

# **Program Syllabus Booklet**

**Bachelor of Physical Education  
(B.P.Ed. – 704)**



**Session: 2021-22**

**Department of Physical Education  
Guru Kashi University, Talwandi Sabo**

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**Program: Bachelor of Physical Education (B.P.Ed.)**

**Program Code: 704**

**Program Outcomes (PO): The PO for the Bachelor of Physical Education (B.P.Ed.) are as follows :**

<b>PO</b>	<b>At the end of the programme the students will be able to</b>
PO1	Determine the factors essential for planning and developing educational strategies associated with teaching physical education.
PO2	Examine the impact of nutrition, relaxation and other lifestyle factors that contribute towards better health.
PO3	Identify and promote talent to participate, perform, and progress in any form of sports or exercise.
PO4	Gain knowledge about biomechanical concepts of sports training.
PO5	Develop organizational and administrative skills to become capable for conducting various sports events.
PO6	Participate in active learning to study about bodily functions, fitness and healthy lifestyle.
PO7	Create a safe, progressive, and methodical activity based plan to reduce the risk of injuries during games and exercises.
PO8	Integrate psychological excellence and movement experiences with theoretical knowledge in order to participate in womb-to-tomb fitness.

**The Program specific outcomes for the Program Bachelor of Physical Education are as follows:**

<b>PSO</b>	<b>Statement</b>
PSO 1	Demonstrate advanced professional and educational capabilities required for delivering outstanding performance and achieving progressive career in an organization.
PSO 2	Develop financial management and budget making skills essential for organizing and conducting sports events.
PSO 3	Become proficient in teaching games and delivering coaching lessons to budding players and physical trainers.

### Study Scheme

Semester:1 <sup>st</sup>											
Sr.	Subject Code	Subject Name	Type of Subject	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	704101	History, Principles and foundation of Physical Education	T	4	0	0	4	30	70	100	
2	704102	Anatomy and Physiology	T	4	0	0	4	30	70	100	
3	704103	Health Education and Environmental Studies	T	4	0	0	4	30	70	100	
4		<b>Elective-I</b>	T	4	0	0	4	30	70	100	
5	704106	Track and Field-I (Running Events)	P	0	0	4	2	30	70	100	
6	704107	Games & Sports-I	P	0	0	6	3	30	70	100	
7	704108	Indigenous Sports	P	0	0	6	3	30	70	100	
8	704109	Mass Demonstration Activities	P	0	0	4	2	30	70	100	
Total No. of Credits							26				

Elective-I (Choose any one Subject)		
S.No	Subject Code	Subject Name
1	704104	Olympic Movement
2	704105	Officiating and Coaching

Semester:2 <sup>nd</sup>										
Sr.	Subject Code	Subject Name	Type of Subject	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	704201	Yoga Education	T	4	0	0	4	30	70	100
2	704202	Educational Technology and Methods of Teaching in Physical	T	4	0	0	4	30	70	100

		Education								
3	704203	Organization and Administration	T	4	0	0	4	30	70	100
4		<b>Elective-II</b>	T	4	0	0	4	30	70	100
5	704206	Track and Field-II (Jumping Events)	P	0	0	4	2	30	70	100
6	704207	Games & Sports-II	P	0	0	6	3	30	70	100
7	704208	Racket Sports	P	0	0	6	3	30	70	100
8	704209	Teaching Practices-I	P	0	0	4	2	30	70	100
Total No. of Credits								26		

<b>Elective-II (Choose any one Subject)</b>		
S.No	Subject Code	Subject Name
1	704204	Contemporary issues in Physical Education, Fitness and Wellness
2	704205	Sports Nutrition and Weight Management

Semester:3 <sup>rd</sup>											
Sr.	Subject Code	Subject Name	Type of Subject	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	704301	Sports Training	T	4	0	0	4	30	70	100	
2	704302	Computer Applications in Physical Education	T	4	0	0	4	30	70	100	
3	704303	Sports Psychology and Sociology	T	4	0	0	4	30	70	100	
4		<b>Elective-III</b>	T	4	0	0	4	30	70	100	
5	704306	Track and Field-III (Throwing Events)	P	0	0	4	2	30	70	100	
6	704307	Combative Sports	P	0	0	6	3	30	70	100	
7	704308	Team Games-I	P	0	0	6	3	30	70	100	
8	704309	Teaching Practice-II	P	0	0	4	2	30	70	100	
Total No. of Credits							26				

Elective-III (Choose any one Subject)		
S.No	Subject Code	Subject Name
1	704304	Sports Medicine, Physiotherapy and Rehabilitation
2	704305	Curriculum Design



<b>Semester:4<sup>th</sup></b>											
Sr.	Subject Code	Subject Name	Type of Subject	Hours Per			No. of Credits	Internal Marks	External Marks	Total Marks	
				L	T	P					
1	704401	Measurement and Evaluation in Physical Education	T	4	0	0	4	30	70	100	
2	704402	Kinesiology and Biomechanics	T	4	0	0	4	30	70	100	
3	704403	Research and Statistics in Physical Education	T	4	0	0	4	30	70	100	
4		<b>Elective-IV</b>	T	4	0	0	4	30	70	100	
5	704406	Individual Sports	P	0	0	6	3	30	70	100	
6	704407	Team Games-II	P	0	0	6	3	30	70	100	
7	704408	Sports specialization	P	0	0	4	2	30	70	100	
8	704409	Games Specialization	P	0	0	4	2	30	0	100	
Total No. of Credits							26				

<b>Elective-IV (Choose any one Subject)</b>		
S.No.	Subject Code	Subject Name
1	704404	Theory of Sports and Game
2	704405	Sports Management

**Course Name: History, Principles and Foundation of Physical Education**  
**Course Code: 704101**  
**Semester: 1st**

**Credits: 04**

**L T P**  
**4 0 0**

Course Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Comprehend the basic foundation and role of physical education.
CO2	Study the historical perspectives of physical education in India.
CO3	Identify the philosophical and cultural foundation of physical education.
CO4	Gain knowledge about biological, psychological and sociological principles of physical education.

**Course Content**

**UNIT I**

**Introduction of Physical Education:** Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education, Importance of Physical Education in present era. Misconceptions about Physical Education. Relationship of Physical Education with General Education. Physical Education as an Art and Science.

**UNIT II**

**Historical Development of Physical Education in India:** Indus Valley Civilization Period. (3250 BC – 2500BC). Vedic Period (2500 BC – 600BC), Early Hindu Period (600 BC – 320 AD), and Later Hindu Period (320 AD – 1000AD). Medieval Period (1000 AD – 1757AD). British Period (Before 1947). Physical Education in India (After 1947). Contribution of Akhadas and Vyayamshals. Y.M.C.A. and its contributions.

**Historical Development of Physical Education in Greece** – Homeric period, Sparta period, early Athens period, Later Athens period.

**UNIT III**

**Foundation of Physical Education:** Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture. Fitness and wellness movement in the contemporary perspectives. Sports for all and its role in the maintenance and promotion of fitness.



#### UNIT IV

**Principles of Physical Education:** Biological:-Evolution of man, Growth and development, Age and gender characteristics, Body Types, Anthropometric differences. Psychological:-Learning types, learning curve, Laws and principles of learning, Attitude, interest, cognition, emotions and sentiments. Sociological:-Society and culture, Social acceptance and recognition, Socialization through physical education. Leadership Social integration and cohesiveness.

#### Text Books:

- Bucher, C. A., & Wuest, D. A. (1983). *Foundation of Physical Education and sport*, st. House CV. Mosby.
- Deshpande, S. H. (1992). *Physical education in ancient India*. Bharatiya Vidya Prakashan.
- Nixon, J. E., & Jewett, A. E. (1980). *An introduction to physical education*. Saunders College Publishing.
- Sharman, J. R. (1934). *Introduction to physical education*. Barnes.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Anatomy and Physiology**  
**Course Code: 704102**  
**Semester: 1<sup>st</sup>**

**Credits: 04**

**L    T    P**  
**4    0    0**

**Course Outcomes:** On successful completion of this course, the students will be able to:

<b>CO</b>	<b>Statement</b>
CO1	Learn about the structural organization of the human body and its functioning.
CO2	Comprehend the regulatory mechanism of each and every organ system.
CO3	Become competent to plan workout regime based on an individual's physiology.
CO4	Gain knowledge about the effect of physical workout on different systems of the human body.

**Course Content**

**UNIT I**

**Introduction to Anatomy and Physiology:** Brief Introduction of Anatomy and physiology in the field of Physical Education. Introduction of Cell and Tissue. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral. Column and the extremities – joints of the body and their types. □Elementary concept of ligament and tendon. Gender differences in the skeleton. Types of muscles.

**UNIT II**

**Systems of Human Body:** Blood and circulatory system: Constituents of blood and their function – Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output. The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume. The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism. The Excretory system: Structure and functions of the kidneys and the skin. The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands. Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action. Sense organs: A brief account of the structure and functions of the Eye and Ear.

