

B.A. Semester – III

Physical Education (Major)

Course title: **General Theory and Methods of Training**

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	4	3	48	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	10	40	50

Course outcome- At the end of the course students will be able to:

- CO1: Understand the theoretical aspects of sports training.
- CO2: Understand the methods of sports training.
- CO3: Acquaints with the means and methods of improving physical fitness components.

Units	Theory title: General Theory and Methods of Training Course code: BAPEMT03	45 hrs/ sem
I	Introduction to sports training	11
	<ul style="list-style-type: none"> • Meaning and definition of sports training. • Principles of sports training. • Meaning of load, types of load and concept of over load. 	
II	Means and methods of training	11
	<ul style="list-style-type: none"> • Variables of training- Intensity, Volume, Frequency, Density and type • FITT (Frequency, Intensity, Time, and Type) Principle - Practical application for sports training. • Common training methods- circuit training, weight training, interval training, Repetition method, plyometric training, cross-training, Isometric exercises and Aerobic/Cardio exercises 	
III	Physical fitness and their components	11
	<ul style="list-style-type: none"> • Meaning of physical fitness, types of physical fitness- Health related and skill related. • Health related physical fitness components • Skill related physical fitness components. 	
IV	Development of physical fitness	12
	<ul style="list-style-type: none"> • Meaning, definition, types and development of endurance. • Meaning, definition, types and development of speed. • Meaning, definition, types and development of strength. • Meaning, definition, types and development of flexibility. 	

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Units	Practical title: Practicum 3 Course code: BAPEMP03	64 hrs/ sem
A	Major Games- Volleyball	Distribution of hours to each content depends upon availability resource
B	Athletics- Long distance, High Jump, Javelin	
C	Yogic practices- Utkatasana, Tadasana, Parivriha Trikonasana, Hastha Padasana, Padmasana, Vakrasana, Halasana and Sethu Bandhasana.	
D	Core body strengthening exercises	
E	Preparation of Records and Reports- Compulsory	


Note: 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, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Practical	External - 40 Marks + Internal - 10 Marks=100
Total	150 Marks

Reference:

4. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
5. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
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8. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education. Louis Publications, Mangalore
9. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya. Louis Publications, Mangalore
10. Anand Nadgir (2017) Daihika Shikshanada Bunadigalu (Foundations of Physical Education). Mallasjjana Prakashana, Dharwad.
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ದಾವಣಗೆರೆ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
ಶಿವಗಂಗೋತ್ರಿ, ದಾವಣಗೆರೆ-577007

ELECTIVE - 1

(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Course title: Recreation

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	2	2	24	3 hrs	10	40	50

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of recreation.

CO2: Learn the different means of recreation and understand their significance.

CO3: Identify different recreational activities and select one for lifetime.

CO4: Involve in recreational activities and participate in it for better health.

Units	Theory title: Recreation	24 hrs/ sem
	Course code: BAPEE01	
I	Concept of recreation	06
	<ul style="list-style-type: none"> • Meaning, importance and nature of recreation; Means and methods of recreation; Values and principles of recreation. • Leisure time management • Means and methods of Recreation; Qualities and qualifications of Recreation Leader. • Modern trends in recreation and Leisure Management, • Issues related to Recreation and Leisure Management. 	
II	Agencies providing recreational activities	06
	<ul style="list-style-type: none"> • Types of recreational activities: Indoor, Outdoor games, Music, Dance, Picnic, camp, adventure activities and Excursions. • Government agencies providing recreation- Motives and modalities • Private agencies providing recreation- Motives and modalities • Voluntary agencies providing recreation- Motives and modalities • Commercial agencies providing recreation- Motives and modalities 	
III	Play therapy	06
	<ul style="list-style-type: none"> • Meaning, definition and importance of play; Theories of Play • Therapeutic Recreation and Therapeutic use of activity • Recreation for the life • Role of recreation and leisure on the human development. 	
IV	Traditional games of India	06
	<ul style="list-style-type: none"> • Meaning of traditional games; Educational values of traditional games of India • Characteristics of Lagori, Chinni dandu, Kunte bille, Haggga Jaggata, Board Games, Atyapatya, Buguri, Goli, Channemane, Kesaru Gadde ota, Kuntata and Bagata Bagari. • Physical, Mental, Social and intellectual values of traditional games. 	
	Preparation of Records and Reports- Compulsory	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 40 Marks + Internal - 10 Marks =50
Total	50 Marks

