

UNIVERSITY OF GOUR BANGA



SYLLABUS FOR PHYSICAL EDUCATION AND SPORTS NEP 2024

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Final Syllabus for Major in Physical Education & Sports- 2024

Semester	Course Type	Name of the Course	Mode the Course
I	DSC/Major (Core) –10 1	History and Foundation of Physical Education & Sports Formal and Rhythmic Activities	Theory(3) Practical(1)
II	DSC/Major (Core) – 201	Management of Physical Education and Sports Recreational Exercises, Fun Games, and Minor Games	Theory(3) Practical(1)
III	DSC/Major (Core) – 301	Health Education, Fitness & Wellness Indian Games (Kho Kho, Kabaddi, and Archery)	Theory(3) Practical(1)
	DSC/Major (Core) – 302	Track and Field Track and Field	Theory(3) Practical(1)
IV	DSC/Major (Core) – 401	Anatomy, Physiology and Exercise Physiology	Theory
	DSC/Major (Core) –402	Yoga Education Yoga Practicum	Theory(3) Practical(1)
	DSC/Major (Core) – 403	Test, Measurement and Evaluation in Physical Education and Sports Ball Games-1(Handball, Football and Netball)	Theory(3) Practical(1)
V	DSC/Major (Core) –501	Sports Psychology and Sports Sociology Psyco-Sociometric Test	Theory(3) Practical(1)
	DSC/Major (Core) – 502	Applied Kinesiology and Sports Biomechanics	Theory (4)
	DSC/Major (Core) – 503	Ball Games-2 and Racket Games	Practical(4)
	DSC/Major (Core) – 504	Gymnastics, Weight Training and Combative Sports	Practical(4)
VI	DSC/Major (Core) –601	Science of Sports Training	Theory (4)
	DSC/Major (Core) – 602	Computer Application and AI in Physical Education and Sports Computer Practicum	Theory(3) Practical(1)
	DSC/Major (Core) – 603	Officiating and Coaching in Games and Sports Leadership Camp	Theory(3) Practical(1)
	DSC/Major (Core) – 604	Inclusive Physical Education and Sports First Aid	Theory(3) Practical(1)
VII	DSC/Major (Core) – 701	Sports/Games Specialization (any one)	Theory(3) Practical(1)
	DSC/Major (Core) – 702	Athletic Care and Rehabilitation in Physical Education & Sports	Theory (4)
	DSC/Major (Core) – 703	Sports Journalism	Theory(4)
	DSC/Major (Core) – 704	Research Methodology and Statistics in Physical Education and Sports	Theory (4)
VIII	Without Research		
	DSC/Major (Core) – 801	Sports Nutrition and Exercise Prescription	Theory (4)
	DSC/Major (Core) – 802	Counselling and Talent Identification in Sports	Theory (4)
	DSC/Major (Core) – 803	Sports Entrepreneurships	Theory (4)
	Dissertation on Major/Academic Project(3 Credits)/ Presentation/Viva-voce (1)		
	With Research		
	DSC/Major (Core) – 801	Sports Nutrition and Exercise Prescription	Theory (4)
	Dissertation on Major/Academic Project/ Dissertation (8 Credits)+Presentation(4 Credits)		

\SEMESTER –I

DSC/Major (Core) –10 1	History and Foundation of Physical Education & Sports Formal and Rhythmic Activities	Theory(3) Practical(1)
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**Course Title: (DSC-101): History and Foundation of Physical Education & Sports (Theory-3),
Formal and Rhythmic Activities (Practical-1)**

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva- voce	Practical	Theoretical Exam-30 Marks		
					MCQ Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Objectives:

1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports
2. Students may learn the Biological, Psychological and Sociological foundation of this subject

Outcomes:

1. Students may know the strong background of Physical Education, Exercise and Sports.
2. This subject may generate vibration for further development of Physical Education, Exercise and Sports.

Contents**Unit-1: Concept of Physical Education and Sports (Lecturer Hours- 10)**

- 1 Meaning, Definition and Scope of Physical Education and Sports
- 2 Concept of Play, Games and Sports
- 3 Aim, Objectives and Importance of Physical Education and Sports
- 4 Misconceptions and Modern concept of Physical Education and Sports

Unit-2: Foundation & Principles of Physical Education and Sports (Lecturer Hours- 10)

- 1 **Biological foundation:** Meaning and Principles of growth and development. Factors affecting growth and development. Differences between growth and development.
- 2 **Body type:** Meaning of body type, Classification of Sheldon Body type, Age: Chronological age, Anatomical age, Physiological age and Mental age. Relation between age and sex different in relation to physical activity.
- 3 **Psychological Foundation-** Meaning and definition of Sports Psychology. Importance of Sports Psychology.
- 4 **Sociological Foundation:** Meaning and concept of Socialization. Socialization to Physical Education and Sports. Role of Games and Sports in National and International integration. Sports ethics.

Unit-3: Historical Development of Physical Education and Sports (Lecturer Hours- 10)

- 1 Historical Development of Physical Education and Sports in India- Ancient Period, Contribution of Y.M.C.A; Akhadas and Vyayamshalas in India for development Physical Education and Sports.
- 2 Historical development of Physical Education and Sports in India of Pre-Independence & Post-Independence period.
- 3 National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award for Lifetime achievement and Molana Abul Kamal Azad Trophy. Khel ProthasahalPuraskar.
- 4 Contribution of Eminent Physical Educationist:
(i) Johann Berihard Basedow, (ii) Jhann Christoph Friedrich Guts Muths, (iii)HC Buck, (iv) James Bukanun, (v) Major Dhan Chand, (vi) P M Joseph, (vii)RobindranathTegor.

Unit-4: Olympic Movement, Commonwealth and Asian Games (Lecturer Hours- 10)

1. Ancient Olympic Games
2. Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village, Opening Ceremony, Victory and Closing Ceremony
3. Historical background of Commonwealth and Asian Games.
4. Successes of India in Olympic, Commonwealth and Asian Games in the last Decade.