### UNIT III

**Physiology of Human Systems:** Definition of physiology and its importance in the field of physical education and sports. Structure, Composition, Properties and functions of skeletal muscles. Nerve control of muscular activity. Neuromuscular junction. Transmission of nerve impulse across it. Fuel for muscular activity. Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

### UNIT IV

Physiological concept of physical fitness, warming up, conditioning and fatigue. Basic concept of balanced diet – Diet before, during and after competition.

#### Text Books:

- Gupta, M., & Gupta, M. C. (1980). *Body and Anatomical Science*. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia.
- Moorthy, A. M. (2014). *Anatomy Physiology and Health Education*. Karaikudi: Madalayam Publications. Morehouse.
- Pearce, E. C. (1975). *Anatomy and physiology for nurses: including notes on their clinical application* (Vol. 3). Faber.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Health Education and Environmental Studies**

**Course Code: 704103**

**Semester: 1<sup>st</sup>**

**Credits: 04**

**L T P  
4 0 0**

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Identify the aims, objectives and principles of health education.
CO2	Demonstrate personal and environmental hygiene.
CO3	Develop skills to provide first aid and emergency care.
CO4	Learn about the socio-economic, behavioral, biological, environmental, and other factors that impact human health and contribute to health disparities.

### Course Content

#### UNIT I

**Introduction of Health Education:** Concept, Dimensions, Spectrum and Determinants of Health. Definition of Health, Health Education, Health Instruction, Health Supervision. Aim, objective and Principles of Health Education. Health Service and guidance instruction in personal hygiene. Concept of Health in Sports, Factors affecting Health in Sports

#### UNIT II

**Health Problems in India:** Communicable and Non Communicable Diseases. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population. Personal and Environmental Hygiene for schools. Objective of school health service, Role of health education in schools. Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc.

#### UNIT III

**Environmental Science:** Definition, Scope, Need and Importance of environmental studies. Concept of environmental education, Historical background of environmental education. Celebration of various days in relation with environment. Plastic recycling & prohibition of plastic bag /cover. Role of school in environmental conservation and sustainable development.

#### UNIT IV

**Natural Resources and related environmental issues:** Water resources, food resources and Landresources. Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, ThermalPollution. Management of environment and Govt. policies, Role of pollution controlboard.

#### Text Books:

- Mukherjee, B., & McGraw-Hill, T. (1998). Environmental biology. *RESONANCE*, 1, 81.
- Jenne, F. H., & Greene, W. H. (1976). Turner's school health and health education.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Course Name: Olympic Movement (Elective)**  
**Course Code: 704104**  
**Semester: 1<sup>st</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Learn about the philosophy and early history of Olympic Movements.
CO2	Understand the ideals, Code, Ethics, protocol of Olympics.
CO3	Gain knowledge about different Olympic Games and committees.
CO4	Demonstrate Olympic values and explain its importance to the students.

### Course Content

#### UNIT I

**Origin of Olympic Movement:** Philosophy of Olympic movement. The early history of the Olympic movement. The significant stages in the development of the modern Olympic movement. Educational and cultural values of Olympic movement.

#### UNIT II

**Modern Olympic Games:** Significance of Olympic Ideals, Olympic Rings, Olympic Flag. □ Olympic Protocol for member countries. □ Olympic Code of Ethics. Olympic motto □ Olympism in action. Sports for All.

#### UNIT III

**Different Olympic Games:** Para Olympic Games. Summer Olympics. Winter Olympics. Youth Olympic Games.

#### UNIT IV

**Committees of Olympic Games:** International Olympic Committee - Structure and Functions. National Olympic committees and their role in Olympic movement. Olympic commission and their functions. Olympic medal winners of India.



**Text Books:**

- Osborne, M. P., & Boyce, N. P. (2012). *Ancient Greece and the Olympics: A Nonfiction Companion to Magic Tree House# 16: Hour of the Olympics* (Vol. 10). Random House Books for Young Readers.
- Burbank, M., Andranovich, G., & Heying, C. H. (2001). *Olympic dreams: The impact of mega-events on local politics*. Lynne Rienner Publishers.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Officiating and Coaching (Elective)**

**Course Code: 704105**

**Semester: 1<sup>st</sup>**

**Credits: 04**

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Learn about the rules and regulations of officiating.
CO2	Develop skills to prepare bills and vouchers for the teams.
CO3	Have knowledge about the signals used in officiating.
CO4	Become proficient in undertaking officiating duties during an actual match scenario.

### Course Content

#### UNIT I

**Introduction of Officiating and coaching:** Concept of officiating and coaching. Importance and principles of officiating. Relation of official and coach with management, players and spectators. Measures of improving the standards of officiating and coaching.

#### UNIT II

**Coach as a Mentor:** Definition and Explanation of term, Duties of coach in general, pre, during and postgame. Philosophy of coaching. Responsibilities of a coach on and off the field. Psychology of competition and coaching.

#### UNIT III

**Duties of Official:** Definition of Official, Duties of official in general, pre, during and postgame. Philosophy of officiating. Mechanics of officiating – position, singles and movement etc. Ethics of officiating.

#### UNIT IV

**Qualities and Qualifications of Coach and Official:** Qualities and qualification of coach and official. General rules of games and sports. Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills. Integrity and values of sports.

**Text Books:**

- Bunn, J Bunn, J. W. (1972). *Scientific principles of coaching*. N. J. Prentice Hall, Englewood cliffs
- Dyson, G. H. (1963). *The mechanics of athletics*. University of London Press Ltd. London.
- Lawther, J.D. (1965). *Psychology of coaching*. PrenticeHall, New York
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York:
- M.C. Graw Hill.(1968). *The art of officiating sports*. N.J. Prentice Hall, Englewood cliffs.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Track and Field (Running Event)**

**Course Code: 704106**

**Semester: 1<sup>st</sup>**

**Credits: 02**

L	T	P
0	0	4

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Learn about the starting and finishing techniques of running.
CO2	Become competent in ground marking for athletic events.
CO3	Understand and interpret the rules & regulations of running events.
CO4	Gain expertise in clearance and landing techniques.

### Course Content

#### UNIT I

**Starting, Finishing Techniques of Running events and their rules:** Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug. Ground Marking, Rules and Officiating. Hurdles: Fundamental Skills-Starting, Clearance and Landing Techniques. Types of Hurdles. Relays: Fundamental Skills, Various patterns of Baton Exchange, Understanding of Relay Zones.

#### UNIT II

**Ground Marking and Officiating:** Ground Marking and Officiating. Interpretation of Rules and Officiating.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Course Name: Games (Any one out of three)**

**Course Code: 704107**

**Semester: 1<sup>st</sup>**

**Credits: 03**

L	T	P
0	0	6

Course Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Develop fundamental skills to participate in gymnastics, swimming and shooting.
CO2	Understand the rules and regulations of gymnastics, swimming and shooting.
CO3	Identify the dangers and precautions to be followed while performing in the mentioned events.
CO4	Become competent in maintaining the correct posture and body position while performing in the mentioned events.

### Course Content

#### UNIT I

**Gymnastics, Swimming and their skills and rules:** Gymnastics: Floor Exercise: Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissorsleap. Vaulting Horse: Approach Run, Take off from the beat board, Cat Vault, SquatVault. Swimming: FundamentalSkills: Entry into the pool, Developing water balance and confidence, Water fear removing drills. Floating: Mushroom and Jellyfish. Gliding with and withoutkickboard. Introduction of variousstrokes. Body Position, Leg, Kick, Arm pull, Breathing and Coordination. Start and turns of the concernedstrokes. Introduction of VariousStrokes. Water Treading and SimpleJumping. Starts and turns of concernedstrokes. Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

#### UNIT II

**Shooting and its skills and rules:** Shooting Fundamental Skills: Basic stance, grip, Holding rifle/ Pistol, aimingtarget. Safety issues related to rifleshooting. Rules and their interpretations and duties ofofficials.



The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Indigenous Sports**

**Course Code: 704108**

**Semester: 1<sup>st</sup>**

**Credits: 03**

L	T	P
0	0	6

Course Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Learn about the rules and regulations of Kabaddi and Kho- Kho game.
CO2	Become competent in ground marking of Kho-Kho and Kabaddi court.
CO3	Understand the signals used by the officiating member during a match.
CO4	Develop fundamental skills to participate in a kho-kho and/or kabaddi match.

### Course Content

#### UNIT I

**Kabaddi, its skills, ground marking, rules and officiating:** Kabaddi: Fundamental Skills. Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing. Skills of Holding the Raider-Variations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the antis in to particular position, escaping from various hold, Techniques of escaping from chain formation, Combined formations in offence and defense. Ground Marking, Rules and Officiating.

#### UNIT II

**Kho Kho, its skills, ground marking, rules and officiating:** Kho-Kho- General skills of the game-Running, chasing, Dodging, Faking etc. Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the Inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul. Skills in Running- Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc. Combination of different skills. Ground Marking. Rules and their interpretations and duties of officials.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Course Name: Mass Demonstration Activities**  
**Course Code: 704109**  
**Semester: 1<sup>st</sup>**

**Credits: 02**

L	T	P
0	0	4

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Develop fundamental skills to participate in various demonstrative activities.
CO2	Gain expertise in coordinating movements with fellow peers while performing.
CO3	Acquire the skill of teaching these activities on certain rhythm and/or beats.
CO4	Modify and innovate new techniques to enhance the poise of the performance.