References:

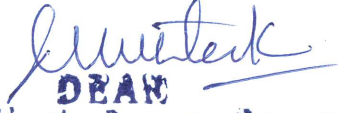
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6. Coleman JS: The Adolescent Society: The Social Life of the Teenager and its Impact on Education. 1961, New York, NY: Free Press
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16. Pangrazi, R. P., & Beighle, A. (2019). Dynamic physical education for elementary school children. Human Kinetics Publishers.
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23. Clawson, M. and Knetsch, J. L. (1966). *Economics of Outdoor Recreation*, John Hopkins Press, Baltimore
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ಕುಲಸಚಿವರು

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B. A. Semester – IV

Physical Education (Major)

Course title: Sports Nutrition and Health Care.

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	4	3	48	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	10	40	50

Course outcome- At the end of the course students will be able to:

CO1: Understand the basic concept of nutrition and its role during physical activities.

CO2: Know the macro and micro nutrients and their functions.

CO3: Discover the nutritive value of food.

CO4: Set nutritional guidelines for active individuals.

Units	Theory title: Sports Nutrition and Health Care Course code: BAPEMT04	45 hrs/ sem
I	Understanding Nutrition	11
	<ul style="list-style-type: none"> • Meaning of Nutrition and sports nutrition • Role of nutrition in healthy lifestyle • Carbohydrate, Protein and fat- Their functions in the body; their sources; and their forms. • Micro nutrients- their functions in the human body. • Role of fibre and water in digestion of food. 	
II	Nutritive value of food and Nutritional guidelines for active individuals	11
	<ul style="list-style-type: none"> • Determining the nutritive value of common food; Measures to retain nutritive value of food • Calculating caloric value of food and formulating a need-based diet plan • Proportion of Carbohydrate, Protein and fat for active individuals • Significance of micro nutrients for active individuals • Pre-game meal, carbohydrate loading and detoxification • Significance of hydration status for active individuals 	
III	Common sports injuries and their management	11
	<ul style="list-style-type: none"> • Meaning of sports injuries; Classification of sports injuries and their prevention. • Skin injuries and their management • Soft tissue injuries and their management • Fracture and dislocations- their management • Specific injuries to head and spine- their management • Internal injuries, thermal injuries and specific sports injuries for women- their management 	

IV	Therapeutic exercises and modalities	12
	<ul style="list-style-type: none"> ◦ Meaning of therapeutic exercises and their significance ◦ Cold treatment and heat treatment- their effects, indications and contraindications. ◦ Hydrotherapy and electrotherapy- their effects, indications and contraindications. ◦ Massage- meaning, benefits, classification and basic manipulation techniques. 	
Units	<p style="text-align: center;">Practical title: Practicum 3</p> <p>Course code: BAPEMP04</p>	64 hrs/ sem
A	Major Games- Handball	Distribution of hours to each content depends upon availability resource
B	Athletics- Walk race and Relay	
C	Yogic practices- Ardha Chakrasana, Natarajasana, Akarna Dhanurasana, Parsva Konasana, Mandookasana, Ardha Matsyendrasana, Chakrasana and Karna Peedasana	
D	Ceremonial parade	
E	Preparation of Records and Reports- Compulsory	

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

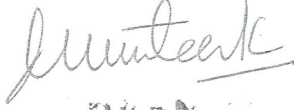
Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Practical	External - 40 Marks + Internal - 10 Marks=100
Total	150 Marks

References:

1. Campbell, B. (Ed.). (2013). Sports nutrition: enhancing athletic performance. CRC Press. 8. Marie Dunford. (2017) Nutrition for Sport and Exercise.
2. Dirix, A.H.G. Kunuttgen and Tittal. The Olympic Book of Sports Medicine. Vol. I, London: Blackwell Scientific Publications, 1988.
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