Formal and Rhythmic Activities Practical(1)**Unit-1: Formal Activity (Pr.Hours-10)**

1. Fall in Attention, Stand at Ease, Eyes Right-Eyes Front(Dressing),& Turning Right, Left and About.
2. Marching: Arm–Leg Coordination, Marching, Mark Time
3. Quick March, Halt, About Turn while Marching,
4. Marching with Salute Break Off, Disperse and Dismissal

Unit -2: Rhythmic Activity(Pr.Hours-10)

1. Rhythmic Aerobic-Dance.
2. Callisthenic without Apparatus(Four and Eight Counts)
3. Callisthenic with Apparatus (Wand, Ball, Hoop, Lathi, Pompom, etc.
4. Laziume (Gati Lezuim and Hindustani Lezuim)

References/Suggested Readings:

- 1 Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febigor, 1991. 4
- 2 Bokil, V. P. Foundation of Education, Pune: Pune University, 1970.
- 3 Bucher, C. A. & West, D. A. Foundations of physical education & sports. st. Louis: Times mirror Mosby college publishing, 10th ed., 1987.
- 4 Deshpande, S. H. (2014), Physical Education in Ancient India. Amravati: Degree college of Physical education.
- 5 Kamlesh M. L., Physical Education facts and foundations, Haryana: P. B. Publication (Pvt.), 1988.
- 6 Kamlesh M. L., Principles and History of Physical Education and Sports., Delhi: Friends Publication (India) New, 2004.
- 7 Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
- 8 Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports .McGraw Hill Companies, Inc., New York, USA

SEMESTER –II

DSC/Major (Core) – 201	Management of Physical Education and Sports Recreational Exercises, Fun Games, and Minor Games	Theory(3) Practical(1)
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Course Title: (DSC-201): Management of Physical Education and Sports (Theory), Recreational Exercises and Fun Games (Practical) - Credit: 4 (3+1)

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the historical development and the concept of Management of Physical Education and Sports
2. Students may learn the Management of Physical Education and Sports in this subject

Course Outcomes:

1. Students may have a strong Management of Physical Education and Sports background.
2. This subject may generate vibration for further development of Management of Physical Education and Sports

Management of Physical Education and Sports (Theory - Credit:3)**UNIT-1: Introduction to Sports Management and Tournaments (LecturerHours-10)**

1. Concept, definition, and Importance of Sports Management
2. Principles of Sports Management
3. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). The procedure of drawing fixtures, advantages and disadvantages of Knock-out and League tournaments.
4. Method of organizing of Intramural, Extramural competition, Annual Athletic Meet and Play Day

UNIT-2: Facilities and Equipment Management in Physical Education and Sports (LecturerHours-10)

1. Events Management, Store Room Management, and Preparation of Stock Register.
2. Care and maintenance of playground, Gymnasium, and Swimming pool
3. Care and maintenance of sports equipment, budgeting in Physical Education and Sports.
4. Time Table Managements: Meaning and importance of time table Management

UNIT-3: Leadership and Planning (LecturerHours-10)

1. Meaning and definition of leadership, Qualities of a good leader in Physical Education and Sports.
2. From Leadership in Physical Education and Sports Principles of leadership activities
3. Leadership Camp at School, College, and University level.
4. Meaning, the definition of Planning and Factors affecting planning.

Recreational Exercises, Fun Games and Minor Games(Practical - Credit:1)**UNIT: 1: Recreational Exercises and Fun Games (Pr.Hours-10)**

- 1 Recreational Exercise and Fun Games for Children and Adults
- 2 Recreational exercise for individuals and Groups. Party Games for Fun
- 3 Recreational Exercise for Fitness Components Development
- 4 Lead-up Activities for Sports with Fun

UNIT: 2: Minor Games & Folk Games (Pr.Hours-10)

- 1 Individual Minor Games & Folk Games
- 2 Group Minor Games & Folk Games
- 3 Minor Games for Warm-up and Cool-Down
- 4 Skilled-based Modified Minor Games

References/Suggested Readings:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach. New York: Prentice Hall Inc.
2. Nada, S.M. sports management, Friend Publication, New Delhi.

3. Bucher, C. A. (1983). Administration of Physical Education and Athletic program. St. Louis: The C.V. Mosby Co.
4. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
5. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
7. Thomas, J. P.(1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
8. Tirunaryan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
9. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
10. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.
11. Kar, S & Santra. D.C. (2018): Snatak Saririksiksha Porichaya (Vol.-1), Santra Publication, Kolkata

SEMESTER –III

DSC/Major (Core) – 301	Health Education, Fitness & Wellness Indian Games (Kho Kho, Kabaddi, and Archery)	Theory(3) Practical(1)
DSC/Major (Core) – 302	Track and Field Track and Field	Theory(3) Practical(1)

**Course Title: (DSC-301): Health Education, Fitness & Wellness (Theory),
Indian Games - Kho Kho, Kabaddi, and Archery (Practical)**

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the historical development and the concept of Health Education, Fitness & Wellness
2. Students may learn the Health Education, Fitness & Wellness
3. Students may understand the historical development and the concept of Indian Games
4. Students may learn the Relationship between Indian Games

Course Outcomes:

1. Students may have a strong Health Education, Fitness & Wellness background.
2. This subject may general evibration for further development of Health Education, Fitness & Wellness
3. Students may know the strong background of the Indian Games
4. This subject may generate vibration for further development of the Indian Games

Health Education, Fitness & Wellness (Theory - Credit:3)

UNIT: 1: Health Education (L.Hours-10)

1. Meaning, Definition, Dimension, and Factor Affecting Health. Meaning, Definition, Aims, Objectives, and Principles of Health Education
2. Harmful Effects and Management of Health Problems of College Youth, Personal Hygiene, Health Agencies NIHFW, WHO, UNESCO, UNICEF
3. Communicable Diseases-Meaning, Definition, and Types. Causes, Prevention, and Control of Malaria, Dengue and Chicken Pox and Diarrhea
4. Modern Lifestyle and Hypo kinetic Disorder-Meaning, Definition, and Causes. Management of Obesity, Diabetes, Asthma, and Cardio Vascular Disorder

UNIT: 2: Fitness(L. Hours-10)

1. Meaning, Definition, Need, and Importance of Fitness and Physical Fitness
2. Types of Physical Fitness Components. Meaning, Definition, and Usefulness of Health-related and Sports-Performance-related Physical Fitness Components
3. Ageing-Meaning and Definition.Aging Phenomenon. Role of Exercise in Healthy Aging
4. Common Sports Injuries, Injury Management through First Aid, Personal Hygiene.

UNIT: 3: Wellness (L.Hours-10)

1. Wellness-Concept, Definition, Dimension, Significance regarding Positive Lifestyle
2. Concepts of Quality of Life and Body Image. Relationship between Physical Activities and Wellness
3. Factor Affecting Wellness, Scope of Wellness. Modern Trends inWellness
4. Concept of Designing Different Wellness Programs for Different Age Groups

Indian Games - Kho Kho, Kabaddi, and Archery (Practical - Credit:1)

UNIT- 1: Kho Kho (Pr. Hours -07)

1. General skills of the game-Running, chasing, Dodging, Faking, etc.
2. 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, judging in giving Kho, and Rectifying Foul.
3. Skills in Running-Zigzag 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,

4. Combination of different skills. Ground Marking, rules, and their interpretations and duties of officials.

UNIT- 2: Kabaddi (Pr. Hours - 07)

1. Skills in Raiding-Touching with hand, various kicks, crossing of backline, Crossing of Bonus line, luring the opponent to catch, Pursuing.
2. Skills of Holding the Raider- Various formations, catching from a particular position, Different catches, Luring the raider to take a particular position to facilitate catching, catching formations, and techniques.
3. Additional skills in raiding-Bringing the antis in a particular position, escaping from various holds. Techniques of escaping from chain formation, combined formations in offense and defense.
4. Ground Marking, rules, and their interpretations and duties of officials.

