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BENGALURU
CITY UNIVERSITY

Office of the Registrar, Central College Campus, Dr. B.R. Ambedkar Veedhi, Bengaluru – 560 001.
PhNo.080-22131385, E-mail: registrarbcu@gmail.com

No.BCU/BoS/NEP/Physical Edu/379/2022-23

Date: 31.12.2022.

NOTIFICATION

Sub: Syllabus for Physical Education III & IV Semesters of Bengaluru City University-reg.

- Ref: 1. University Notification No. BCU/New Syllabus as per NEP/235/2021-22 dated: 12.10.2021.
2. Recommendations of the BoS in Physical Education (UG)
3. Approval of the Vice-Chancellor dated:30.12.2022.

In pursuance to the recommendations of the BoS in Physical Education (UG) and the approval of the Vice-Chancellor cited at reference (2 & 3) above, the Syllabus for Physical Education III & IV Semester of Bengaluru City University effective from the academic year 2022-23, is hereby notified for information of the concerned.

The copy of the Syllabus is notified in the University Website: www.bcu.ac.in for information of the concerned.


REGISTRAR

To:

The Registrar (Evaluation), Bengaluru City University, Bengaluru.

Copy to;

1. The Dean, Faculty of Education, BCU.
2. The Chairman & Members of BoS in Physical Education (UG), BCU.
3. The P.S. to Vice-Chancellor/Registrar/Registrar (Evaluation), BCU.
4. Office copy / Guard file / University Website: www.bcu.ac.in



CHOICE BASED CREDIT SYSTEM

*(Semester Scheme with Multiple Entry and Exit
Options for Under Graduate Course)*

**SYLLABUS AS PER NEP GUIDELINES
(I to IV Semester)**

SUBJECT: PHYSICAL EDUCATION

2022-23 onwards

2022



Bengaluru City University

Regulations & Syllabus for One to Fourth Semesters

Physical Education, Sports & Yoga

Discipline Specific Core
Paper Open Elective Papers
Skill Enhancement Course
Papers

*Framed as per
National Education Policy-
2020*



BENGALURU CITY UNIVERSITY

Office of the Central College Campus, Dr. BR Ambedkar Veedi, Bengaluru

Proceedings of the BOS Meeting in Physical Education

The meeting of BOS in Physical Education (NEP) was held at the Bengaluru City University City Office, Central College, Bengaluru on 10.12.2022 at 10.30 a.m.

At the outset chairman welcomed all the members and requested them to discuss the agenda. The agenda were taken-up one by one for detailed discussion:

Agenda-1:	Finalizing and approving the NEP Physical Education Syllabus (DSCC, OEC, SEC) for I, II, III and IV semester to be introduced at undergraduate courses for the academic year 2022-23
Decision:	The BOS Members discussed in detail regarding NEP Physical Education subject and approved the same for I, II, III and IV semester. (Annexure-I) The members unanimously resolved that the subjects should be taught only by the qualified Physical Education faculty as per UGC guidelines.
Agenda-2:	Any other matter with the permission of the Chair Person
Decision:	No other subject was discussed

The meeting was concluded with vote of thanks by the chairman.


Chairman
BOS UG

Members Present

1 **Dr. K.K. Amarnath**
Principal & Chairman
University College of Physical Education
Bangalore University, Bangalore.

Chairman



2 **Dr. P.C. Krishnaswamy**
Professor, University College of Physical
Education Bangalore University,
Bangalore.

Member



3 **Dr. Kishore Kumar C K**
Registrar
Mangalore University,
Mangalore

Joined online.

4 **Dr. R Venkatesh**
Principal
Sri. K.V College of Physical Education,
Chikkabalapur

Member



5 **Dr. Madialagan**
Professor and Chairman
Dept. of Physical Education & Sports
Sciences
University of Mysore, Mysore

Member

6 **Dr. Gerald Santosh D'Souza**
Director, Dept. of Physical Education
Mangalore University, Konaje, Mangalore

Member



7 **Dr. N.D Virupaksha**
Professor and Director, Dept. of Physical
Education Kuvempu University, Shimoga

Member

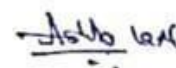
8 **Dr. Rajkumar Malipatil**
Professor, Dept. of Physical Education
Karnatak State Akkamahadevi Women's
University, Vijayapura




Member

Joined online

9 **Sri. K.N Ashoka**
Associate Professor,
Sri. K.V College of Physical Education,
Chikkabalapur.

Member



- 10 **Dr. Rani Sandhu**
College Director of Physical Education &
Sports, MLA FGCW, Malleswaram,
Bengaluru
- Member 
- 11 **Sri. R. Srikanth**
Nodal Officer, Dept. of Collegiate
Education,
Government of Karnataka, Bangalore
- Member 
- 12 **Sri. Srinivasa G**
Nodal Officer, Dept. of Collegiate
Education, Government of Karnataka,
Bangalore.
- Member 