**Course Content**

**UNIT I**

**Introduction to Malkhamb, Lazium and their exercises:** Malkhambh and Light Apparatus: Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing. Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Dohatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing. Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises. Lezium: Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

**UNIT II**

**Introduction to Marching, Light Apparatus and their exercises:** Marching Command. Drill and Marching. Mass P.T. Exercises-Two count, four count and eight count exercises. Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri: Fundamentals skills. Apparatus/Light apparatus Grip. Attention with apparatus/ Light apparatus. Stand –at –ease with apparatus/ light apparatus. Exercise with verbal command, drum, whistle and music –Two count, Four count, Eight count and Sixteencount. Standing Exercise. Jumping Exercise. Moving Exercise.

**UNIT III**

**Aerobics:** Introduction of Aerobics. Rhythmic Aerobics –dance, Low impact aerobics, High impact aerobic so Aerobics kick boxing. Postures –Warm up and cooldown. THR Zone –Being successful in exercise and adaptation to aerobic workout.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Yoga Education**  
**Course Code: 704201**  
**Semester: 2<sup>nd</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO 1	Understand the basic concepts of Yogic practices and Asana.
CO 2	Become equipped with the knowledge of Upanisadas and its importance in one's life.
CO 3	Comprehend the foundation of yoga and its principles.
CO 4	Perform pranayama, Surya Namaskar and various yoga asanas.

### Course Content

#### UNIT I

**Introduction:** Meaning and Definition of Yoga. Aims and Objectives of Yoga. Yoga in Early Upanisads. The Yoga Sutra: General Consideration. Need and Importance of Yoga in Physical Education and Sports.

#### UNIT II

**Foundation of Yoga:** The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga.

#### UNIT III

**Asanas:** Effect of Asanas and Pranayama on various system of the body. □ □ Classification of asanas with special reference to physical education and sports. □ □ Influences of relaxative, meditative posture on various system of the body. Types of Bandhas and mudras. Type of kriyas. Asanas & Pranayam: Types, benefits. Yoga as active healthy life, yoga as therapy.

#### UNIT IV

**Yoga Education:** Basic, applied and action research in Yoga. Difference between yogic practices and physical exercises. Yoga education centers in India and abroad. Competitions in Yoga asanas.



**Text Books:**

- Burbank, M., Andranovich, G., & Heying, C. H. (2001). *Olympic dreams: The impact of mega-events on local politics*. Lynne Rienner Publishers.
- Gharote, M. L., & Ganguly, S. K. (2001). *Teaching methods for yogic practices*. Kaivalyadhama.
- Rajjan, S.M. (1985). *Yoga strengthening of relaxation for sports man*. New Delhi: Allied Publishers.
- Saraswati, Niranjanananda. (2010). *Prana and Pranayama*, Mungaer: Bihar School of Yoga.
- Brown, F.Y. (2000). *How to use yoga*. Delhi: Sports Publication

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Educational Technology and Methods of Teaching in Physical Education**  
**Course Code: 704202**  
**Semester: 2<sup>nd</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Understand the importance and role of Educational Technology in the field of physical education.
CO2	Gain knowledge about various audio-visual aids which can be used for teaching.
CO3	Become proficient in delivering lessons using presentations.
CO4	Develop skills to enhance teaching using advanced technologies and gadgets.

### Course Content

#### UNIT I

**Introduction:** Education and Education Technology- Meaning and Definitions. Types of Education- Formal, Informal and Non- Formal education. Educative Process. Importance of Devices and Methods of Teaching.

#### UNIT II

**Teaching Technique:** Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc. Teaching Procedure – Whole method, whole – part – whole method, part – whole method. Presentation Technique – Personal and technical preparation. Command- Meaning, Types and its uses in different situations.

#### UNIT – III

**Teaching Aids:** Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids. □ □ Community aids, co-curricular aids. Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalkboard. □ □ Charts, Model, Slide projector, Motion picture etc. □ □ Team Teaching – Meaning, Principles and advantage of team teaching. □ □ Difference between Teaching Methods and Teaching Aids.

#### UNIT – IV

**Lesson Planning and Teaching Innovations:** Lesson Planning – Meaning, Type and principles of lesson plan. General and specific lesson plan. Micro Teaching – Meaning, Types and steps of microteaching. Simulation Teaching - Meaning, Types and steps of simulation teaching. Class Management : Meaning, importance, Factors affecting class management, Principles of class management.

**Text Books:**

- Bhardwaj, A. (1997). *New Media & Educational Plann.* Sarup & Sons.
- Bhatia, K., & Bhatia, B. D. (1954). *The Principles & Methods of Teaching.* Doaba House.
- Kochhar, S. K. (1992). *Methods and techniques of teaching.* Sterling Publishers Pvt. Ltd.
- Sampath, K. (1981). *Introduction to educational technology.* Sterling Publishers Pvt. Ltd.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Organization and Administration in Physical Education**

**Course Code: 704203**

**Semester: 2<sup>nd</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Acquire administrative and managerial skills required in the field of physical education.
CO2	Demonstrate advanced professional and educational capabilities using appropriate interpersonal, written communication and critical thinking essential for successful performance and progress in an organization.
CO3	Become competent in assessment and evaluation of the academic work done by the team members.
CO4	Abide by personal and professional ethics while undertaking organizational decisions.

### Course Content

#### UNIT I

**Organization and administration:** Meaning and importance of Organization and Administration in physicaleducation. Qualification and Responsibilities of Physical Education teacher and pupilleader. Planning and their basicprinciples. Program planning: Meaning, Importance, Principles of program planning in physical education. Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating andinnovating.

#### UNIT II

**Office Management, Record, Register & Budget:** Office Management: Meaning, definition, functions and kinds of officemanagement. Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examinationRecord. Budget: Meaning, Importance of Budget making. Criteria of a good Budget, Sources of Income, Expenditure, Preparation ofBudget.

#### UNIT III

**Facilities, & Time-Table Management:** Facilities and equipment management: Types of facilities Infrastructure-indoor, outdoor. Care of school building, Gymnasium, swimming pool, Play fields, Playgrounds. Equipment: Need, importance, purchase, care andmaintenance. Time Table Management: Meaning, Need, Importance and Factor affecting timetable.

#### UNIT IV

**Competition Organization:** Importance of Tournament. Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament. Organization structure of Athletic Meet. Sports Event Intramurals & Extramural Tournament planning. Criteria for Selection of College/University Team

#### Text Books:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. Prentice hall Inc. New York.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. The C.V. Mosby Co. St. Louis.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. W.B. Saunders Co. London.
- Pandey, L.K. (1977). *Methods in Physical Education*. Metropolitan Book Depot. Delhi
- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Shakti Publication, Amaravati.
- Thomas, J. P. (1967). *Organization & administration of Physical Education*. Gyanodayal Press, Madras:

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Course Name: Contemporary Issues in Physical Education, Fitness and Wellness (Elective)**  
**Course Code: 704204**  
**Semester: 2<sup>nd</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Gain expertise in providing first aid and emergency care.
CO2	Comprehend the modern concept of Fitness and Wellness.
CO3	Grasp the principles of fitness and wellness to maintain holistic health.
CO4	Competent in application fitness and wellness management techniques.

### Course Content

#### UNIT I

**Concept of Physical Education and Fitness:** Definition, Aims and Objectives of Physical Education, fitness and Wellness. Importance and Scope of fitness and wellness. Modern concept of Physical fitness and Wellness. Physical Education and its Relevance in Inter Disciplinary Context.

#### UNIT II

**Fitness, Wellness and Lifestyle:** Fitness – Types of Fitness and Components of Fitness. Understanding of Wellness. Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management. Physical Activity and Health Benefits. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and life long wellness.

#### UNIT III

**Principles of Exercise Program:** Means of Fitness development – aerobic and anaerobic exercises. Exercises and Heart rate Zones for various aerobic exercise intensities. Concept of free weight Vs Machine, Sets and Repetition etc. Concept of designing different fitness training program for different age group.

#### UNIT IV

**Safety Education and Fitness Promotion:** Health and Safety in Daily Life. First Aid and Emergency Care. Common Injuries and their Management. Modern Life Style and Hypo-kinetic Disease – Prevention and Management.



**Text Books:**

- DiFiore, J. (2013). *The complete guide to postnatal fitness*. A&C Black.
- Mcglynn, G., (1993). *Dynamics of fitness*. W.C.B Brown, Madison.
- Sharkey, B. J. (1990). *Physiology of fitness*, Human Kinetics Book.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Sports Nutrition and Weight Management (Elective)**

**Course Code: 704205**

**Semester: 2<sup>nd</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Understand the role of diet and nutrition in sports performance.
CO2	Provide dietary guidelines based on the concept of balanced diet and individual's requirement.
CO3	Gain knowledge about the risk factors associated with weight management programs.
CO4	Proficient in application of different weight control regimens as per the need of game or sport.