UNIT- 3: Archery (Pr. Hours - 06)

1. Awareness with the targets and the equipment's
2. Stance, Knocking the Arrow, Set, Set-up, Draw and Load, Anchor
3. Transfer and Hold, Aim and Expand, Release and Follow Through
4. Rules and their interpretations and duties of officials.

References/Suggested Readings:

1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,
2. Giam, C. K & The, K.C. (1994). Sports medicine exercise and fitness. Singapore :P.G. Medical Book.
3. McGlynn, G.,(1993). Dynamics of fitness. Madison: W.C.B Brown.
4. Sharkey, B.J.(1990). Physiology of fitness, Human Kinetics Book.
5. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
6. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
7. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022
8. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
9. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.

SEMESTER –III

DSC/Major (Core) – 302	Track and Field Track and Field	Theory(3) Practical(1)
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Course Title: (DSC-302): Track and Field (Theory), Track and Field (Practical)**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the theoretical aspect of fundamental track and Field events.
2. Students may learn the Track and Field Event from the Theoretical aspect.

Course Outcomes:

1. Students may know to brutes for different exercises on the Track and Field Events.
2. This subject may generate vibration for further development of Physical Education, Exercise and Sports

Track and Field (Theory - Credit: 3)**UNIT-1: Track Marking and Rules Regulations (Lecturer Hours- 10)**

1. Concept of Different structural forms and types of Tracks. Characteristics of Standard Track, List of Track Events with their Specifications.
2. Draw the different types of Tracks with event-wise complete marking of Track.
3. Layout and Marking Procedure of Standard Track and Non-Standard Track, Calculation of Stagger Distance, and Diagonal Access.
4. Rules and Regulations regarding the Start and Finish of Track Events including Hurdles and Relay Races

UNIT-2: Field Marking and Combined Event (Lecturer Hours- 10)

1. List of Field Events with their Specifications.
2. Layout and mark Procedure of the Throwing and Jumping Sector: Shot Put, Discus Throw, Javelin Throw, Long Jump, High Jump, Triple Jump
3. Rules and Regulations regarding Jumping Events: Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
4. Concept of Combined Events- Decathlon, Heptathlon, Pentathlon and Triathlon.

UNIT – 3: Organizational Part of Track And Field (Lecturer Hours- 10)

1. List of Officials and their responsibilities. Score sheet preparation for running, jumping, and throwing events.
2. Responsibilities of the Athletes related to participation in competition.
3. Organizational and management setups of opening and closing ceremony Sports meet.
4. Steps to be followed to organize Institutional Annual Athletic Meet.

Track and Field (Practical - Credit:1)**UNIT-1: Track Events (Pr. Hours- 10)**

1. Starting Technique: Standing Start, Crouch Start, and its Variations. Fixing up of Starting Block.
2. Acceleration with Proper Running Techniques, with Special emphasis on Arm Action, Knee Action, and stride length.
3. Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.
4. Relay Race – Types of Batons Holding Style of baton exchange (Visual and Non-Visual)

UNIT-2: Field Events (Pr. Hours- 10)

1. Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
2. High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
3. Triple Jump: Approach Run, Take-Off, Hop-Step-Jump, Flight in the air, and Landing.
4. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (Parry O' Brien Technique)
5. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.
6. Javelin Throw: Grip, Carry, Release and Recovery Techniques

References/SuggestedReadings:

1. Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

2. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
3. Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
4. Handbook-Rules and Regulation. International Athletic Federation (2010).
5. Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
6. Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
7. Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi
8. Layout and Marking of Track And Field, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
9. IAAF Competition Rules (Latest Version), International Association of Athletics Federations, MC 98007, MONAC Cedex.
10. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Delhi, 110002.
11. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Angola, www.physicalliteracykurnool.com
12. Book of Rules of Games and Sports, National Council of YMCAs of India, Department of Communication, Bharat YuvakBhavan, Jai Singh Road, New Delhi110001
13. Handbook of Physical Education And Sorts, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002

SEMESTER –IV

DSC/Major (Core) – 401	Anatomy, Physiology and Exercise Physiology	Theory
DSC/Major (Core) –402	Yoga Education Yoga Practicum	Theory(3) Practical(1)
DSC/Major (Core) – 403	Test, Measurement and Evaluation in Physical Education and Sports Ball Games-1(Handball, Football and Netball)	Theory(3) Practical(1)

SEMESTER –IV

DSC/Major (Core) – 401	Anatomy, Physiology and Exercise Physiology	Theory
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Course Title: (DSC-401): Human Anatomy, Physiology and Exercise Physiology**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the historical development and the concept of Basic Human Anatomy and Physiology
2. Students may learn the Basic Human Anatomy and Physiology

Course Outcomes:

1. Students may have a strong background in Basic Human Anatomy and Physiology
2. This subject may general vibrations for further development of Basic Human Anatomy and Physiology

UNIT-1: Introduction of Anatomy and Physiology (LecturerHours-10)

1. Definition of Anatomy and Physiology and its importance in the field of Physical Education and Sports
2. Human Cell–Concept, definition, types, structure and functions
3. Tissue–Concept, definition, types, structure and functions
4. Human body systems. Anatomical and Physiological differences between male and female

UNIT- 2: Muscular-Skeletal System (LecturerHours-10)

1. Structure of bones and their different types, concept of Axial and Appendicular skeleton, Name of the bones of the skeleton system(only names, detailed structure are excluded), Functions of Vertebral column, ribcage, skull
2. Elementary concept of joint, ligament and tendon, types of joints
3. Structure, Composition, Properties and functions of skeletal muscles
4. Different types of muscle-cardiac, skeletal, and smooth their difference and functions. Concept of red and white muscle, types of muscular contraction

UNIT- 3: Circulatory System & The Respiratory system:(Lecturer Hours-10)

1. Constituents of blood and their function–Blood groups and blood transfusion, clotting of blood
2. The structure of the human properties of the heart muscle, Mechanism of blood circulation through the human heart, cardiac cycle, and blood pressure. Cardiac output.-elementary concept
3. The Respiratory passage –the lungs and their structure and mechanism of breathing
4. The mechanism of respiration (Internal and External Respiration), Lung Capacity, Vo2 Max, Oxygen Debt

UNIT- 4: Exercise Physiology (Lecturer Hours-10)

1. Immediate effect of exercise on the Muscular System. Long-term effect of training on the Muscular System
2. Immediate effect of exercise on the Skeletal System. Long-term effect of training on the Skeletal System
3. Immediate effect of exercise on the Circulatory System. Long-term effect of training on the Circulatory System
4. Immediate effect of exercise on the Respiratory System. Long-term effect of training on the Respiratory System