BENGALURU CITY UNIVERSITY BOARD OF STUDIES
in
PHYSICAL EDUCATION, SPORTS AND YOGA
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Sl. No.	Name	Designation and Address	Position
1	Dr. K.K. Amarnath	Principal & Chairman University College of Physical Education Bangalore University, Bangalore.	Chairman
2	Dr. P.C. Krishnaswamy	Professor University College of Physical Education Bangalore University, Bangalore.	Member
3	Dr. Kishore Kumar C K	Registrar Mangalore University. Mangalore	Member
4	Dr. R Venkatesh	Principal Sri. K.V College of Physical Education, Chikkabalapur.	Member
5	Dr. Madialagan	Professor and Chairman Dept. of Physical Education & Sports Sciences University of Mysore, Mysore	Member
6	Dr. Gerald Santosh D'Souza	Director, Dept. of Physical Education Mangalore University, Konaje, Mangalore	Member
7	Dr. N.D Virupaksha	Professor and Director, Dept. of Physical Education. Kuvempu University, Shimoga	Member
8	Dr. Rajkumar Malipatil	Professor, Dept. of Physical Education Karnataka State Akkamahadevi Women's University, Vijayapura	Member
9	Sri. K.N Ashoka	Associate Professor, Sri. K.V College of Physical Education, Chikkabalapur.	Member
Co-Opted Members			
10	Dr. Rani Sandhu	College Director of Physical Education & Sports, MLA FGCW, Malleswaram, Bengaluru	Member
11	Sri. R. Srikanth	Nodal Officer, Dept. of Collegiate Education, Government of Karnataka, Bangalore.	Member
12	Sri. Srinivasa G	Nodal Officer, Dept. of Collegiate Education, Government of Karnataka, Bangalore.	Member

PREAMBLE

Bangalore City University being one of the oldest university has transformed itself to education hub. Nurturing the ecology of education, the University strongly believes that physical education is an integral part of education. Since times there are constant efforts to bring in Physical Education as curricular subjects of the education programs offered by the University. With the introduction of New Education Policy-2020 there are immense and intense openings for Physical Education, Sports and Yoga as a subject being introduced as not only the Discipline core subject or Open elective subject but also compulsory Skill enhancement courses and Value based core subject. Physical Education, Sports and Yoga when introduced at graduate level will have greater impact on health of the community in general.

The graduate level course in Physical Education, Sports and Yoga contains subjects varying from Foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & Coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teachings, History, Principles and Practices of Yoga, Application of Yoga etc. which are aimed to give thorough knowledge and skills to the students. Students perusing Physical education, Sports and Yoga courses are fit to join the jobs as Physical and Yoga trainers, coaches, Sports and games officials, Referees, Umpires, Curators, Gym trainers, Life guards, Personal trainers, Yoga therapist etc. During their course of education the students also develop the expertise to establish their own business as entrepreneurs in the field of Fitness, Sports, Yoga, Recreation, Rehabilitation, Adventure Sports, Camping, Event Management etc. The graduates who are interested can also pursue research in the field of Physical Education, Sports and Yoga.

The Board of Studies meeting was held on 09th October 2021 at Directorate Of Physical Education & Sports, Bengaluru City University, Central College Cricket Pavilion, Bangalore. The First and Second Semesters curriculum framework was designed and finalized, in accordance with the proposed curriculum frame work of Karnataka state Higher Education council.

The BOS thanks the Authorities of Bengaluru City University for providing this opportunity to finalize the syllabus. The BOS also thanks the Honorable Chairman and Vice-chairman, Karnataka State Higher Education council, and members of the subject expert committee for providing the inputs.

PHYSICAL EDUCATION, SPORTS AND YOGA

Aim of the Course

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

Objectives of the Course

- To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- To familiarize the students with health- r e l a t e d Exercises, Sports and Yoga for Overall growth & development
- To create a foundation for the professionals in Physical Education, Sports and Yoga.
- To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools, colleges and community.

Employability / Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community.

Model Curriculum and Program Outcome

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

- 1. Discipline Specific Core (DSC): Physical Education Sports & Yoga BA/BSc**
Total Credits for the Program (I, II, III & IV Semesters):
Discipline Core: 06 Credits per Semester
- 2. Open Electives (OE): 03 Credits each**
(BA/BSc/BCom/BBA/BCA & all other UG Courses)
(9 Open Electives are suggested, of which the University BoS can assign any of them for any of the first four semesters)
- 3. Skill Enhancement Courses:**
(BA/BSc/BCom/BBA/BCA & all other UG Courses)
Total Credits: 02 Credits for Health, Wellness & Yoga (I Semester)
02 Credit for Sports (II Semester onwards)

Year of Implementation: 2021-22 Onwards (Revised from 2022-23)

Program Outcomes:

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

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
4. As this curriculum framework is aligned with the National Skill Qualification Framework (NSQF), the students will be benefited with better career opportunities.
5. The student learns to plan, organize and execute sports events.
6. Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.

7. Students acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
8. Students will learn to apply the knowledge of managing the fitness equipment's.
9. Students will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
10. The students will learn and contribute on fitness management.
11. Students will understand and learn different dimension of active life style.
12. The students will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
13. Students will learn the knowledge of fitness diet.
14. Students will be able to assess the Physical Fitness in Scientific way.
15. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
16. The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically/ Visually Challenged students.