### Course Content

#### UNIT I

**Introduction to Sports Nutrition:** Meaning and Definition of Sports Nutrition. Basic Nutrition guidelines. Role of nutrition in sports. Factors to consider for developing a nutrition plan.

#### UNIT II

**Nutrient Intake and Energy Metabolism:** Carbohydrates, Protein, Fat – Meaning, classification and its function. Role of carbohydrates, Fat and protein during exercise. Vitamins, Minerals, Water – Meaning, classification and its function. Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

#### UNIT III

**Nutrition and Weight Management:** Meaning of weight management. Concept of weight management in modern era. Factors affecting weight management and values of weight management. Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about Weight Loss. Obesity – Definition, meaning and types of obesity. Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity. Nutrition labeling in food, food choices, food guide pyramid

#### UNIT IV

**Steps of planning of Weight Management:** Nutrition – Daily calorie intake and expenditure, Determination of desirable bodyweight. Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle. Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

**Text Books:**

- Bessesen, D. H. (2008). *Update on obesity*. J Clin Endocrinol Metab.93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). *Consistent self-monitoring of weight: a key component of successful weight loss maintenance*. *Obesity*. Silver Spring, 15(12), 3091- 3096.
- Chu, S.Y. & Kim, L. J. (2007). *Maternal obesity and risk of stillbirth: a metaanalysis*. Am J Obstet Gynecol, 197(3), 223-228.
- DeMaria, E. J. (2007). *Bariatric surgery for morbid obesity*. N Engl J Med,356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). *Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial*. JAMA. 299(3), 316-323.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Track and Field (Jumping Event)**  
**Course Code: 704206**  
**Semester: 2<sup>nd</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO 1	Develop fundamental skills of jumping in Sports & Games.
CO 2	Demonstrate appropriate take off and landing techniques.
CO 3	Interpret the rules and regulations of jumping events.
CO 4	Perform officiating duties during jumping events.

**Course Content**

**Fundamentals skill of Straddle Roll, rules, officiating of High Jump, Triple jump and Long jump:** High Jump (Straddle Roll). Approach Run. Takeoff. Clearance over the bar. Landing.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Games**  
**Course Code: 704207**  
**Semester: 2<sup>nd</sup>**

**Credits: 03**

L	T	P
0	0	6

**Course Outcomes:** On successful completion of this course, the students will be able to:

CO	Statement
CO1	Demonstrate yoga asanas beneficial for achieving optimal posture.
CO2	Become adept in warm up and cool down exercises.
CO3	Learn the advanced techniques of swimming and gymnastics.
CO4	Develop competency to deliver outstanding performance in swimming and gymnastics.

### Course Content

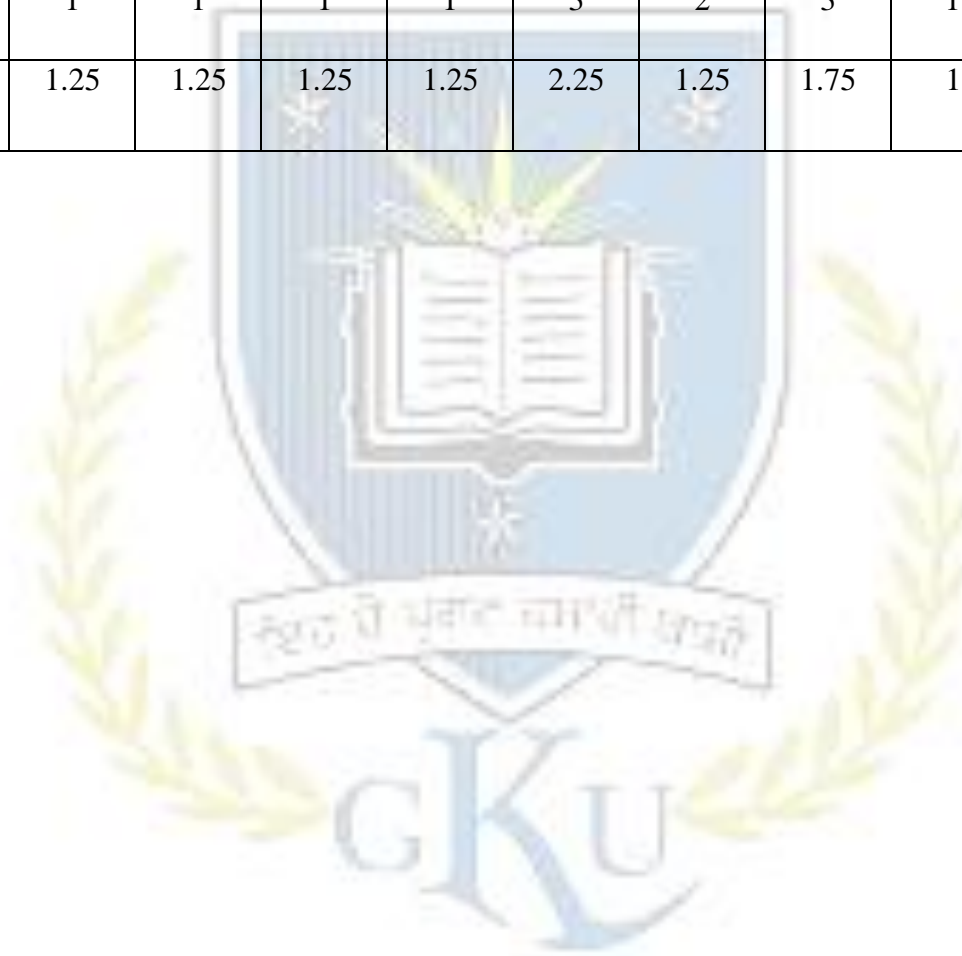
#### UNIT I

**Fundamentals of Yogic and Aerobic skills and correct postures:** Yoga: Surya Namaskara. Pranayams. Corrective Asanas. Kriyas. Asanas: Sitting, Standing, Laying Prone, Position, Laying Spine Position.

#### UNIT II

**Fundamentals skills, rules, officiating and duties of officials of Gymnastic and Swimming**  
**Gymnastic:** Parallel Bar: Mount from one bar, Straddle walking on parallel bars, Single and double step walk, Perfect swing, Shoulder stand on one bar and roll forward, Roll side, Shoulder stand, Front on back vault to the side (dismount). Horizontal /Single Bar: Grip, Swings, Fundamental Elements, Dismount. Uneven Parallel Bar: Grip, Swings, Fundamental Elements, Dismount. **Swimming:** Introduction of water polo game. Fundamental skills: Swim with the ball, Passing, Catching, Shooting, Goalkeeping. Rules of the games and responsibility of officials Introduction of Diving sports. Basic Diving Skills from spring boards, Basic Diving Skills from platform.

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25





**Course Name: Racket Sports**  
**Course Code: 704208**  
**Semester: 2<sup>nd</sup>**

**Credits: 03**

L	T	P
0	0	6

Course Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Develop skills to analyze and interpret the rules of the Indoor sports (Racket).
CO2	Gain expertise in fundamental skills and techniques of racket games.
CO3	Perform officiating duties during a Racket sports event.
CO4	Learn the defensive techniques of racquet games.

**Course Content**

**UNIT I**

**Fundamental skills, rules, officiating and duties of officials of Badminton and Table Tennis,**

**Badminton:** Fundamental Skills: Racket parts, Racket grips, Shuttle Grips, The basic stances. The basic strokes: Serves, Forehand-overhead and underarm, Backhand-overhead and underarm. Drills and lead upgames. Types of games-Singles, doubles, including mixeddoubles. Rules and their interpretations and duties ofofficials. Table Tennis: Fundamental Skills: The Grip-The Tennis Grip, Pen HolderGrip.Service-Forehand, Backhand, Side Spin, HighToss. Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shit, Loop Drive. Stance and Ready position and footwork. Rules and their interpretations and duties ofofficials.

**UNIT II**

**Fundamental skills, rules, officiating and duties of officials of Squash and Tennis**

**Squash:** Fundamental Skills: Service-Under hand and Over hand, Service Reception, Shot-Down the line, Cross Court, Drop, HalfVolley. Tactics –Defensive, attacking ingame. Rules and their interpretations and duties ofofficials. Tennis: Fundamental Skills: Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Choppergrip. Stance and Footwork. Basic Ground strokes-Forehand drive, Backhand drive. Basicservice. Basic Volley, Over-head Volley,Chop. Tactics –Defensive, attacking in game. Rules and their interpretations and duties ofofficials.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Course Name: Teaching Practices**  
**Course Code: 704209**  
**Semester: 2<sup>nd</sup>**

**Credits: 02**

**L    T    P**  
**0    0    4**

**Course Outcomes:**

<b>CO</b>	<b>On successful completion of this course, the students will be able to:</b>
CO1	Undertake teaching assignments for school students.
CO2	Become proficient in preparation and maintenance of records in the school.
CO3	Learn assessment and evaluation methods of the assignments submitted by students.
CO4	Gain knowledge about how to improve teaching and lesson delivery.