References/SuggestedReadings:

1. Gupta,A.P. (2010).Anatomy and physiology. Agra: Sumit Prakashan. Years B.P.Ed Curriculum
2. Gupta, M. and Gupta,M.C.(1980).Bod y and anatomical science .Delhi :Swaran Printing Press.
3. Guyton, A.C.(1996).Text book of MedicalPhysiology,9thedition.Philadelphia:W.B.Saunders.
4. Karpovich, P.V.(n.d.).Philosophy of muscular activity .London:W.B.SaundersCo.
5. Lamb, G.S.(1982).Essentialsofexercisephysiology.Delhi:SurjeetPublication.
6. Moorthy, A.M.(2014).Anatomy physiology and health education .Karaikudi :Madalayam Publications.
7. Morehouse, L.E.&Miller,J.(1967).Physiology of exercise.St .Louis:The C.V.Mosby Co.
8. Pearce, E.C.(1962). Anatomy and physiology fornurses. London: Faber &Fabe rLtd.
9. Singh,S .(1979).Anatomy of physiology and health education.Ropar:JeetPublications

SEMESTER –IV

DSC/Major (Core) –402	Yoga Education Yoga Practicum	Theory(3) Practical(1)
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Course Title: (DSC-402): Yoga Education and Yoga Practicum**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the Yoga Education
2. Students may learn Yoga; asanas, Pranayamas, Bandhas

Course Outcomes:

1. Students may know to brutes for different yogic exercises.
2. This subject may generate vibration for further development of Yoga; asanas, Pranayamas, Bandhas, and Mudras

UNIT 1: INTRODUCTION OF YOGA EDUCATION (LecturerHours-10)

1. Meaning, Misconception and Definition, Aim and Objective of Yoga.
2. History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga, and Bhakti Yoga).
3. Need and importance of Yoga in Physical Education and Sports in the modern era.
4. Differences between Yogic Practice and Physical Exercise. Preparation of yogic practice: Time, Place, Food, Dress, and Contraindication

UNIT 2: FOUNDATION OF YOGA, MEDITATION, PRANAYAMA AND KRIYA (Lec.Hrs-10)

1. Astanga Yoga and their implication of our Society; Meaning, types, and principles of Meditation Aim, Objectives, Principles, and types of Asanas, Bandhas, and Mudras
2. Yoga Sutra: Classification of Asanas with special reference to Physical Education and Sports.
3. Concept and definition of Kriya, types, and its benefits. (Kapalbahati, Neti, Dhauti, Nauli and Trataka)
4. Common Yogic practice protocol referred by AYUSH. International Yoga Day. Contribution of any two yogis'

UNIT –3: PRINCIPLES, MECHANISM AND EFFECTS AND APPLICATION(LecturerHours-10)

1. Effects of Yogic Practice on the Nervous, Cardio-respiratory, and Musculoskeletal system, Effects of Bandhas& Mudras described in Hatha Yoga
2. Pranayama: Mechanism and its effects on various systems of body and mind
3. Yoga for Stress, Anxiety, and Depression Management
4. Yoga as Preventive Medicine in the Modern Era, Therapeutic Uses of Yoga in the Present Society

Yoga Practicum (Practical – Credit:1)**UNIT-1: Asanas(Pr- 10Hrs)**

- 1) **Vishramasana (RelaxativePosture):** Shavasana, Makarasana
- 2) **Dhyanasana(MeditativePosture):** Sukhasana, Padmasana, Vajrasana, Sastikasana
- 3) **Swasthyasana(CuturalPosture):** **Standing**(Ardhachandrasana, Brikshasana, Padahastasana); **Sitting Posture**, (Ardhakurmasana, Paschimottanasana, Gomukhasana), **Supine Posture** (Setubandhasana, Halasana, Matsyasana), and **Prone Posture** (Bhujangasana, Salvasana, Dhanurasana).

UNIT-2: Pranayama and Kriya (Pr-05 Hrs.)

1. **Pranayama:** Anulom Vilom, Bhramri, Bhastrika, Shitali, Sheetkari.
2. **Kriya:** Kapalbhati, Neti, Dhauti, Nauli and Trataka

UNIT-3: Meditation and Mudra (Pr-05 Hrs)

1. **Meditation:** Mindfulness Meditation, Spiritual Meditation, Focused Meditation, Mantra Meditation, Progressive Meditation etc.
2. **Mudra:** Gyan Mudra and Dhyana Mudra

SUGGESTED BOOKS:

1. Methods in Physical Education by Dambach I.C. Williams J.F.N. Schwendener
2. Physical Education lessons by Dr.I.P, Thomas. (Weeks and HAWinekles)
3. Methods in Physical Education by Kosman Cassidy-Jackson.

SEMESTER –IV

DSC/Major (Core) – 403	Test, Measurement and Evaluation in Physical Education and Sports Ball Games-1(Handball, Football and Netball)	Theory(3) Practical(1)
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Course Title: (DSC-403): Test, Measurement & Evaluation in Physical Education Theory (3) and Sports and Ball Games Practical (1)

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the Test, Measurement and Evaluation in Physical Education and Sports and Ball Games like Handball, Football and Netball
2. Students may learn Test, Measurement and Evaluation in Physical Education and Sports and Ball Games skills like Handball, Football and Netball.

Course Outcomes:

1. Describe assessment and evaluation definitions and related terminologies and discuss their relationship.
2. Illustrate valid and reliable tests that measure various components of physical fitness and sport.
3. Create appropriate assessments for formative and summative evaluation of student/athlete achievement.
4. Demonstrate thorough planning for test administration to ensure collection of valid data in physical education and sport.

Test, Measurement & Evaluation in Physical Education and Sports

UNIT - I: INTRODUCTION (LecHrs- 5)

1. Meaning and definition of Test, Measurement and Evaluation.
2. Need and Importance of Test, Measurement and Evaluation in Physical Education and Sports.
3. Classification of Test, Criteria for selecting good test.
4. Principles of Evaluation.

UNIT – II: MEASUREMENT OF BODY COMPOSITION AND SOMATOTYPE. (LecHrs- 10)

1. Body Mass Index: Concept and Method of measurement.
2. Body Fat: Concept and Method of measurement.
3. Lean Body Mass (LBM): Concept and method of measurement.
4. Somatotype: Meaning, definition, types, and its importance.

UNIT – III: FITNESS TESTS & SPORTS SKILL TESTS (LecHrs- 15)

1. AAHPERD Youth Physical Fitness Test and JCR test and Indiana Motor Fitness Test.
2. Kraus Weber Minimum Muscular Fitness Test and Harvard Step Test
3. Badminton: Miller Wall Volley Test and Lockhart and McPherson Badminton Skill Test.
4. Basketball: Johnson Basketball Test and Knox Basket Ball Test.
5. Volleyball: Russel Lange Volleyball Test and Brady Volleyball Test.
6. Soccer: SAI Football Skill Test and McDonal Soccer Test.