Assessment

Weightage for Assessments

Semester-I BA/BSc				
Discipline Specific Core-1(4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	4	4	100 (60+40)
DSC-1 Practical	BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & YOGA	2	4	50 (25+25)
Total		6	8	150
Open Electives (3 Credits) (2-0-1) (BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	1. Self Defense 2. Sports Event Management	3	2	60
OE-1 Practical			2	40 (20+20) Practical + IA
Total			3	4
Semester-1 Skill Enhancement Courses (SEC) Value Based-1 Physical Education Health, Wellness & Yoga (2 Credits) (1-0-2) (Compulsory for BA/BSc/BCom/BBA/BCA & all other UG Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	Health, Wellness and Yoga	2	1-0-2	50
Sub-Total (A)		2	1-0-2	50
<i>Note: 1. Skill Enhancement Course – Health, Wellness & Yoga (Activity Based Theory cum Practical Paper)</i>				

Assessment

Weightage for Assessments

Semester-II BA/BSc				
Discipline Specific Core-2 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	LIFE STYLE MANAGEMENT	4	4	100 (60+40)
DSC-1 Practical	ADVANCE FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES	2	4	50 (25+25)
Total		6	8	150
Open Electives (3 Credits) (2-0-1) <i>(BA/BSc/BCom/BBA/BCA & all other UG Courses)</i>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-2 Theory	1. Physical Fitness for Careers	3	2	60
OE-2 Practical			2	40 (20+20) Practical cum IA
Total			3	4
Semester-II Onwards Skill Enhancement Courses (SEC) Value Based-1I Physical Education Sports-II (2 Credits) <i>(BA/BSc/BCom/BBA/BCA & all other UG Courses)</i>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	Sports-II	2	4	50
Total		2	4	50
Note: 1. Skill Enhancement Course – Sports-1I (Activity Based Theory cum Practical Paper)				

Assessment

Weightage for Assessments

Semester-III BA/BSc				
Discipline Specific Core-3 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	SPORTS TRAINING AND COACHING	4	4	100 (60+40)
DSC-1 Practical	SPORTS PROFICIENCY	2	4	50 (25+25)
Total		6	8	150
Open Electives (3 Credits) (2-0-1) <i>(BA/BSc/BCom/BBA/BCA & all other UG Courses)</i>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-3 Theory	1. Health and Safety Education 2. Sports Nutrition	3	2	60
OE-3 Practical			2	40 (20+20) Practical cum IA
Total			3	4
Semester-III Skill Enhancement Courses (SEC) Value Based-III Physical Education Sports-III (2 Credits) <i>(BA/BSc/BCom/BBA/BCA & all other UG Courses)</i>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	Sports-III	2	4	50
Total		2	4	50
Note: 1. Skill Enhancement Course – Sports-III (Activity Based Theory cum Practical Paper)				

Assessment

Weightage for Assessments

Semester-IV BA/BSc				
Discipline Specific Core-4 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	SPORTS INJURIES & MANAGEMENT	4	4	100 (60+40)
DSC-1 Practical	FIRST AID & ATHLETIC CARE	2	4	50 (25+25)
Total		6	8	150
Open Electives (3 Credits) (2-0-1) <i>(BA/BSc/BCom/BBA/BCA & all other UG Courses)</i>				
Open Electives				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-4 Theory	1. Yoga and Fitness	3	2	60
OE-4 Practical	2. Sports and Recreation		2	40 (20+20) Practical cum IA
Total	3. Sports Journalism	3	4	100
Semester-IV Skill Enhancement Courses (SEC) Value Based-IV Physical Education Sports-IV (2 Credits) <i>(BA/BSc/BCom/BBA/BCA & all other UG Courses)</i>				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Internal Assessment (IA)
SEC-1 Practical	Sports-IV	2	4	50
Total		2	4	50
Note: 1. Skill Enhancement Course – Sports-IV (Activity Based Theory cum Practical Paper)				

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

Total Credits for the Program (For I, II, III & IV Semesters): 6 Credits each

Year of implementation: 2021-22 onwards

Name of the Degree Program: BA/B.Sc Discipline/Subject:

Physical Education, Sports and Yoga

Program Articulation Matrix:

This matrix lists only the core courses. Core courses are essential to earn the degree in that discipline/subject. They include courses such as theory, laboratory, project, internships etc. Elective courses may be listed separately

Semester	Title /Name Of the course	Program outcomes that the course addresses (not more than 3 per course)	Pre- requisite course(s)	Pedagogy	Assessments
1	Introduction to Physical Education, Sports and Yoga (6 Credits)	1. To understand the basic principles and practices of Physical Education, Sports and Yoga. 2. To be able to instruct the Physical Activities, Sports and Yoga practices 3. To understand and able to organize & officiate sports events	Students with Arts/Science/ Commerce streams at 12 th / +2 level preferable with Sports Background	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramural	Theory 100 (60+40) Practical 50 (25+25)

2	<p>Life Style Management (6 Credits)</p>	<p>1. To learn and apply the knowledge of Physical fitness and exercise management to lead better quality life</p> <p>2. To understand and learn different dimension of active life style</p>		<p>The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
3	<p>Sports Training And Coaching (6 Credits)</p>	<p>1. To learn the theoretical and practical aspects of scientific basis of Sports Training and Coaching</p> <p>2. To understand the Sports Training Components and Methods in a better way and acquire good qualities of a right Coach</p>		<p>The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural</p>	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>

4	Sports Injuries & Management (6 Credits)	<p>1. To learn the causes and types of Injuries those occur during Sports Activities.</p> <p>2. To understand the prevention and management techniques along with rehabilitation process for various sports injuries</p>		<p>The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural</p>	<p>Theory 100 (60+40) Practical 50 (25+25)</p>
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/B.Sc Semester I, II, III & IV

Aim of the Course

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

Objectives of the Course

- i. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- ii. To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth & development
- iii. To create a foundation for the professionals in Physical Education, Sports and Yoga.
- iv. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and community level.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & Officiate Physical Education, Sports and Yoga related events or activities.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.

