



SEP

DAVANGERE UNIVERSITY

PHYSICAL EDUCATION AND SPORTS SCIENCES.

DEGREE COURSE

BA, B.Com, BSc, BBA and BCA

Physical Education

SEMESTER-V

SYLLABUS

Paper Code: HCPE-105

Total-75 Hrs

Marks:80+20=100

Title of the Paper: Test, Measurement & evaluation in Physical Education and sports

Unit I Introduction

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

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

Unit-III Physical Fitness Tests

1. AAHPER Youth Fitness Test
2. Harvard Step Test


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3. Indiana Motor Fitness Test
4. JCR Test, Health related Physical Fitness Test
5. Anthropometric Measurements

Unit-IV Sports Skill Test

1. McDonald Soccer Test
2. Russell Lange Volleyball Test
3. Lockhart and McPherson Badminton Test
4. Johnson Basketball Ability Test

PRACTICAL

15Hrs

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

Reference

- 1. hakraborty, P and Bhattachrjya, 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. Mavfeila 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 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 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 PublicationHall, S. J. (2018). Basic Biomechanics (8th ed.). McGraw-Hill Education.

Activities for Internal Assessment

Activities and Marks Dividend Internal Assessment for Both theory and Practical		
	Internal Assessment	20 Marks
1.	2 Tests	5+5=10
2.	1 Assignment /seminar/project	5 marks
3.	Attendances	5 marks
4.	practical	External-40 +internal-10 Marks= 50






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SEMESTER- V

SYLLABUS

Paper Code: HCPE-108

Total-75Hrs

Marks:80+20=100

Title of the Paper: Sports Psychology & Sociology

Unit 1 INTRODUCTION

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

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

Unit-3 SPORTS PERSONALITY AND PERFORMANCE

1. Growth and Development Heredity and Environment
2. Psychological factors affecting Sports Performance: Stress, Anxiety, Depression, Aggression, Attention, Concentration, Confidence and Psychological preparation in Sports

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3. Cognitive process in Sports and Laws of Learning
4. Motivation in Sports, Types of Motivation - Extrinsic, Intrinsic

Unit-4 Sports Sociology

1. Meaning, Definition, Need and Scope
2. Sports as a Social Phenomenon Sports Socialization
3. Leadership in Sports
4. Values and Ethics in Sports

PRACTICAL

15Hrs

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

Activities and Marks Dividend Internal Assessment for Both theory and Practical		
	Internal Assessment	20 Marks
1.	2 Tests	5+5=10
2.	1 Assignment /seminar/project	5 marks
3.	Attendances	5 marks
4.	practical	External-40 +internal-10 Marks= 50

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 Publications (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. Kuppaswamy.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





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SEMESTER-VI

SYLLABUS

Paper Code: HCPE-107

Total-75Hrs

Marks:80+20=100

Title of the Paper: - SPORTS MANGEMENT

Unit-1 Introduction

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

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

1. Sports Management in Institutions and Organizations
- 2 Factors affecting Planning and Management
3. Human Resource Management in Sports
- 4 The Reward/Punishment System

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5 Sports Equipment Management

6 Sports Records Management

Unit-IV Financial Management of Events

1 Objectives and Scope of Financial Planning.

2. Budgeting, Purchase and Audit

3. Sources of Funding

4. Management of Infrastructure, Finance and Personal

Content of Practical

15Hrs

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.

Activities for Internal Assessment

Activities and Marks Dividend Internal Assessment for Both theory and Practical		
	Internal Assessment	20 Marks
1.	2 Tests	5+5=10
2.	1 Assignment /seminar/project	5 marks
3.	Attendances	5 marks
4.	practical	External-40 +internal-10

Signature

	Marks= 50
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SEMESTER-VI

SYLLABUS

Paper Code: HCPE-106

Total-75Hrs

Marks:80+20=100

Title of the Paper: -Application of Sports Technology in Sports

Unit-I Introduction

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

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

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 Equipment's

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3. Use of Computers and Software's in Sports Objectives

Unit-IV Modern Sports Equipment's and Gadgets

1. Measuring Equipment's for Throws, Jumps
2. Electronic Timers, Chip based Timers
2. Protective Equipment's in Sports and its Advantages
3. Video Analysis in Sports and Electronic Scoring
4. Multipurpose Sports Arena
5. Modern Sports Equipment's: Courts, Lighting, Floodlights

PRACTICALS-TECHNOLOGY AND SPORTS

15Hrs

Uses of Modern Sports Equipment's: 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

Activities for Internal Assessment:

Activities and Marks Dividend Internal Assessment for Both theory and Practical		
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DAVANGERE UNIVERSITY

Dr. Rajkumar P Malipatil
Professor & Chairman, BOS (PG) Exam
Cell: 9945566411

Department of Physical Education and Sports
Sciences.KSAW.University,Vijayapur
Email:patilrajkumarp@gmail.com

No: DOSPESS/BOS-UGPE-DUD/2025-2026/

Date:12-02-2026

TO,

The Registrar

Davanageri University

Davanageri

Sub: Submitting Syllabus of Under Graduate in Physical Education-reg

Respected sir,

Advert to above cited matter , as chairman of BOS here I am submitting constructed syllabus for UG recourse offered by affiliated collages of Davanager University,Davanager, for the academic year 2026-2027 , therefore here I am submitting syllabus for approval in Academic council and syndicate to adopt to UG courses.

Thanking You


Sincerely



Sd-
Dr. RAJKUMAR P. MALIPATIL
M.A.(Psy) M.P.Ed.,M.Phil,Ph.D. PGDCE
PROFESSOR AND GUIDE
Dept. of Studies in Physical Education
And Sports Sciences,
K.S.A.W. UNIVERSITY, VIJAYAPURA.


Registrar
Davangere University
Shivagangotri, Davangere

DR. RAJKUMAR R. MALIPATIL
MA (Psy), M.P.Ed., M.Phil., Ph.D., PGDCE
PROFESSOR AND GUIDE
Dept. of Studies in Physical Education
And Sports Sciences,
K.S.A.W. UNIVERSITY, VIJAYAPURA.