**Course Content**

**Theory Teaching Lesson Plans**

10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for outdoor activities within premises on the students of B.P.Edcourse.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Sports Training**  
**Course Code: 704301**  
**Semester: 3<sup>rd</sup>**

**L T P**  
**Credits: 04**

**4 0 0**

**Course Outcomes:**

<b>CO</b>	<b>Statement</b>
CO1	Become adept in strength and endurance training.
CO2	Plan and implement sports training programs.
CO3	Develop fitness programmes specific to a particular sport.
CO4	Draw strategies to deliver outstanding performance during games/sports.

**Course Content**

**UNIT I**

**Introduction to Sports Training:** Meaning and Definition of Sports Training. Aim and Objective of Sports Training. Principles of Sports Training. System of Sports Training – Basic Performance, Good Performance and High Performance Training. Adaptation and Super compensation

**UNIT II**

Training Components Strength – Mean and Methods of Strength Development. Speed – Mean and Methods of Speed Development. Endurance - Mean and Methods of Endurance Development. Coordination – Mean and Methods of coordination Development. Flexibility – Mean and Methods of Flexibility Development.

**UNIT III**

**Training Process:** Training Load- Definition and Types of Training Load. Principles of Intensity and Volume of stimulus. Overload- Causes, Symptoms and Remedial Measures. Technical Training – Meaning and Methods of Technique Training. Tactical Training – Meaning and Methods of Tactical Training.

**UNIT – IV**

**Training programming and planning:** Periodization – Meaning and types of Periodization. Aim and Content of Periods – Preparatory, Competition, Transition etc. Planning – Meaning, Need and Importance of Planning and its Principles, Types of Training Plans- Macro, Meso, and Micro cycle Plans – Training session. Talent Identification and Development.

**Text Books:**

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books. London.
- Harre, D. (1982). *Principles of sports training*. Sporulated, Berlin:
- Jensen, R. C. & Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Lea and Fibiger, 2<sup>nd</sup> Edn. Philadelphia.
- Matvyew, L.P. (1981). *Fundamental of sports training*. Progress Publishers. Moscow.
- Singh, H. (1984). *Sports training, general theory and methods*. NSNIS, Patiala
- Uppal, A.K., (1999). *Sports Training*. Friends Publication, New Delhi.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Course Name: Computer Applications in Physical Education**

**Course Code: 704302**

**Semester: 3<sup>rd</sup>**

**Credits: 04**

<b>L</b>	<b>T</b>	<b>P</b>
<b>4</b>	<b>0</b>	<b>0</b>

**Course Outcomes:**

<b>CO</b>	<b>Statement</b>
CO1	Learn about basic computer hardware and software.
CO2	Utilize the applications of computer in physical education.
CO3	Gain expertise to assess and evaluate performance through software.
CO4	Use web technologies to enhance coaching lessons.

### **Course Content**

#### **UNIT I**

**Introduction to Computer:** Meaning, need and importance of information and communication technology (ICT). Application of Computers in Physical Education. Components of computer, input and output device. Application software used in Physical Education and sports. ICT and constructivism: A pedagogical dimension.

#### **UNIT II**

**MS Word:** Introduction to MS Word. Creating, saving and opening a document. Formatting Editing features Drawing table. Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes.

#### **UNIT III**

**MS Excel:** Introduction to MS Excel. Creating, saving and opening spreadsheet. Creating formulas. Format and editing features adjusting columns width and row height understanding charts.

#### **UNIT IV**

**MS PowerPoint:** Introduction to MS PowerPoint. Creating, saving and opening a ppt file format and editing features slide show, design, inserting slide number picture, graph, table. Preparation of Power point presentations.

**Text Books:**



- Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
- Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Sports Psychology and Sociology**  
**Course Code: 704303**  
**Semester: 3<sup>rd</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:**

CO	Statement
CO1	Become acquainted with the meaning, nature and scope of sports Psychology.
CO2	Assess and prepare psychological profiles of sportsmen.
CO3	Identify and appreciate the role of sports psychology in the performance.
CO4	Develop competency in conducting various Psychological Tests on players.

### Course Content

#### UNIT I

**Introduction:** Meaning, Importance and scope of Educational and Sports Psychology. General characteristics of Various Stages of growth and development. Types and nature of individual differences; Factors responsible –Heredity and environment. Psycho-sociological aspects of Human behavior in relation to physical education and sports.

#### UNIT II

**Sports Psychology:** Nature of learning, theories of learning, Laws of learning. Plateau in Learning; & transfer of training. Meaning and definition of personality, characteristics of personality. Dimension of personality, Personality and Sports performance. Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary. Aggression and Sports. Meaning and nature of anxiety, Kinds of anxiety. Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance.

#### UNIT III

**Relation between Social Science and Physical Education:** Orthodoxy, customs, Tradition and Physical Education. Festivals and Physical Education. Socialization through Physical Education. Social Group life, Social conglomeration and Social group, Primary group and Remote group.

#### UNIT IV

Culture its Meaning and Importance: Features of culture. Importance of culture. Effects of culture on people lifestyle. Social stratification: forms & function, caste & class

**Text Books:**

- Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of*

*sport*. Addison Wesley Publishing Co., Inc. London:

- Blair, J.& Simpson, R.(1962). *Educational psychology*, McMillan Co. New York.
- Cratty, B. J.(1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall, Eaglewood Cliffs.
- Kamlesh, M.L. (1998). *Psychology in physical education and sport*. Metropolitan Book Co. New Delhi.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. Addison Wesley Publishing Company Inc. London.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Lea &Febiger, Philadelphia.
- Mathur, S.S., (1962). *Educational psychology*. Vinod Pustak Mandir, Agra.
- Skinnner, C. E., (1984.). *Education psychology*. Prentice Hall of India, New Delhi

The mapping of the PO/PSO/CO attainment is follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Sports Medicine, Physiotherapy and Rehabilitation (Elective)**

**Course Code: 704304**

**Semester: 3<sup>rd</sup>**

**L T P**

**Credits: 04**

**4 0 0**

Course

Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Identify and comprehend the modern concepts of sports medicine.
CO2	Plan training activities which assists in preventing sports injuries.
CO3	Provide first aid treatment in sports related injuries.
CO4	Gain knowledge about the principles and importance of physiotherapy in sports injuries.

### Course Content

#### UNIT I

**Sports Medicine:** Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches. Need and Importance of the study of sports injuries in the field of Physical Education. Prevention of injuries in sports – Common sports injuries –Diagnosis. First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports. Principle of PRICE.

#### UNIT II

**Physiotherapy:** Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays –Ultraviolet rays – short wave diathermy – ultrasonic rays.

#### UNIT III

**Hydrotherapy:** Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

#### UNIT IV

**Therapeutic Exercise:** Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and FingerJoints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises. Self-Stretching techniques.

**Text Books:**

- Christine, M. D., (1999). *Physiology of sports and exercise*. Human Kinetics. Conley, USA.
- Baechle, T.R. & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: HumanKinetics.
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Taylor and Francis Group, Routledge
- Jeyaprakash, C. S.(2003), *Sports Medicine*, J.P. Brothers Pub., New Delhi,
- Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Lucky Enterprises, Delhi.
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. W.B. Saunders Co. Philadelphia.
- Pandey, P.K., (1987). *Outline of sports medicine*, J.P. Brothers Pub. New Delhi.
- Williams, J. G. P. (1962). *Sports medicine*. Edward Arnold Ltd. London.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Course Name: Curriculum Design (Elective)**

**Course Code: 704305**

**Semester: 3<sup>rd</sup>**

**Credits: 4**

L	T	P
4	0	0

**Course Outcomes:**

CO	Statement
CO1	Gain knowledge about the factors affecting the curriculum development.
CO2	Become proficient in curriculum designing and construction.
CO3	Understand the old and new concepts of curriculum planning
CO4	Inculcate professional and ethical values.

### Course Content

#### UNIT I

**Modern concept of the curriculum:** Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development. Factors affecting curriculum - Social factors - Personnel qualifications – Climatic consideration - Equipment and facilities -Time suitability of hours. National and Professional policies, Research finding.

#### UNIT II

**Basic Guide line for curriculum construction; contest (selection and expansion):** Focalization. Socialization. Individualization. Sequence and operation. Steps in curriculum construction.

#### UNIT III

**Curriculum-Old and new concepts, Mechanics of curriculum planning:** Basic principles of curriculum construction. Curriculum Design, Meaning, Importance and factors affecting curriculum design. Principles of Curriculum design according to the needs of the students and state and national level policies. Role of Teachers. Evaluation of curriculum, methods of evaluation.

#### UNIT IV

**Under-graduate preparation of professional preparation:** Areas of Health education, Physical education and Recreation. Curriculum design-Experience of Education, Field and Laboratory. Teaching practice. Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.