BA/BSc Semester-I
 Title of the Course: DSC-1
**INTRODUCTION TO PHYSICAL EDUCATION,
 SPORTS AND YOGA**

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	60	2	60
Content of Theory Course-1 (4-0-2)			Hours
Unit- I Introduction			15
<ol style="list-style-type: none"> 1. Meaning and definition of Physical Education, Sports and Yoga. 2. Aims, Objectives and Importance of Physical Education, Sports and Yoga. 3. History of Physical Education, Sports and Yoga. 4. Modern trends of Physical Education, Sports and Yoga. 5. Brief concept of Education in relation to Physical Education, Sports and Yoga. 			
Unit- II Yoga & Fitness Training			15
<ol style="list-style-type: none"> 1. Importance of Yoga & Fitness 2. Fundamentals Principles of Yoga & Fitness Training 3. Components of Fitness and Fitness Equipments 4. Types of Yoga Practices - Asanas, Pranayama and Meditation 5. Introduction to Balanced Diet for Fitness 			

Unit- III Introduction to Athletics and Officiating of Sports and Games	
<ol style="list-style-type: none"> 1. Characteristics and Measurement of Standard Track 2. Duties and Principles of officiating 3. Qualities and Qualification of Technical officials for Athletics, Sports and Games 4. Officiating of Athletics 5. Officiating of Sports and Games 	15
Unit- IV Career Opportunities in Physical Education, Sports and Yoga	
<ol style="list-style-type: none"> 1. Physical Education, Sports and Yoga professionals at various levels of educational institutions. 2. Sports Trainers, Yoga Instructors, Coach, Managers, Researcher, Event Organizers, Technical Officials, Entrepreneurs and others 3. Physical Education, Sports and Yoga Trainer for Police and Paramilitary forces at State and Central organizations and others 4. Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. 5. Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufactures. 	15

Content of Practical Course 1: Practical (2 credits/56 hours)

BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & YOGA

Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardiovascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

A. Major/Minor Outdoor Games / Track & Field

1. One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) *
2. One event each - Running, Jumping and Throwing Event *

C. Basic Asanas & Surya Namaskara (as per the reference books)

1. Shithilikarana Vyayama (Dynamic)
2. Surya Namaskara
3. Standing & Sitting Asanas
4. Prone & Supine Asanas

D. Basic Pranayamas

1. Vibhagiya Pranayama (Sectional breathing)
2. Sukha Pranayama (Breath awareness)
3. Kapalabhati/Basthrika
4. Anuloma Viloma/Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha)

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

Formative Assessment	
Assessment type	Weightage in Marks
Theory INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	Thoery-60 Marks Internal Assessment-40 Marks
Practical BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & YOGA	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Reference Books

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
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4. Coalter, F. (2013) Sport for Development: What game are we playing?.Routledge.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
6. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
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10. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
11. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
12. D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
13. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
14. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
15. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
16. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
17. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
18. IAAF Manual

19. Officiating and Coaching, Dr.Anil Kumar Vanaik, 2017, Friends Publications(India), Ist Edition, Daryaganj, New Delhi
20. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr.Md.Ataullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi

NEP-PESY

BA/BSc Semester II
Title of the Course: DSC-2
LIFE STYLE MANAGEMENT

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours / semesters
4	60	2	60
Content of Theory Course 2 (4-0-2)			Hours
Unit – 1 INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS			
1. Meaning and Definitions of Physical Fitness and Life Style 2. Need and Benefits of Physical Fitness 3. Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition 4. Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time, Speed			13
Unit - 2 PRINCIPLES OF YOGIC PRACTICES			
1. Jnana Yoga, 2. Karma Yoga, 3. Bhakthi Yoga, 4. Raja Yoga/ Astanaga Yoga 5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara			17

Unit - 3 DIET, FITNESS, WELLNESS & LIFE STYLE MANAGEMENT	
<ol style="list-style-type: none"> 1. Meaning and Definitions of Wellness & Lifestyle. 2. Dimensions/Components of Wellness and Lifestyle 3. Relationship between Diet and Fitness 4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins & Minerals, Water 5. Healthy Lifestyle through Diet and Fitness 	16
Unit - 4 PHYSICAL LITERACY	
<ol style="list-style-type: none"> 1. Meaning, Definition and Importance of Physical Literacy. 2. Core Elements of Physical Literacy 3. Fundamental Movements 4. Art of Walking, Running, Jumping and Throwing. 5. Locomotor and Balance Stability skills /Tactical Movements 	14

Content of Practical Course 2: Practical (2 credits/56 hours)

ADVANCED FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES

PRACTICAL

A. Specific warm-up / Lead up Activities

B. Core Physical Fitness

Fitness Test Assessment for Agility, Balance, Speed, Co-ordination, Power, Reaction Time

C. Advanced Asanas (as per the reference books)

1. Standing Asanas
2. Sitting Asanas
3. Prone Asanas
4. Supine Asanas
5. Meditative Asanas

Advanced Pranayamas

1. Surya Anuloma Viloma/Surya Bhedana Pranayama
2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama
3. Ujjayi Pranayama
4. Kumbhaka Pranayama
5. Sampurna Yoga Shavasana (Full Yogic Breathing)

D. TWO MAJOR/MINOR GAMES /TRACK & FIELD

- One Major and one Minor Game. Rules and Regulations of the Games. Officiating and Coaching.
- Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating and Coaching.