Ball Games-1 (Practical - Credit: 1)

Football (Pr. Hours- 10)

- 1 Fundamental Skills – Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick o Trapping-trapping rolling the ball, trapping bouncing ball with sole,
- 2 Dribbling-with instep, inside and outer instep of the foot. Heading-standing, running and jumping.
- 3 Throw-in feintingwith the lower limb and upper part of the body.
- 4 Tackling-Simple tackling, Slide tackling.
- 5 Goal Keeping - Collection of balls, Ball clearance-kicking, throwing and deflecting.
- 6 Rules and their interpretations and duties of officials.

Handball (Pr. Hours- 10)

- 1 Fundamental Skills-Catching, Throwing,
- 2 Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot,
- 3 Dribbling-High and Low,

- 4 Attack and Counter attack, Simple Counter attack, Counter attack from two wings and centre
- 5 Blocking, Goal keeping, Defense.
- 6 Rules and their interpretations and duties of officials.

Netball (Pr. Hours- 10)

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

References/Suggested Readings:

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark.
2. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in Physical Education. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in Physical Education Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). Test and Measurement in Sports and Physical Education. New Delhi.
5. Mathews, D.K., (1973). Measurement in Physical Education, Philadelphia: W.B. Saunders Company.
6. Pheasant, S. (1996). Body space: Anthropometry, Ergonomics and design of work. Taylor & Francis, New York.
7. Phillips, D. A., & Hornak, J. E. (1979). Measurement and Evaluation in Physical Education. New York: John Willey and Sons.

SEMESTER –V

DSC/Major (Core) –501	Sports Psychology and Sports Sociology Psyco-Sociometric Test	Theory(3) Practical(1)
DSC/Major (Core) – 502	Applied Kinesiology and Sports Biomechanics	Theory (4)
DSC/Major (Core) – 503	Ball Games-2 (Throw ball, Volleyball, Basket Ball and Cricket)and Racket Games (Badminton, Table Tennis and Tennis)	Practical(4)
DSC/Major (Core) – 504	Gymnastics, Weight Training and Combative Sports	Practical(4)

SEMESTER –V

DSC/Major (Core) –501	Sports Psychology and Sports Sociology Psychosomatic Test and Socio-metric Test	Theory (3) Lab Practical (1)
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Course Title: Sports Psychology and Sports Sociology Theory (3) & Psychosomatic Test and Socio-metric Test Lab Practical (1)

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ -1 Marks Question	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Understand psychological factors influencing sports performance.
2. Analyze athlete motivation, anxiety, and stress management.
3. Examine social influences on sports participation and performance.
4. Understand cultural, economic, and political factors impacting sports.

Course Outcome:

1. The study would orient the student in basic concepts of psychology.
2. The student would be oriented in identifying factors determining one's overall personality.
3. He would understand various laws of learning and their relevance in teaching learning process.
4. The study would orient him in getting through with the psychology of sports person.

Unit-I: Introduction of Sports Psychology (LecHrs- 10)

- 1.1. Meaning and nature of Sports Psychology
- 1.2. Importance of Sports Psychology in Physical Education & coaching
- 1.3. Psychological factors affecting Sports performance
- 1.4. Motivation: Concept, types; Conditions of developing achievement motivation

Unit-II: Personality & learning (Lec. Hrs- 10)

- 2.1. Meaning, nature & dimensions of personality: Development of personality through games & sports
- 2.2. Meaning, nature & principals of learning: types of learning
- 2.3. Laws of learning: Factors affecting learning
- 2.4. Learning curve: transfer of learning

Unit-III: Sports Sociology (LecHrs- 10)

- 3.1. Meaning and nature of Sports Sociology
- 3.2. Importance Sports Sociology in Physical Education & Sports
- 3.3. Socialization and value education through Physical Education & Sports
- 3.4. Impact of society on Sports & Vice versa.

Lab Practical**Unit-I: Psychosomatic Test (Pr. Hours- 10)**

- 1.1. Assessment of Sports achievement motivation
- 1.2. Reaction time and Mirror drawing
- 1.3. Depth perception

Unit-II: Socio-metric Test (Pr. Hours- 10)

- 2.1. Assessment of social factors on sports performance
- 2.2. Assessment of Team cohesion in sports
- 2.3. Assessment of Social support for Athlete

Suggested Reading:

1. Afremow, J. (2015). The champion's mind: How great athletes think, train, and thrive. Rodale Books.
2. Brewer, B. W. (2009). Handbook of sports medicine and science, sport psychology. John Wiley & Sons.
3. Bryant, K. (2018). The mamba mentality: How I play. MCD.
4. Bubbs, M. (2019). Peak: The new science of athletic performance that is revolutionizing sports. Chelsea Green.
5. Cappuccio, M. L. (Ed.). (2019). Handbook of embodied cognition and sport psychology. MIT Press.
6. Ericsson, A., & Pool, R. (2017). Peak: How all of us can achieve extraordinary things. Vintage.
7. Fitzgerald, M. (2007). Brain training for runners: A revolutionary new training system to improve endurance, speed, health, and results. Berkley.
8. Fitzgerald, M. (2015). How bad do you want it? Mastering the psychology of mind over muscle. VeloPress.
9. Harvard Business Review. (2018). HBR's 10 must reads on mental toughness. Harvard Business Review Press.
10. Hutchinson, A. (2021). Endure: Mind, body, and the curiously elastic limits of human performance (rev. ed.). Custom House.

11. Kremer, J., & Moran, A. P. (2013). *Pure sport: Practical sport psychology* (2nd ed.). Routledge. <https://doi.org/10.4324/9780203934494>
12. Mack, G., & Casstevens, D. (2001). *Mind gym: An athlete's guide to inner excellence*. McGraw-Hill.
13. Meijen, C. (2019). *Endurance performance in sport: Psychological theory and interventions*. Routledge.
14. Moran, A. (2012). *Sport and exercise psychology: A critical introduction* (2nd ed.). Routledge. <https://doi.org/10.4324/9780203127650>
15. Murphy, J. (2020). *Inner excellence: Train your mind for extraordinary performance and the best possible life*. Academy of Excellence.
16. Sheard, M. (2013). *Mental toughness: The mindset behind sporting achievement*. Routledge. <https://doi.org/10.4324/9780203103548>

SEMESTER –V

DSC/Major (Core) –502	Applied Kinesiology and Sports Biomechanics	Theory (4)
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Course Title: Applied Kinesiology and Sports Biomechanics**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-	2 Marks Question	10 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	0	10 of 10	5 of 8	3 of 5

Course Objectives:

1. To develop the basic understanding of biomechanics and kinesiology and its application in human body movements in performing sports activities.
2. To explain the concept of mechanical laws involved in human motion.
3. To develop a comprehensive understanding of movement analysis
4. To develop the ability to perform mechanical analysis of various fundamental movements and sports skills

Course Outcomes:

1. Explain the basic mechanical concepts and will be able to interpret its relation to human body movements
2. Organize and specify the overall goal of the course.
3. Apply and analyze the factors of mechanical laws involved in human movement.
4. Explain the principles of movement analysis
5. Analyze the mechanical principles of motor skills and sports related skills along with their proper techniques and corrective measures.