**Text Books:**

- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Lea and Febiger, Philadelphia.
- Bucher, C. A. (1986). *Foundation of physical education: The C. V. Mosby & Company*, St. Louis.
- Cassidy, R. (1986). *Curriculum development in physical education*. Harper & Company, New York.
- Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education*. N.J. prentice Hall Inc., Englewood Cliffs.
- Larson, L.A. (n.d.). *Curriculum foundation in physical education*. N.J. Prentice Hall Inc., Englewood Cliffs.
- Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation*. Taylor and Francis Ltd. England.
- Willgoose, C.E. (1979). *Curriculum in physical education*. 3rd Ed. N.J. Prentice Hall, Inc. Englewood Cliffs.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Track and Field (Throwing Event)**

**Course Code: 704306**

**Semester: 3<sup>rd</sup>**

**Credits: 02**

**L T P**  
**4 0 0**

**Course Outcomes:**

CO	Statement
CO1	Develop skills to participate and perform in throwing events.
CO2	Gain competency in Ground Marking / Sector Marking for the events.
CO3	Undertake officiating duties during throwing events.
CO4	Interpret the signals used by referee during a throwing event.

### Course Content

**Fundamental skills, rules, officiating and ground layout of Throwing Events:** Discus Throw, Javelin, Hammer throw, shot-put. Basic Skills and techniques of the Throwing events. Grip, Stance, Release, Reserve/ (Follow through action). Ground marking / Sector Marking. Interpretation of Rules and Officiating. Rules and their interpretations and duties of officials.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Combative Sports**  
**Course Code: 704307**  
**Semester: 3<sup>rd</sup>**

**Credits: 03**

<b>L</b>	<b>T</b>	<b>P</b>
<b>0</b>	<b>0</b>	<b>6</b>
Course		

Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Develop fundamental skills of martial arts, judo, fencing, boxing, taekwondo and wrestling.
CO2	Learn the defensive techniques of these games.
CO3	Perform officiating duties in martial arts events.
CO4	Become adept in attacking techniques of these games.

**Course Content**

**UNIT I**

**Fundamental skills, rules, officiating and duties of officials of Karate:** Martial Arts/Karate: Fundamental Skills Player Stances –walking, hand positions, front-leaning, side-fighting. Hand Techniques -Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic), Leg Techniques -Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house, Forms -The first cause Katas, Self Defense -against punches, grabs and strikes, against basic weapons (knife, club sticks), Sparring -One step for middle punch, high punches and groin punch. (Defended by appropriate block from eight basic blocks). Rules and their interpretations and duties of officials.

**UNIT II**

**Fundamental skills, rules, officiating and duties of officials of Judo:** Judo Fundamental skills: Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position), Kumikata(Methodsofholdingjudocostume), Shisei(PostureinJudo), Kuzushi (Act of disturbing the opponent posture), Tsukuri and kake (Preparatory action for attack)Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall), Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps), Tai Sabaki (Management of the body), NageWaze (Throwing techniques)-HizaGuruma (Knee wheel), Sesaetwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw), Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping fromeachhold. Rules and their interpretations and duties of officials.

### UNIT III

**Fundamental skills, rules, officiating and duties of officials of Fencing:** Fundamental Skill- Basic Stance -on-guard position (feet and legs), Footwork –advance, retire, lunge, Step- lunge, Grip –hold a foil correctly, Etiquette –salute and handshake to coaches and partners, Hit a target (glove, mask, person) at riposte distance, Lunge from an on-guard position. Attack -simple attacks from sixte –direct, disengage, double attack, compound attacks high line –one-two and cut-over disengage, Cut-over attack, Low line attacks. Semi-circular parries –octave and septime. Understand the layout of apiste. Compound or successive parries. Lateral parry and direct riposte. Fence a bout –judges etc. salutes and handshakes. Rules and their interpretations and duties of officials.

### UNIT IV

**Fundamental skills, rules, officiating and duties of officials of Boxing:** Fundamental Skill- Player stance, Stance -Right hand stance, left hand stance, Footwork –Attack, defense, Punches –Jab, cross, hook, upper cut, combinations. Defense slip –bob and weave, parry/block, cover up, clinch, counterattack. Tactics –Toe to toe, counter attack, fighting in close, feinting. Rules and their interpretations and duties of officials.

### UNIT V

**Fundamental skills, rules, officiating and duties of officials of Taekwondo:** Fundamental Skills- Player Stances –walking, extending walking, L stance, cat stance, Sitting stance punch, single punch, double punch, and triple punch. Punching Skill from sparring position front-fist punch, rear fist punch, double punch, and four combination punch. Foot Techniques (Balgisul) –standing kick (soseo chagi), Front kick (AP chagi), Arc kick (Bandal Chagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaedollyoChagi), Jump kick (TwimyoChagi). Poomsae (Forms) –Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement –eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques). Sparring (Kyorugi) –One Step Sparring (hand techniques, foot techniques, self-defense techniques, combination kicks), Free Sparring. Board Breaking (Kyokpa) –eye control, balance, power control, speed, point of attack. Rules and their interpretations and duties of officials.

### UNIT VI

**Fundamental skills, rules, officiating and duties of officials of Wrestling:** Fundamental Skills- Take downs, Leg tackles, Arm drag, Counters for take downs, Cross face, Whizzer series, Escapes from under-sit-out turn in tripped, Counters for escapes from under-Basic control back drop, Counters for standup. Pinning combination-Nelson series (Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson. Escapes from pinning: Wing lock series, Double arm lock roll, Cridge. Standing Wrestling-Head under arm series, whizzer series. Referee positions.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25





**Course Name: Team Games (Any two of these)**

**Course Code: 704308**

**Semester: 3<sup>rd</sup>**

**Credits: 03**

L	T	P
0	0	6

**Course Outcomes:**

CO	Statement
CO1	Become proficient in Warm- up Training for better Motor Abilities
CO2	Develop skills of performing Officiating duties in team games.
CO3	Undertake Ground Marking for these games.
CO4	Learn thoroughly about the rules and regulations of these team games.

### Course Content

#### UNIT I

**Fundamental skills, rules and regulations, officiating and ground marking of Base Ball:**

Fundamental Skills-Player Stances –walking, extending walking, L stance, cat stance, Grip – standard grip, choke grip, Batting –swing and bunt,Pitching. Baseball: slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball. Softball: windmill, slingshot. Starting position: wind up,set. Fielding –Catching: basics to catch fly hits, rollinghits. Throwing: over arm, sidearm. Base running: single, double, triple, home run. Sliding: bent leg slide, hook slide, head firstslide. Rules and their interpretations and duties of officials. GroundMarking.

#### UNIT II

**Fundamental skills, rules and regulations, officiating and ground marking of Cricket:**

Fundamental Skills-Batting-Forward and backward – defensivestroke. Bowling-Simple bowlingtechniques. Fielding-Defensive and offensivefielding. Catching-High catching and Slipcatching. Stopping and throwingtechniques. Wicket keepingtechniques. Rules and their interpretations and duties ofofficials. GroundMarking.

#### UNIT III

**Fundamental skills, rules and regulations, officiating and ground marking of Football:**

Fundamental Skills-Kicks-Inside kick, Instep kick, Outer instep kick, loftedkick. Trapping-trapping rolling the ball, trapping bouncing ball withsole. Dribbling-With instep, inside and outer instep of thefoot. Heading-From standing, running andjumping. Throw in. Feinting-With the lower limb and upper part of thebody. Tackling-Simple tackling, Slidetackling. Goal Keeping-Collection of balls, Ball clearance-kicking, throwing anddeflecting. Rules and their interpretations and duties ofofficials. GroundMarking.

#### **UNIT IV**

##### **Fundamental skills, rules and regulations, officiating and ground marking of Hockey:**

Fundamental Skills-Player stance & Grip, Rolling the ball, Dribbling, Push, Stopping, Hit, Flick, Scoop, Passing –Forward pass, square pass, triangular pass, diagonal pass, return pass, Reverse hit, Dodging, Goal keeping –Hand defense, footdefense. Positional play in attack and defense. Rules and their interpretations and duties of officials. Ground Marking.

#### **UNIT V**

##### **Fundamental skills, rules and regulations, officiating and ground marking of Softball:**

Fundamental Skills-Catching: one handed, two handed, with feet grounded, in flight. Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, and lob); two handed passes (push, overhead, bounce). Footwork: landing on one foot; landing on two feet; pivot; running pass. Shooting: one hand; two hands; forward step shot; backward step shot. Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed. Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass). Intercepting: pass; shot. The toss-up. Role of individual players. Rules and their interpretations and duties of officials. Ground Marking.

#### **UNIT VI**

##### **Fundamental skills, rules and regulations, officiating and ground marking of Volleyball**

Fundamental Skills-Players Stance-Receiving the ball and passing to the teammates. The Volley (Over head pass). The Dig (Under hand pass). Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials. Ground Marking.

#### **UNIT VII**

##### **Fundamental skills, rules and regulations, officiating and ground marking of Hand Ball:**

Fundamental Skill-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense. Rules and their interpretations and duties of officials. Ground Marking.