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

Formative Assessment	
Assessment type	Weightage in Marks
Theory LIFE STYLE MANAGEMENT	Thoery-60 Marks Internal Assessment-40 Marks
Practical ADVANCED FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES	External- 25 Marks Internal Assessment - 25 Marks
27 Total	150 Marks

Reference Books:

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2. Fit to be Well, Alton L.Thygerson, Karl L.Larson, Jones and Bartlett Publishers, Sudbury
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuch scaris brick Publishers, Arizona
4. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
5. Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0ISBN
6. Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
7. Fit & Well, 4th Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London
8. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
9. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K,Struder, 2021, Meyer & Meyer Sport(UK) publishers, Germany
10. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
11. “Nutrition Education”, Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
12. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition,Barrow.M.Harold, Rosemary.Mc.Gee, Lea & Febiger, Philadelphia
13. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rdEdition, Mayfield Publishing Company.

15. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
16. “Asana, Pranayama, Mudra, Bandha”, 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
17. “Four Yoga of Swamy Vivekananda”, 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta
18. New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
19. Pranic Enegetization Technique,2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
20. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore

BA/BSc Semester-III
 Title of the Course: DSC-3
SPORTS TRAINING AND COACHING

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	60	2	60
Content of Theory Course-1 (4-0-2)			Hours
Unit- I Introduction			15
<ul style="list-style-type: none"> ➤ Introduction to Sports Training ➤ Meaning, Definition, Aims and Objectives of Sports Training ➤ Need and Importance of Sports Training ➤ Principles of Sports Training- General Principles, Principle of Over Load or Over Use 			
Unit-2 Training Components			15
<ul style="list-style-type: none"> ➤ Training Components- <ul style="list-style-type: none"> ● Strength (Isometric, Isotonic & Isokinetic) ● Speed ● Endurance ● Flexibility ● Agility & Coordinative abilities ➤ Sports Training Methods and its Impacts <ul style="list-style-type: none"> ● Continuous Training ● Interval Training ● Fartlek Training ● Circuit Training ● Weight Training 			
30			

Unit- III Coaching		15
➤	Meaning, Definition and Importance of Coaching	
➤	Principles of Coaching	
➤	Qualities and Qualifications of a Coach	
➤	Responsibilities and Duties of a Coach (Pre, During & Post - Training and Competition)	
Unit- IV Training Program and Planning		15
➤	Competition Preparation	
➤	Periodization- Meaning and Importance	
➤	Cycles of Training- Micro, Meso and Macro	
➤	Individual Preparation and Team Cohesion	
➤	Psychological Preparation	

Content of Practical Course 3: Practical (2 credits/56 hours) SPORTS PROFICEINCY

Basic Fitness, Training and Assessment

1. Brief Introduction of Particular Sport/Game (Among the list of IOA, AIU,SGFI)
2. Play Field Technology- Construction, Marking and Equipment
3. Specific Fitness for specific Sport/Game
4. Basic Asanas and Pranayama for Fitness and Recovery
5. Basic Skill, Drills and Techniques of the Game
6. Officiating of the Specific Game

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

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

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

REFERENCES:

1. **Principles of Sports Training**, 2012, Dr.SMT.K.G. Jadhav, Khel Sahitya Kendra, Darya Ganj, New Delhi
2. **Principles of Coaching and Officiating**, 2012, Piyush Jain & Dr.C.S.Tomar, Khel Sahitya Kendra, Darya Ganj, New Delhi
3. **Periodization of Training**, 2015, Prof.Kankanala Venkateshwarlu, Saran Graphics, Jawaharnagar, Hyderabad
4. **Sports Training**, 2017, Dr.Vikram Shankarrao Kunturwar, Khel Sahitya Kendra, Darya Ganj, New Delhi
5. **Psychology of Coaching**, 2016, Dr.N.K.Sharma, Educational Publishers and Distributors, Laxminagar, New Delhi
6. **Sports Coaching**, 2011, Dr.Rajnikant.P.Patel & Vijay Singh Gurjar, KSK Publishers & Distributors, Darya Ganj, New Delhi
7. **Sports Psychology for Coaches**, 2013, , Khel Sahitya Kendra, Darya Ganj, New Delhi
8. **Principles of Officiating, 2012**, Prof.Dabir.R.Qureshi, Sports Publications, Ansari Road, New Delhi
9. **Sports Training**, 2018, Prof.Satyanarayana, Sports Publication, Darya Ganj, New Delhi
10. **Officiating and Coaching**, 2013, Dr.Amit Arjun Budhe, Sports Publication, Darya Ganj, New Delhi
11. **Training, Teaching, Coaching and Officiating in Physical Education**, 2015, Sports Publication, Darya Ganj, New Delhi
12. **Principles of Sports Training**, 2018, Dr.Tarun Routhan, Sport Publication, Sports Publication, Darya Ganj, New Delhi
13. **Scientific Methods of Coaching and Training**, 2012, Dr. Rajeev Kumar, Sport Publication, Sports Publication, Darya Ganj, New Delhi

