessment type  |                                  | Weightage in Marks                          |                                      |       |
| Theory   |                                  | Theory - 60 Marks                           |                                      |       |
| Practical  |                                  | Practical - 20 Marks<br>Internal - 20 Marks |                                      |       |
| Total  |                                  | 100 Marks                                   |                                      |       |

## Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga for undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practical) by Physical Education Faculty, qualified as per the UGC guidelines
2. The Committee recommends that from 2023-24 and there on, the Physical Education, Sports & Yoga Discipline Core Subject (DSC) shall be considered under Science Stream (B.Sc.) as it is in other states.
3. Physical Education Faculty shall be enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
4. The committee recommends inclusion of the subjects for the competitive examinations conducted for the civil services under the central and state level.
5. Health, Wellness and Yoga (Value based paper under SEC) paper shall be taught by Physical Education Faculty only.
6. In addition to Practical, one hour of theory (for Physical Education, Sports and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.
7. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
8. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.

9. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22. Board of Studies (BoS) & Board of Examination (BoE) shall be constituted immediately in all the universities.
10. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available in this Framework.
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 and Discipline Specific Elective papers measures shall be ensured to conduct practical and theory assessments for Open Electives and Skill Enhancement Courses.

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