#### **UNIT VIII**

##### **Fundamental skills, rules and regulations, officiating and ground marking of Basket ball:**

Fundamental Skills-Player stance and ball handling. Passing-Two Hand chest pass, two hands Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass. Receiving-Two Hand receiving, one hand receiving, receiving in stationary position, receiving while jumping, receiving while running. Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse dribble, rolling dribble. Shooting-Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, and Freethrow. Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization. Individual Defensive-Guarding the man with the ball and without the ball. Pivoting. Rules and their interpretations and duties of the officials. Ground Marking.

#### **UNIT IX**

**Fundamental skills, rules and regulations, officiating and ground marking of Netball:**

Fundamental Skills: Catching: one handed, two handed, with feet grounded, in flight. Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, and lob); two handed passes (push, overhead, bounce). Footwork: landing on one foot; landing on two feet; pivot; running pass. Shooting: one hand; two hands; forward step shot; backward step shot. Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed. Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass). Intercepting: pass; shot. The toss-up. Role of individual players. Rules and their interpretations and duties of officials. Ground Marking.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Teaching Practices**  
**Course Code: 704309**  
**Semester: 3<sup>rd</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes:**

CO	Statement
CO1	Learn about the fundamentals of teaching practice.
CO2	Become adept in preparation and maintenance of records in the school.
CO3	Conduct assessment and evaluation of academic performance of school students.

**Course Content**

**Teaching Lesson Plans of different sports:** Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports (out of 10 lessons 5 internal and 5 external at practicing school).

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25



**Semester – IV**

**Course Name: Measurement and Evaluation in Physical Education**

**Course Code: 704401**

**Semester: 4<sup>th</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:**

CO	Statement
CO1	Learn about the principles of tests and measurements used in sports.
CO2	Conduct tests and measurements on sportspersons.
CO3	Become competent to interpret the results of the tests.
CO4	Undertake pre and post test duties.

**Course Content**

**UNIT I**

**Introduction to Test & Measurement & Evaluation:** Meaning of Test & Measurement & Evaluation in Physical Education. Need & Importance of Test & Measurement & Evaluation in Physical Education. Principles of Evaluation.

**UNIT II**

**Criteria; Classification and Administration of test:** Criteria of good test. Criteria for classification of test, Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms). Type and classification of Test. Administration of test, advance preparation – Duties during testing – Duties after testing.

**UNIT III**

**Physical Fitness Tests:** AAHPER youth fitness Test. National physical Fitness Test. Indiana Motor Fitness Test. JCR Test. U.S Army Physical Fitness Test. Kraus-Weber muscular test • Methney & Johnson General motor Educability test. • Stork Balance Test, • Yo-Yo Test

**UNIT IV**

**Sports Skill Tests:** Lockhart and McPherson badminton Test. Johnson basketball. McDonald soccer Test. S.A.I volleyball Test. S.A.I Hockey Test.



### Text Books:

- Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. HolStorm, Bagsvaerd, Denmark.
- Barron, H.M. & Mcchee, R. (1997). *A Practical approach to measurement in physical education*. Lea and Febiger, Philadelphia:
- Kansal, D.K. (1996). *Test and measurement in sports and physical education*. D.V.S. Publications, New Delhi.
- Mathews, D.K., (1973). *Measurement in physical education*. W.B.SoundersCompnay, Philadelphia.
- Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. John Willey and Sons. New York.
- Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Punjab Publishing House, Patiala.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	1	1	1	3	1
CO2	1	1	1	2	2	2	1	2	1	1	2
CO3	1	1	2	1	1	3	1	1	1	1	1
CO4	1	1	1	1	1	3	2	3	1	1	1
Average	1.5	1.25	1.25	1.25	1.25	2.25	1.25	1.75	1	1.5	1.25

**Course Name: Kinesiology and Biomechanics**  
**Course Code: 704402**  
**Semester: 4<sup>th</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:**

CO	Statement
CO1	Identify the anatomical and biomechanical bases of human movement
CO2	Comprehend the physiological regulatory mechanism working behind body movements.
CO3	Become skilled in application of mechanical concepts to sports training.
CO4	Gain knowledge about kinetics of human movement.

**Course Content**

**UNIT I**

**Introduction to Kinesiology and Sports Biomechanics:** Meaning and Definition of Kinesiology and Sports Biomechanics. Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher. Athletes and Sports Coaches. Terminology of Fundamental Movements. Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Line of Gravity. Equilibrium, its types and principles of equilibrium.

**UNIT II**

**Fundamental Concept of Anatomy and Physiology:** Classification of Joints and Muscles. Types of Muscle Contractions. Posture – Meaning, Types and Importance of good posture. Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation.

**UNIT III**

**Mechanical Concepts:** Force - Meaning, definition, types and its application to sports activities. Lever - Meaning, definition, types and its application to human body. Newton's Laws of Motion – Meaning, definition and its application to sports activities. Projectile – Factors influencing projectile trajectory.

**UNIT IV**

**Kinematics and Kinetics of Human Movement:** Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration. Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. Linear Kinetics – Inertia, Mass, Momentum, Friction. Angular Kinetics – Moment of inertia, Couple, Stability.

**Text Books:**

- Bunn, J. W. (1972). *Scientific principles of coaching*. N.J.: Prentice Hall Inc. Englewood

Cliffs.

- Hay, J. G. & Reid, J. G.(1982).*The anatomical and mechanical basis of human motion*. N.J.: prentice Hall Inc., Englewood Cliffs.
- Hay, J. G. & Reid, J. G.(1988).*Anatomy, mechanics and human motion*. N.J.: prentice Hall Inc., Englewood Cliffs.
- Hay, J. G. (1970).*The biomechanics of sports techniques*. N.J.: Prentice Hall, Inc., Englewood Cliffs.
- Simonian, C.(1911). *Fundamentals of sport biomechanics*. N.J.: Prentice Hall Inc., Englewood Cliffs.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	1	1	2	1	2	1	1
CO2	2	1	2	1	1	1	1	2	2	1	1
CO3	1	1	1	1	1	3	1	1	3	1	1
CO4	1	1	1	1	1	2	1	1	2	1	1
Average	1.75	1.25	1.25	1	1	1.75	1.25	1.25	2.25	1	1

**Course Name: Research and Statistics in Physical Education**  
**Course Code: 704403**  
**Semester: 4<sup>th</sup>**

**Credits: 04**

L	T	P
4	0	0

### Course Outcomes

CO	Statement
CO1	Understand the need and importance of Research in Physical Education
CO2	Become adept in using various data collection methods to undertake research.
CO3	Develop knowledge of data analysis tools.
CO4	Interpret the results of the conducted research work and draw appropriate conclusion.

### Course Content

#### UNIT I

**Introduction to Research:** Definition of Research. Need and importance of Research in Physical Education and Sports. Scope of Research in Physical Education & Sports. Classification of Research. Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

#### UNIT II

**Survey of Related Literature:** Need for surveying related literature. Literature Sources, Library Reading. Research Proposal, Meaning and Significance of Research Proposal. Preparation of Research proposal / project. Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

#### UNIT III

**Basics of Statistical Analysis:** Statistics: Meaning, Definition, Nature and Importance. Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables. Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.

#### UNIT IV

**Statistical Models in Physical Education and Sports:** Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data. Measures of Variability: Meaning, importance, computing from group and ungrouped data. Percentiles and Quartiles: Meaning, importance, computing from group and ungrouped data.

**Text Books:**

- Best, J.W. (1963). *Research in education*. Prentice Hall, Bomp, U.S.A.
- T. O. & Haff, G. G. (2009). *Periodization: theory and methodology of training*, 5<sup>th</sup> ed. IL: Human Kinetics, Champaign.
- Brown, L. E., & Ferrigno, V. A. (2005). *Training for speed, agility and quickness*, 2<sup>nd</sup> ed. IL: Human Kinetics. Champaign.
- Brown, L.E. & Miller, J., (2005). *How the training work*. In: *Training Speed, Agility, and Quickness*.
- Carl, E. K., & Daniel, D. A. (1969). *Modern principles of athletes training*. St. Louis's Mosby Company, St. Louis.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	2	2	3	3	1	1	1	1	3	1	1
CO2	1	2	3	3	2	1	1	1	2	1	1
CO3	1	2	3	3	2	1	1	1	2	1	1
CO4	1	2	3	3	1	1	1	1	2	1	2
Average	1.25	2	3	3	1.5	1	1	1	2.25	1	1.25



**Course Name: Theory of Sports and Games (Elective)**

**Course Code: 704404**

**Semester: 4<sup>th</sup>**

**L T P**

**Credits: 04**

**4 0 0**

**Course Outcomes:**

<b>CO</b>	<b>Statement</b>
CO1	Become skilled in basic techniques of different games and sports.
CO2	Impart coaching lessons for particular sports and game.
CO3	Gain knowledge about different components of physical fitness.
CO4	Develop competency in application of different training methods for development of physical and motor fitness.