Unit-I: INTRODUCTION (Lec. Hrs- 10)

- 1.1. Meaning and definition of Kinesiology and Sports Biomechanics, need and importance of Kinesiology and Sports Biomechanics in Physical Education and Sports.
- 1.2. Fundamental Movements: around Synovial joint in relation with Physical Education and Sports
- 1.3. Fundamental concepts of following terms in relation with Physical Education and Sports -Axes and planes, centre of gravity, equilibrium, equilibrium and its types, Line of gravity.
- 1.4. Involvement of various muscles during different function auxiliary movements of Hip, knee, shoulder, elbow, shoulder girdle and trunk region

Unit- II: KINESIOLOGICAL ASPECT OF HUMAN MOVEMENT (Lec. Hrs- 10)

- 2.1. Classification of Joints and muscles, Kinesiological classification of Muscles- Agonists, Antagonists, Synergists
- 2.2. Origin and insertion and action of major voluntary Muscles, Types of Muscle Contractions.
- 2.3. Posture – Meaning, Types and Importance of good posture.
- 2.4. Fundamental concepts of following terms- angle of pull, all or none Law, Reciprocal Innervations and Reciprocal Inhibition.

Unit- III: MECHANICAL CONCEPTS (Lec. Hrs- 10)

- 3.1. Meaning, definition, types of force and its application to sports activities, centripetal and centrifugal force
- 3.2. Meaning, definition, types of Levers, advantage of Lever and its application in human movement; mechanical analysis of walking, running, jumping and throwing
- 3.3. Newton's Laws of Motion – Meaning, definition and its application in sports activities; Aerodynamics; effect of spin on aerial motion and effect of spin on rebound
- 3.4. Projectile – Types, principles of Projectile, factors and its application in sports

Unit- IV: KINEMATICS AND KINETICS OF HUMAN MOVEMENT (Lec. Hrs- 10)

- 4.1. Linear Kinematics- distance and displacement, speed and velocity, acceleration and their implementation in the field of Physical Education and Sports
- 4.2. Angular Kinematics – Angular distance and displacement, angular speed and velocity, angular acceleration in the field of Physical Education and Sports
- 4.3. Linear Kinetics – inertia, mass, momentum, Impulse, friction and torque
- 4.4. Angular Kinetics – moment of Inertia, couple, stability, factors influencing the stability

Suggested Reading:

1. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
2. Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
3. Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co.USA.
4. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
5. Hay (1993).The biomechanics of sports technique spretnicehallinc New Jersey.
6. McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
7. Oatis, C.A. (2008). Kinesiology.2nd Ed. Lippincott, Williams &Wilkins, USA.

SEMESTER –V

DSC/Major (Core) –503	Ball Games- & Racket Games	Practical (4)
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Course Title: Ball Games & Racket Games**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical
5 Marks	5 Marks	10 Marks	5 Marks	50 Marks

Unit: I- Ball Games**1. Fundamental skills and rules & regulation of Throw ball****Pr. Hrs- 12**

1. Throwing techniques: under arm, over arm & chest pass
2. Catching technique-standing, moving & diving catches
3. Dogging technique-footwork, agility & reaction time
4. Drills for improving fundamental skills
5. Facilities & equipment required for Throw ball
6. Rules & regulation of Throw ball

2. Fundamental skills and rules & regulation of Volleyball**Pr. Hrs- 12**

1. Serving techniques: under hand, over head, float serve & jump serve
2. Passing technique: under arm pass, over head pass, dive & pass & foot work while passing
3. Blocking technique: foot work position & timing
4. Facilities & equipment required for Volleyball
5. Rules & regulation of Volleyball

3. Fundamental skills and rules & regulation of Basketball**Pr. Hrs- 12**

1. Passing: two hand, chest pass, two 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
2. Dribbling: start dribble, drop dribble, high dribble, low dribble, reverse dribble, rolling dribble
Shooting: Lay-up shot & its variations, one hand set shot, two hand jump shot, hook shot, free throw
3. Rebounding & defence: defensive rebound, offensive rebound & guarding the player with the ball & without the ball & pivoting
4. Facilities & equipment required for Basketball
5. Rules & regulation of Basketball

4. Fundamental skills and rules & regulation of Cricket**Pr. Hrs- 12**

1. Bating: forward defence stroke, backward defence stroke, off drive, on drive, straight drive, cover drive, square cut
2. Blowing: out swing, in swing, off break, leg break, googly
3. Fielding: catching- the high catch, the skim catch, side catch, close catch & throwing at the stumps from different angel, long barrier & throw, shot through, long throw, throwing on the turn, wicket keeping
4. Facilities & equipment required for Cricket
5. Rules & regulation of Cricket

Unit: II- Racket Games**2.1. Fundamental skills and rules & regulation of Badminton****Pr. Hrs- 12**

- 2.1.1. Basic knowledge; Racket parts, Racket grips, Shuttle grip
- 2.1.2. Service: Shot service, long service, long high serving
- 2.1.3. Shots: Over head shot, defensive clear shot, attacking shot, attacking clear shot, drop shot, smash
- 2.1.4. Facilities & equipment required for Cricket
- 2.1.5. Rules & regulation of Cricket

2.2. Fundamental skills and rules & regulation of Table Tennis**Pr. Hrs- 12**

- 2.2.1. Basic knowledge; grip of racket, shake hand grip, pen whole grip, stance alternate & parallel stance
- 2.2.2. Service, receive & return: (fore hand & back hand) push, chop, down the line, top spin, back spin, side spin
- 2.2.3. Facilities & equipment required for Table Tennis
- 2.2.4. Rules & regulation of Table Tennis

Suggested Reading:

1. Jain, R. Play & learn Cricket, khel sahitya Kendra, New Delhi
2. Vivek Thani, Coaching Cricket, khel sahitya Kendra, New Delhi
3. Saha, A.K. Sarir Siksher Ritiniti, rana publishing house, Kalyani
4. Bandopadhyay, K. Sarir Siksha Parichay, Classic publishers, Kolkata
5. Naveen Jain, Play and learn Basketball, khel sahitya Kendra, New Delhi
6. Dubey, H.C. Basketball, Discovery publishing house, New Delhi
7. Rachana Jain, Teach yourself Basketball, khel sahitya Kendra, New Delhi
8. Jack Nagle, Power pattern offence for winning Basketball, Parker publishing Co., New York
9. Renu Jain, Play & learn Basketball, khel sahitya Kendra, New Delhi
10. Sally Kus, Coaching Volleyball successfully, Human Kinetics
11. Atkins, J.R. (1872). The book of Racquets. A practical guide to the game & its history& to the different courts in which it is played. London: Frederick Warne & Co.
12. Lord Aberdare. The JT Faber book of Tennis & Rackets. London: Quiller press, 2002. ISBN: 1-899163-62-X