BA/BSc Semester-IV
Title of the Course: DSC-4
SPORTS INJURIES & MANAGEMENT

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	52 - 56	2	52 - 56
Content of Theory Course-1 (4-0-2)			Hours
Unit- I Introduction to Sports Injuries			15
<ul style="list-style-type: none"> ➤ Meaning, Definition & Concept of Sports Injuries ➤ Classification of Sports Injuries - <ul style="list-style-type: none"> ● Acute Injuries and ● Over Use Injuries ➤ Common Sports Injuries: <ul style="list-style-type: none"> ● Sprain, Strain and Cramps ● Fractures and Dislocation ● Abrasion and Contusion ● Cuts and Bruise 			
Unit-II Causes & Prevention of Sports Injuries			15
<p>Causes</p> <ul style="list-style-type: none"> ➤ Accident ➤ Poor Training Practice ➤ Improper Equipments and Surfaces ➤ Lack of Conditioning ➤ Use of Supplements for Sports Performance <p>Prevention</p> <ul style="list-style-type: none"> ➤ Good Conditioning ➤ Scientific and Systematic Training ➤ Balance Diet ➤ Specified Equipments, Surfaces and Sports Wears ➤ Misconceptions of Sports Injuries 			
34			

Unit- III Management of Injuries	
<ul style="list-style-type: none"> ➤ First Aid - Meaning and Definition First Aid ➤ Principles of First Aid, ➤ First Aid Kit and its Importance ➤ Diagnosis and Treatment ➤ CPR for Sudden Cardiac Arrest in Sports ➤ RICE Treatment – Rest, Ice, Compression and Elevation 	15
Unit- IV Rehabilitation of Sports Injuries	
<ul style="list-style-type: none"> ➤ Physical and Psychological Preparation ➤ Sports Therapy, Yoga, Pranayama, Meditation ➤ Massage and Relaxation Techniques ➤ Appropriate Measures to restart sports activities 	15

Content of Practical Course 1: Practical (2 credits/56 hours)

FIRST AID AND ATHLETIC CARE

1. Usage of First Aid Kit
2. Management Techniques of Injuries
 - Taping and Wrapping
 - Ice Application
 - Bandages
3. Rehabilitation Exercises
 - Active and Passive Exercise
 - Resistance and Assisted Exercise
 - Asanas and Pranayama
4. CPR Training
5. Therapies
 - Massage
 - Hydrotherapy
 - Contrast Bath

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

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Thoery-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

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

Reference Books

REFERENCES:

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, Sublime Publications, Jaipur, ISBN:978-81-8192-209
2. Sports Injuries,2013, Bhushan Kumar Mishra, Sports Publications, Darya Ganj, New Delhi, ISBN:978-81-7879-743-4
3. Sports Injuries and Rehabilitation, 2017, Dr.Sinku Kumar Singh, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-590-5
4. Prevention And Treatment of Sports Injuries, 2000, Anju Ambast, Khel Sahitya Kendra, Shiv Market, Ashok Vihar, Delhi, ISBN: 81-7524-047-4
5. Sports Injuries, 2016, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-862-5
6. Sports Injuries and Athletic Problems, 1996, 2nd Edition, Morris B.Mellion, MD, Surjeet Publications, Kamalanagar, Delhi

Semester-I
Skill Enhancement Courses (SEC-1)
PHYSICAL EDUCATION
 Title of the Course:
Health, Wellness & Yoga
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
2	1-0-2
Activity Based Practical Course Content	
Activity Based Practical Course Content	Hours
<p>Unit 1:- Introduction</p> <p>a. Meaning, Definition and Importance of Health & Wellness</p> <p>b. Dimensions of Health and Wellness</p> <p>c. Factors influencing Health and Wellness <i>Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle</i></p> <p>d. Health & Wellness through Physical Activities <i>Sports, Games, Yoga, Recreation and Leisure time activities</i></p> <p>e. Causes of Stress & Stress relief through Exercise and Yoga</p> <p>Unit 2: - Practical- Exercises for Health and Wellness</p> <p>1. Warm-Up and Cool Down - General & Specific Exercises</p> <p>2. Physical Fitness Activities</p> <p>3. Stretching Exercises</p> <p>4. Strengthening Exercises</p> <p>5. Cardiovascular Exercises</p> <p>6. Flexibility and Agility Exercises</p> <p>7. Assessment of BMI</p> <p>8. Relaxation techniques</p> <p>Unit 3: - Yoga</p> <ul style="list-style-type: none"> ● Shitalikarna Vyayama ● Suryanamaskara ● Basic Set of Yoga Asanas ● Basic Set of Pranayama & Meditation 	<p>15 Hours</p> <p>30 Hours</p>

Note: The activities in the Curriculum shall be modified/redesigned at the College level of the concerned universities to benefit the Physically / Visually Challenged students