**Course Content**

**UNIT I**

**General Introduction of specialized games and sports:** Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga. Each game or sports to be dealt under the following heads. History and development of the Game and Sports. Ground preparation, dimensions and marking. Standard equipment and their specifications. Ethics of sports and sportsmanship.

**UNIT II**

**Scientific Principles of Coaching :( particular sports and game specific):** Motion –Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton’s Law of motions. Force –Friction, Centripetal and Centrifugal force, Principles of force. Equilibrium and its types. Lever and its types. Sports Training –Aims, Principles and characteristics. Training load – Components, Principles of load, Over Load (causes and symptoms).

**UNIT III**

**Physical fitness components (particular sports and game specific) speed and its types Strength and its types:** Endurance and its types. Flexibility and its types. Coordinative ability and its types. Doping and its Effects on Sports Performance on the Health of an Athlete.

**UNIT IV**

**Training methods:** Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weighttraining). Conditioning exercises and warmingup. Concept of Conditioning and warmingup. Role of weight training in games and sports. Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition). Recreational and Lead up games. Strategy –Offence and defense, Principles of offence and defense.

### Text Books

- Bunn, J.W. (1968). *The art of officiating sports*. N.J. Prentice Hall, Englewood cliffs.
- Bunn, J.W. (1972). *Scientific principles of coaching*. N. J. Prentice Hall, Englewood cliffs.
- Dyson, G.H. (1963). *The mechanics of athletics*. University of London Press Ltd. London.
- Lather, J.D. (1965). *Psychology of coaching*. Pre. Hall, New York.
- Singer, R.N. (1972). *Coaching, athletic & psychology*. M.C. Graw Hill, New York.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	1	1	2	2	2	1	1	2	2	1	1
CO2	2	2	3	2	1	1	1	2	2	1	2
CO3	3	1	1	1	1	1	1	1	2	1	1
CO4	3	3	3	3	3	2	1	2	2	2	1
Average	2.25	1.75	2.25	2	1.75	1.25	1	1.75	2	1.25	1.25

**Course Name: Sports Management (Elective)**  
**Course Code: 704405**  
**Semester: 4<sup>th</sup>**

**Credits: 04**

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	Statement
CO1	Understand the concept of sports management.
CO2	Become adept in event management in physical education and sports.
CO3	Develop competency for financial management and budget making in physical education & sports events.
CO4	Gain knowledge of Organization, designing and evaluating the sports events.

**Course Content**

**UNIT I**

**Introduction to Sports Management:** Nature and Concept of Sports Management. Progressive concept of Sports management. The purpose and scope of Sports Management. Essential skills of Sports Management. Qualities and competencies required for the Sports Manager. Event Management in physical education and sports. Role of personal manager in an organization, personnel recruitment and selection

**UNIT II**

**Leadership:** Meaning and Definition of leadership. Leadership style and method. Elements of leadership. Forms of Leadership. Autocratic, Laissez-faire, Democratic, Benevolent Dictator. Qualities of administrative leader. Preparation of administrative leader. Leadership and Organizational performance.

**UNIT III**

**Sports Programmes and their management:** Sports Management in Schools, colleges and Universities. Factors affecting planning. Planning a school or college sports programme. Directing of school or college sports programme. Controlling a school, college and university sports programme. Developing performance standard, Establishing a reporting system, Evaluation, The reward/punishment system.

**UNIT IV**

**Sports Management and Finances:** Financial management in Physical Education & sports in schools, Colleges and Universities. Budget –Importance, Criteria of good budget. Steps of Budget making. Principles of budgeting.

**Text Books:**

- Ashton,D. (1968).*Administration of physical education for women*. The Ronal Press, New York.
- J.B. (1976). *Physical education and intramural programmes, organisation and administration*. W.B. Saunders Cp. Earl, F. Z, & Gary, Philadelphia, U.S.A.
- W. B. (1963).*Management competency development in sports and physical education*. W. Lea and Febiger, Philadelphia.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	1	1	1	1	1	1	1	2	2	2	1
CO2	1	2	2	1	1	1	1	2	2	2	2
CO3	1	1	1	1	1	1	1	2	2	2	3
CO4	1	1	2	2	2	1	1	1	2	2	2
Average	1	1.25	1.5	1.25	1.25	1	1	1.75	2	2	2

**Course Name: Individual Sports Gymnastics (any one out of three)**

**Course Code: 704406**

**Semester: 4<sup>th</sup>**

**Credits: 03**

**L    T    P**  
**0    0    6**

Course Outcomes: On successful completion of this course, the students will be able to:

<b>CO</b>	<b>Statement</b>
CO1	Demonstrate and assess various techniques of gymnastics and swimming.
CO2	Gain knowledge about the rules of these games.
CO3	Become skilled in officiating these games.
CO4	Learn techniques to enhance performance.

### Course Content

**Skills, Rules and Officiating of Track and Field events/Swimming / Gymnastic.**

Track and Field /Swimming / Gymnastic.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	1	1	1	2	1	1	1	3	1	1
CO2	3	1	2	1	1	1	1	2	2	1	1
CO3	2	2	3	3	2	1	1	3	2	1	2
CO4	3	2	2	2	3	1	1	2	2	1	3
Average	2.75	1.5	2	1.75	2	1	1	2	2.25	1	1.75



**Course Name: Games (Any Two of these)**  
**Course Code: 704407**  
**Semester: 4<sup>th</sup>**

**L T P**

**Credits: 03**

**0 0 6**

**Course Outcomes:**

CO	Statement
CO1	Perform Warm- up Training for better Motor Abilities.
CO2	Become skilled in Officiating and Organization these games.
CO3	Undertake Ground Marking for these games.
CO4	Learn about the defensive techniques of these games.

**Course Content**

**Game, its skills,ground marking, rules and regulations.**

Kabaddi/ KhoKho/ Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	1	1	1	2	1	1	1	3	1	1
CO2	3	1	2	1	1	1	1	2	2	1	1
CO3	2	2	3	3	2	1	1	3	2	1	2
CO4	3	2	2	2	3	1	1	2	2	1	3
Average	2.75	1.5	2	1.75	2	1	1	2	2.25	1	1.75

**Course Name: Sports specialization**  
**Course Code: 704408**  
**Semester: 4<sup>th</sup>**

**Credits: 04**

**L T P**  
**0 0 2**

**Course Outcomes:**

<b>CO</b>	<b>Statement</b>
CO 1	Assess and demonstrate of various techniques of track and field events, gymnastics and swimming.
CO 2	Gain knowledge about the rules of these games.
CO 3	Become skilled in officiating these games.
CO 4	Grasp knowledge about Advanced Techniques of the games.

**Course Content**

**Teaching lessons Plans on Coaching of Track and Game.**

Coaching lessons Plans :Track and field / Gymnastics / Swimming (4 internal lessons at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	1	1	1	2	1	1	1	3	1	1
CO2	3	1	2	1	1	1	1	2	2	2	1
CO3	2	2	3	3	2	1	1	3	2	1	2
CO4	3	2	2	2	3	1	1	2	1	1	3
Average	2.75	1.5	2	1.75	2	1	1	2	2	1.25	1.75



**Course Name: Game Specialization (Coaching Lesions)**  
**Course Code: 704409**

**Credits: 04**

**L T P**  
**0 0 2**

**Course Outcomes:**

<b>CO</b>	<b>Statement</b>
CO1	Assess and demonstrate techniques of any team game of choice.
CO2	Gain knowledge about the rules of these games.
CO3	Become skilled officiating these games.
CO4	Develop proficiency in Advanced Techniques of these games.

**Course Content**

**Teaching Lesson Plan on Games**

Kabaddi, Kho-kho, Base ball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis (4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a Games specialization of any discipline mentioned above.)

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	1	1	1	2	1	1	1	3	2	1
CO2	3	1	2	1	1	1	1	2	2	1	2
CO3	2	2	3	3	2	1	1	3	2	1	2
CO4	3	2	2	2	3	1	1	2	1	1	3
Average	2.75	1.5	2	1.75	2	1	1	2	2	1.25	2

Total Number of Course	32
Number of Theory Course	16
Number of Practical Course	16
<b>Total Number of Credits</b>	<b>104</b>





**ACADEMIC INSTURCTIONS**

**Attendance Requirements**

A student shall have to attend 75% of the scheduled periods in each course in a semester; otherwise he / she shall not be allowed to appear in that course in the University examination and shall be detained in the course(s). The University may condone attendance shortage in special circumstances (as specified by the Guru Kashi University authorities). A student detained in the course(s) would be allowed to appear in the subsequent university examination(s) only on having completed the attendance in the program, when the program is offered in a regular semester(s) or otherwise as per the rules.

**Assessment of a course**

Each course shall be assessed out of 100 marks. The distribution of these 100 marks is given in subsequent sub sections (as applicable).

	Internal (50)				External (70)	Total	
Components	Attendance	Assignment		MST1	MST2	ETE	
		A1	A2				
Weightage	10	10	10	30	30	70	
Average Weightage	10	10		10		30	100

**Passing Criteria**

The students have to pass both in internal and external examinations. The minimum passing marks to clear in examination is 40% of the total marks.