SEMESTER –V

DSC/Major (Core) –504	Gymnastics, Weight Training and Combative Sports	Practical (4)
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Course Title: Gymnastics, Weight Training and Combative Sports**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical
5 Marks	5 Marks	10 Marks	5 Marks	50 Marks

Unit: I-GYMNASTICS

- 1.1. History and function of FIG and GFI
- 1.2. Types of Gymnastics: Artistic Gymnastics, Rhythmic Gymnastics, Aerobic Gymnastics, Acrobatics Gymnastics, Trampoline Gymnastics.

A. Compulsory: Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel
[Note: Perform the above Gymnastic skills continuously in the same sequence]

B. Optional (any one from each group)**1. Floor Exercise (MEN & WOMEN) (Semi- Advance Element)**

- i. Dive and Forward Roll
- ii. Hand Spring
- iii. Neck Spring
- iv. Hand Stand and Forward Roll
- v. Summersault

2. Vaulting Table (MEN & WOMEN) (Semi Advance Element)

- i. Through vault
- ii. Stoop Vault
- iii. Split Cut Bar

3. Parallel Bar (MEN)

- i. Mount
- ii. Swing
- iii. One leg cutting
- iv. Both leg cutting
- v. Shoulder stand
- vi. Dismount

4. Balancing Beam (WOMEN)

- i. Mount
- ii. Leap Jump
- iii. T Balance
- iv. V Balance
- v. Knee Balance
- vi. Forward roll
- vii. Split Sitting

Unit: II- Weight Training

- 2.1. Different types of grips, standing with weight, Dead lift.
- 2.2. General weight training exercises for shoulder and arm for archers
- 2.3. Weight training exercises for chest
- 2.4. Weight training exercises for back
- 2.5. Weight training exercises for lower extremities
- 2.6. Crouch Sitting Position.
- 2.7. Curling: Two arm dumbbell curling, Barbell curling, Front Curling, Reverse Curling.
- 2.8. Dumbbell and Barbell press, Front and back press, Bench press (Incline and Decline).Squat: Front and back squat.

Unit: III- COMBATIVE SPORTS**3.1. KARATE**

- 3.1.1. Stance- Dachi: Front Stance, Horse stance, Parallel stance, Cat Stance.
- 3.1.2. Punches-Zuki: Middle Punch, Upper Punch, Lower Punch, Side Punch.

- 3.1.3. Block- UKE: Middle inside, Middle outer, Upper and Lower Block
- 3.1.4. Strike-UCHI: Elbow strike, Knife hand strike, fist hammer strike.
- 3.1.5. Leg Technique- AshiWaza, Kick- Geri: Front Kick, Round house kick, Back Kick, Round Kick.
- 3.1.6. Self Defence: defence against punches, defence against Kicks, defence against Grabs, defence against head locks, Defence against Bear hugs.

3.2. WUSHU: BASIC SKILL

Entering wushu world -The concept of wushu basic skills –functions of wushu skills – hand forms stances jumping skills training of kung –fu basic skills –classical kung –fu weapons –the short and long weapons in wushu

3.3. TAEKWONDO

- 3.3.1. Stance-Sogui: Attention stance, closed stance, walking stance, back L-stance, Parallel Stance, rear foot Stance, fighting stance. Hand attack: Closed hand strike-jireugi, Open hand technique-chigi Kick- chagi: front kick, side kick, back kick, Roundhouse kick, Reverse side kick, hook kick, Axe kick, spin kick.
- 3.3.2. Blocks- Makgicburat: Single fore arm block, Low block, Rising Block, Palm block, Knife hand block, Double fore arm block, Double knife hand block.
- 3.3.3. Pattern, Poomasae, Hyung, Tul.

3.4. ARCHERY

- 3.4.1. Stance
- 3.4.2. Knocking the Arrow
- 3.4.3. Set
- 3.4.4. Set-up
- 3.4.5. Draw and Load
- 3.4.6. Anchor
- 3.4.7. Transfer and Hold
- 3.4.8. Aim and Expand
- 3.4.9. Release and Follow Through

Suggested Reading:

Gymnastics-

1. Building The Gymnastic Body: The Science of Gymnastics Strength Training by David Joyce
2. The Art of Gymnastics by Ken Black
3. Gymnastics: A Complete Guide by Peter L. Loken

Weight Training-

4. Starting Strength: Basic Barbell Training by Mark Rippetoe
5. The Naked Warrior: Master the Secrets of the Super-Strong by Pavel Tsatsouline
6. Science and Practice of Strength Training by Vladimir Zatsiorsky and William Kraemer
7. 5/3/1: The Simplest and Most Effective Training System for Raw Strength by Jim Wendler
8. Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body by Michael Matthews

Combative Sports-

9. The Art of Judo by Kiyoshi Kobayashi
10. Boxing: The Ultimate Guide by Mike Tyson and Larry Sloman
11. The Grappling Mindset: Dominate BJJ, Wrestling, and Life by Chris Weidman
12. Olympic Weightlifting for Sports by Greg Everett
13. Never Gymless by Ross Enamait^{1 2 3}

SEMESTER –VI

DSC/Major (Core) –601	Science of Sports Training	Theory (4)
DSC/Major (Core) – 602	Computer Application and AI in Physical Education and Sports Computer Practicum	Theory(3) Practical(1)
DSC/Major (Core) – 603	Officiating and Coaching in Games and Sports Leadership Camp	Theory(3) Practical(1)
DSC/Major (Core) – 604	Inclusive Physical Education and Sports First Aid	Theory(3) Practical(1)

SEMESTER –VI

DSC/Major (Core) –601	Science of Sports Training	Theory (4)
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Course Title: Science of Sports Training**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question	2 Marks Question	10 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	0	10 of 10	5 of 8	3 of 5

Course Objective:

This course will enable students to understand the modern concept of sports training. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.

Course Outcome;

Understand the modern concept of sports training., describe the principles of sports training, evaluate and develop system of sports training – basic performance, intermediate performance and high performance training, plan training sessions, realize and apply the Methods of Technique Training, design different training program for Training Component, explain Periodization and its types, identify talents.