Formative Assessment			
IA-Internal Assessment- 50 Marks			
Assessment type	Weightage in Marks		Total
Activity Based Practical	Classroom Activity (Punctuality Discipline, Mass Participation Activity)	C1	15
	Practice Exercise	C1	10
	Project/ Record /Assignments	C2	15
	Skills/Physical Fitness Test / Performance	C2	10
Total Marks			50

*Note: I. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

References:

1. Russell, R.P. (1994). Health and Fitness Through Physical Education. USA: Human Kinetics.
2. Uppal, A.K. (1992). Physical Fitness. New Delhi: Friends Publication.
3. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
6. AAPHERD “Health related Physical Fitness Test Manual.”1980 Published by Association drive Reston Virginia
7. Bucher.C.A (1979) foundation of Physical Education (5th Edition Missouri CV Mosby Co.)
8. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
9. Thomas D Fahey and others. Fit and well: 6th Edition New York: McGraw Hill Publishers, 2005
10. Dixit Suresh (2006) Swasthya Shiksha sports Publications Delhi.
11. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi
12. Pinto John and Roshan Kumar (2021) “Introduction to Physical Education”, Louis Publication. Mangalore
13. Shanti K Y (1987) “The Science of Yogic Breathier” (Pranayama) D B Bombay
14. Pinto John and Ramachandra K (2021) Kannada Version “Dahika Sikshanada Parichaya” Louis publications. Mangalore

Semester-II, III & IV Semesters
Skill Enhancement Courses (SEC)
PHYSICAL EDUCATION
 Title of the Course: **SPORTS**
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester (Inclusive of Theory & Practical)
2	4 Hours/Week
Activity Based Practical Course Content	Hrs
<p>Physical Education & Sports</p> <ul style="list-style-type: none"> ● Conditioning Exercises ● Aerobics & Calisthenics ● One Major Game and One Indigenous Game (Basic Skills) ● One Track/Field Event ● Intramural Competitions ● Project/Record ● Proficiency in particular Sport <ul style="list-style-type: none"> ➤ Rules & Regulations ➤ Marking & Ground Management ➤ Officiating <p>Note:</p> <ol style="list-style-type: none"> <i>1. Colleges may offer required no: of games as per students' strength and available facilities.</i> <i>2. Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters.</i> <i>3. For Specially Challenged Students, the Program shall be designed at college level</i> 	60

Note: Due Weightage in Assessment shall be given to Elite Sportsmen of the College

Formative Assessment			
IA-Internal Assessment- 50 Marks			
Assessment type	Weightage in Marks		Total
Activity Based Practical	Classroom Activity (Punctuality Discipline, Mass Participation Activity)	C1	15
	Practice Exercise	C1	10
	Project/ Record /Assignments	C2	15
	Skills/Physical Fitness Test / Performance	C2	10
Total Marks			50

*Note: 1. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

References:

1. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
2. IAAF Manual
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga

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

Open Elective Paper-1

Title of the Course:

Self-Défense*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hours
Theory <ul style="list-style-type: none"> ● Importance and need of self-defense. ● Types of Defensive Skills ● Conditioning Exercises -General and Specific Exercises ● Development of Strength and Speed ● Development of coordinative abilities. 			30
Practical Basic Skills for Self - Defense <ul style="list-style-type: none"> ● Martial Arts ● Kick Boxing and Wrestling ● Defensive Skills with and without sticks (Lathi) ● Report Preparation, Records and PPT 			30
Formative Assessment			
Assessment Type		Weightage in Marks	
Theory		Theory - 60 Marks	
Practical		Practical - 20 Marks Internal - 20 Marks	
Total		100 Marks	

Open Elective Paper-2

Title of the Course:

Sports Event Management*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hours
Theory <ul style="list-style-type: none"> ● Meaning, Definition and importance of Sports Management ● Scope of Sports Event Management ● Principles of Sports Event Management ● Major and Minor Sports Events ● Traditional Games Management 			30
Practical <ul style="list-style-type: none"> ● Organization of Indoor Sports and Games Events ● Project on Outdoor Sports and Games Events ● Visits to Sports Clubs, Sports Stadiums, IPL. KPL and League Tournaments ● Organization of Intramural - Sports Events, Sports Fests, Traditional Games Fest ● Report Preparation, Records and PPT 			30
Formative Assessment			
Assessment type	Weightage in Marks		
Theory	Theory - 60 Marks		
Practical	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Open Elective Paper-3

Title of the Course

Yoga and Fitness*(BA/BSc/BCom/BBA/BCA & all other UG Courses)*

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hours
Theory <ul style="list-style-type: none"> ● Importance of Yoga and Fitness ● Types and Principles of Asanas ● Fitness Components ● General and Specific Conditioning and its importance ● Specific Exercises for Strength, Speed, Agility, Flexibility, & Coordinative abilities ● Yoga, Fitness and Personality ● Nutrition for Fitness 			30
Practical <ul style="list-style-type: none"> ● General and Specific Warm up ● Aerobics/Zumba/Dance ● Asanas ● Recreation for Fitness ● Report Preparation, Records and PPT 			30
Formative Assessment			
Assessment type	Weightage in Marks		
Theory	Theory - 60 Marks		
Practical	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Open Elective Paper-4

