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BENGALURU
CITY UNIVERSITY

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No.BCU/BoS/SEP/P.E 1153 /2025-26

Date: 28.07.2025.

NOTIFICATION

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

Ref: 1. Recommendations of Board of Studies in the Physical
Education (UG)
2. Academic Council resolution No.02 dated. 09.07.2025
3. Approval of the Vice-Chancellor dated.25.07.2025

In pursuance of the resolution of the Academic Council under ref (2) above and with the approval of the Vice-Chancellor the Syllabus of B.A. III & IV Semester Physical Education subject, recommendation in the BoS in Physical Education (UG) is hereby notified for information of the concerned. This Syllabus will be effective from the academic year 2025-26.

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

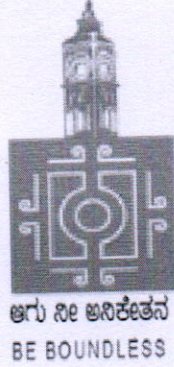

REGISTRAR

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



BENGALURU CITY UNIVERSITY

CHOICE BASED CREDIT SYSTEM (As per SEP)

Syllabus for B.A. Physical Education

2025-26 onwards

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-III
Course Title: Sports Training

Credits: 03

Maximum Marks: 100

C1 & C2 Maximum marks : 20

C3 Maximum Marks : 80

Objectives

This course aims to:

- Scope, Aim, Task and Objectives of Sports Training and concept of load.
- Develop sports training knowledge, focused on achieving performance in sports.
- Enhance the performance capacity of athletes through scientific training methods.
- Training Means and methods to develop Strength, Speed and Endurance

Outcomes

By the end of this course, learners will be able to:

- Identify fundamental concepts, theories, and principles of sports training related to sports performance.
- Demonstrate skills in training various fitness components and planning training programs.
- Understand the organizational structure and strategies required to achieve high performance in sports.

Course Content

Unit I: Introduction to Sports Training

12 Hrs

- 1.1 Meaning and Nature of Sports Training
- 1.2 Aims and Objectives of Sports Training
- 1.3 Principles of Sports Training
- 1.4 Characteristics of Sports Training

Unit II: Training Components

12 Hrs

- 2.1 Strength: Types, Means, and Methods of Development
- 2.2 Speed: Types, Means, and Methods of Development
- 2.3 Endurance: Types, Means, and Methods of Development
- 2.4 Flexibility: Types, Means, and Methods of Development
- 2.5 Coordinative Abilities: Means and Methods of Development

Unit III: Training Load

12 Hrs

- 3.1 Principles and Components of Load
- 3.2 Determination of Optimum Load
- 3.3 Overload: Causes and Identification
- 3.4 Strategies for Tackling Overload

Unit IV: Training Programming and Planning

12 Hrs

- 4.1 Periodization: Concept and Types
- 4.2 Aims and Content of Training Periods: Preparatory, Competition, Transitional
- 4.3 Planning: Meaning and Types
- 4.4 Principles of Planning

References

Author	Title	Publisher
Dick, W. F. (1980)	<i>Sports Training Principles</i>	Lepus Books, London
Harre, D. (1982)	<i>Principles of Sports Training</i>	Speculated, Berlin
Jensen, R. C. & Fisher, A.G. (1979)	<i>Scientific Basis of Athletic Conditioning</i>	Lea and Febiger, Philadelphia (2nd Edn.)
Mathew, L.P. (1981)	<i>Fundamentals of Sports Training</i>	Progress Publishers, Moscow
Singh, H. (1984)	<i>Sports Training: General Theory and Methods</i>	NSNIS, Patiala

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-III
SPORTS TRAINING PRACTICALS

02 Credits

C3 Maximum Marks : 40
C1 & C2 Maximum marks : 10

UNIT – I Basic warm-up and cool-down routine	13 Hrs
UNIT – II Speed drills and reaction time tests	13 Hrs
UNIT – III Flexibility assessment and improvement plan	13 Hrs
UNIT – IV Coordinative ability drills	13 Hrs
UNIT – V Group presentation on planning strategies (Volleyball & Basket Ball)	
	12 Hrs

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester - IV

Course Title: Athletic Care and Rehabilitation of Sports Injuries

Credits: 03

Maximum Marks: 100

C3 Maximum Marks : 80

C1 & C2 Maximum marks : 20

Objectives

This course aims to:

- Understand the foundational concepts of posture and athletic care
- Identify and analyse postural deformities and related health issues
- Apply corrective exercise techniques for postural and musculoskeletal issues
- Comprehend the nature and classification of sports injuries
- Explore the role of sports medicine and rehabilitation in injury management
- Implement rehabilitation strategies and therapeutic modalities

Outcomes

Upon successful completion of the course, students will be able to:

- Define and explain the concept of athletic care.
- Identify and estimate various postural deformities.
- Apply knowledge of corrective exercises for postural issues.
- Analyze the causes of illness resulting from improper posture.
- Understand the types and mechanisms of sports injuries.
- Integrate therapeutic modalities into the rehabilitation process.

Course Content

Unit I: Introduction to Posture and Athletic Care

12 Hrs

- 1.1 Concept, significance, and benefits of good posture
- 1.2 Effects of poor posture in different positions: sitting, standing, walking, lying down
- 1.3 Impact of bad posture on physical health

Unit II: Postural Deformities and Corrective Measures

12 Hrs

2.1 Types and causes of postural deformities:

- Kyphosis
- Scoliosis
- Lordosis
- Knock Knees
- Bow Legs
- Flat Foot

2.2 Corrective exercises for each deformity

2.3 Illnesses due to improper posture (e.g., back pain, neck pain)

2.4 Corrective exercises for posture-related illnesses

2.5 Meaning and definition of sports injuries

Unit III: Sports Injuries and Athletic Care

12 Hrs

3.1 General principles for preventing sports injuries

3.2 Concept and significance of sports medicine and athletic care

3.3 Factors contributing to sports injuries

3.4 Common sports injuries:

3.5 Strain and sprain (muscle and ligament)

- Shin pain
- Contusion
- Abrasion
- Fracture
- Dislocation

3.6 Injury management strategies

Unit IV: Rehabilitation and Therapeutic Modalities

12 Hrs

4.1 First aid for sports injuries (P.R.I.C.E. principle)

4.2 Aims and objectives of rehabilitation

4.3 Recovery process and stages

4.4 Introduction to therapeutic modalities

4.5 Muscle strengthening techniques:

- Active exercises
- Passive exercises

References

Author	Title	Publisher
American College of Sports Medicine (2001)	<i>ACSM's Guidelines for Exercise Testing and Prescription</i>	New York, USA
Anspaugh, D.J., Ezell, G., & Goodman, K.N. (2006)	<i>Teaching Today Health</i>	Mosby Publishers, Chicago
Beotra, Alka (2001–02)	<i>Drug Education Handbook on Drug Abuse in Sports</i>	Applied Nutrition Sciences, Mumbai

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-IV

**ATHLETIC CARE AND REHABILITATION OF
SPORTS INJURIES PRACTICALS**

02 Credits

C3 Maximum Marks : 40
C1 & C2 Maximum marks : 10

UNIT – I Define athletic care and its importance in sports.	13 Hrs
UNIT – II Explain the causes and consequences of postural deformities.	13 Hrs
UNIT – III Describe the principles of injury prevention.	13 Hrs
UNIT – IV Discuss the stages of rehabilitation and recovery.	13 Hrs
UNIT – V Presentation on planning strategies (Wrestling and Boxing)	12 Hrs