Title of the Course

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

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hours
Theory (BA/BSc/BCom/BBA/BCA & all other UG Courses) <ul style="list-style-type: none"> ● Importance of Adventure Sports ● Types and Principles of Adventure Sports ● Definition, Classification, History, Development, Scope, Importance and Objectives ● Types of Adventure Activities ● Mountaineering – Trekking, Rock Climbing, Single Rope, Water Sports –River Rafting, Cannoning, Boating ● Recent Trends in Adventure Sports ● Job Opportunities in Adventure Sports 			30
Practical <ul style="list-style-type: none"> ● Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down ● Practical, teaching, demonstration, training, technical training ● Planning and Organising-Mountaineering, Trekking, Rock Climbing, Single Rope, Para Sailing, Water Sports, Adventure Camps etc ● Report Preparation, Records and PPT 			30
Formative Assessment			
Assessment type	Weightage in Marks		
Theory	Theory - 60 Marks		
Practical	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Open Elective Paper-5
 Title of the Paper
Physical Fitness for Careers
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hours
Theory <ul style="list-style-type: none"> ● Importance of Yoga and Fitness ● Physical Standards: Men and Women ● Standard Fitness Tests: Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education ● General and Specific Conditioning and its importance ● Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc Mode of Selections and Qualifying Standards 			30
Practical <ul style="list-style-type: none"> ● General and Specific Warm up ● Training for Endurance, Speed, Strength, Agility, Flexibility etc ● Required Physical Fitness Tests: Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc 			30
Formative Assessment			
Assessment type	Weightage in Marks		
Theory	Theory - 60 Marks		
Practical	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Open Elective Paper-6
 Title of the Paper
Sports and Recreation
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hours
Theory <ul style="list-style-type: none"> • Meaning, Definition and Concept of Fitness and Recreation • Objectives, Characteristics and Principles of Fitness and Recreation • Importance, Purpose, Benefits of Fitness and Recreation • Types of Recreation • Recreation through Sports and Games • Use of Leisure Time Activities and their educational values 			30
Practical <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games • Three Days outdoor camp and Hiking • Cycling, tie up with District/ State Association • Visit to Recreational Clubs 			30
Formative Assessment			
Assessment type	Weightage in Marks		
Theory	Theory - 60 Marks		
Practical	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Open Elective Paper-7
Title of the Paper
SPORTS NUTRITION
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

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

Open Elective Paper-8
Title of the Paper
Health and Safety Education
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (1-0-2) 3 Credits			Hours
THEORY			
UNIT 1 - INTRODUCTION OF HEALTH <ul style="list-style-type: none"> ➤ Factors Influencing Health: Heredity, Environment and Habits ➤ Physical and Mental Health- Meaning And Dimensions ➤ Personal Hygiene – Skin, Mouth, Teeth, Nails, Clothing, Shoes, Food, Exercises, ➤ Sleep and Relaxation 			30
UNIT 2- COMMUNICABLE DISEASES <ul style="list-style-type: none"> ➤ Meaning and Definition Of Communicable Disease ➤ Causes of Communicable Diseases ➤ Spread of Infections ➤ Preventive measures of Malaria, Filariasis, Typhoid, Cholera, Dysentery, Small Pox, whooping Cough, Tuberculosis and AIDS 			
UNIT 3- PUBLIC HEALTH AND SAFETY <ul style="list-style-type: none"> ➤ General Methods Of Sanitation ➤ Supply of Drinking Water and Methods of Water Purification ➤ Safety Measures and Precaution: At Home, Street, Play Ground ➤ First Aid: Introduction, Principles of First Aid, Duties of First Aider 			
Practical			
<ul style="list-style-type: none"> • Practical First Aid • First Aid Requirements during Sports Competition • Actions during emergencies: SCA, Fractures, Breathlessness, Cramps, Sprains, Strain. 			30
Formative Assessment			
Assessment type		Weightage in Marks	
Theory		Theory - 60 Marks	
Practical		Practical - 20 Marks Internal - 20 Marks	
Total		100 Marks	

Open Elective Paper-9
Title of the Paper
Sports Journalism
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

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

Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes, in **Discipline Specific Elective, Open Elective and Skill Enhancement Courses**, shall be taught (theory and practical) by Physical Education Faculty, qualified as per the UGC guidelines.
2. Open Electives under Physical Education Subject can be offered to all Courses in all semesters, i.e BA, B.Com, BSc, BCA, BBA, BSW etc.,
3. The Committee recommends that from 2022-23 and there on, the Physical Education, Sports & Yoga Discipline Core Subject (DSC) shall be considered under Science Stream (B.Sc.) as it is in other states.
4. Physical Education Faculty shall be enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
5. The committee recommends inclusion of the subjects for the competitive examinations conducted for the civil services under the central and state level.
6. Health, Wellness and Yoga (Value based paper under SEC) paper shall be taught by Physical Education Faculty only.
7. In addition to Practical, one hour of theory (Health, Wellness and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.
8. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
9. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.

10. Open Elective Papers and Skill Enhancement Papers in **Health, Wellness & Yoga** and **Sports** shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22.
11. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
12. HEIs shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MoUs with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
13. Along with Discipline Specific Core papers, appropriate measures shall be ensured to conduct practical and theory assessments for Open Electives and Skill Enhancement Courses.

Sound Mind in a Sound Body