UNIT – I: INTRODUCTION (Lec. Hrs- 10)

- 1.1 Sports Training: Meaning, Definition, Aim and Objectives of Sports Training
- 1.2 Importance and Characteristics of Sports Training
- 1.3 Principles of Sports Training
- 1.4 Warm up and Cooling down- meaning, definition, types and its importance. Conditioning-Meaning, Definition and its application in Physical Education and Sports

UNIT - II: LOAD AND TRAINING LOAD (Lec. Hrs- 10)

- 2.1 Concept definition and types of load and training load
- 2.2 Load Dynamics: concept, definition, components, and its principles
- 2.3 Over Load, Overreaching, Over Training and Burnout- Concept and Relationship with Sports Performance
- 2.4 Relationshipbetween Load, Recovery and Adaptation.Conditions of Adaptation.Importance of Super Compensation

UNIT – III: DEVELOPMENT OF FITNESS COMPONENTS (Lec. Hrs- 10)

- 3.1 Strength- Meaning, definition, types, means and method to develop Strength
- 3.2 Endurance- Meaning, definition, types, means and method to develop Endurance
- 3.3 Flexibility- Meaning, definition, types, means and method to develop Flexibility
- 3.4 Speed- Meaning, definition, types, means and method to develop Speed

UNIT – IV: TRAINING PLAN (Lec. Hrs- 10)

- 4.1 Training Methods- Circuit Training, Weight Training, Interval Training, Plyometric Training
- 4.2 Periodisation- Meaning, definition and types of Periodisation. Phases of Periodisation,
- 4.3 Training Plan- Micro Cycle, Macro Cycle and Meso-Cycle. Prepare a training schedule for deferent types of Sports person
- 4.4 Technical and Tactical Training – meaning, Importance and methods.

Suggested Reading:

1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
3. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
4. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
5. Gary, T. Moran (1997) – Cross Training for Sports, Canada: Human Kinetics Hardayal.
6. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
8. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
9. Yograj Thani (2003), Sports Training, Delhi : Sports Publications

SEMESTER –VI

DSC/Major (Core) – 602	Computer Application and AI in Physical Education and Sports Computer Practicum	Theory (3) Practical (1)
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Course Title: Computer Applications and AI in Physical Education and Sports**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-10 of 10	2 Marks Question-5 of 8	5 Marks Question-2 of 4
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks			

Course Objectives:

1. Understand the basics of computer applications and AI in physical education and sports.
2. Learn to use software and technology for data analysis, visualization, and reporting in physical education and sports.
3. Apply AI and machine learning concepts to physical education and sports data.
4. Develop skills in using computer applications for sports performance analysis, talent identification, and injury prevention.

Course Outcome;

1. Sports Analyst: Work with sports teams, leagues, or organizations to analyze data and improve performance.
2. Physical Education Teacher: Integrate AI and computer applications into physical education curricula.
3. Sports Coach: Use AI-driven tools to optimize training programs and improve athlete performance.
4. Sports Researcher: Apply AI and computer applications to research sports-related topics, such as injury prevention and performance optimization.

Unit: I-Introduction and Basic Concept (Lec. Hrs- 10)

- 1.1. Basic concept of computer and its accessories with their function.
- 1.2. Concept of Hardware Software, Operating System, Antivirus.
- 1.3. Introduction to AI and machine learning.
- 1.4. Importance of computer applications and AI in Physical Education and Sports.

Unit: II- Application of Computer and Information Technology (Lec. Hrs- 10)

- 2.1. MS Word -
 - 2.1.1. File create, File save File rename, File Open, File delete
 - 2.1.2. Copy, Paste, Cut, Clipart, Word-art
- 2.2. MS Excel -
 - 2.2.1. Spreadsheet - Row, Column, Sheet
 - 2.2.2. Input Graph, Formula, Table
- 2.3. MS Power Point -
 - 2.3.1. Create slide, save slide, copy slide, format slide, rearrange slide, delete slide
 - 2.3.2. Slide design, slide animation, slide show
- 2.4 Concept of network, internet, Wi-Fi, email, web page, information technology

Unit: III- Application of Virtual Reality, Augmented Reality and Artificial Intelligence in Sports (Lec. Hrs- 10)

- 3.1 Application of AI in Sports Performance and Officiating
- 3.2 Advantages of AI in Sports Training, Talent Identification and Coaching
- 3.3 Concept of Virtual Reality (VR) and Augmented Reality (AR) and its evolution
- 3.4 Use of Virtual Reality (VR) and Augmented Reality (AR) in Sports Training and Sports Coaching

LAB PRACTICAL

Computer Practicum

Unit: I- (Prc. Hrs- 10)

1. Turning on and off of Computer and Monitor
2. MS Word: (i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment
(ii) Insert of Page numbering, Word art, Clip Art, Print option.
3. MS Excel: (i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculating Average & Percentage, Concept of inserting various formulas

(ii) Input the same number, alternative number, continuous number in spread sheet, input and editing Graph and Table, Data shorting and search

4. MS Power Point: (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide Design
(ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show

Unit: II- (Prc. Hrs- 10)

Internet & email (i) web browsing, downloading image/ file, save file from web, create new email account, using AI Software

Suggested Reading:

1. Phillip Ward , Computer Applications in Physical Education and Sport" , Publisher: Human Kinetics, 1607 N. Market St., Champaign, IL 61820, USA-Year: 2003, ISBN: 978-0-7360-4264-5
2. Terry L. Rizzo, Technology in Physical Education and Sport", Publisher: Jones & Bartlett Learning, 5 Wall St., Burlington, MA 01803, USA- Year: 2011- ISBN: 978-0-7637-7746-7
3. Alexandros L. Nikolopoulos , Sport Technology and Engineering", 6000 Broken Sound Pkwy NW, Ste 300, Boca Raton, FL 33487, USA - Year: 2018 - ISBN: 978-1-4987-5273-1 Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.
4. Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
5. Haggery, T., The Administrative use of computers in professional Sport Organization, New York.
6. Vikas Gupta, (1995) Computer Course, Delhi: Pustak Mahal.
7. Kadu, Ravindra Mahadeorao, (2016), Computer Applications in Physical Education, Sports Publications, ISBN-13:9788178799827
8. Chavan, Uday, (2016), Computer Applications in Physical Education, Khel Sahitya Kendra Publisher, New Delhi
10. Kumar, Sandeep (2019) Computer Applications in Physical Education, Sports Publication; First edition, ASIN: B07S81YD55
11. Daniel Link , Artificial Intelligence in Sports - Publisher: Springer, 233 Spring St., New York, NY 10013, USA- Year: 2020 - ISBN: 978-3-030-40766-4
12. Joe Lemire , AI in Sports: A Guide for Coaches, Players, and Fans" - Publisher: Rowman & Littlefield, 4501 Forbes Blvd., Ste 200, Lanham, MD 20706, USA - Year: 2022- ISBN: 978-1-5381-6545-6
13. Benjamin C. Alamar, Sports Analytics: A Guide for Coaches, Managers, and Other Decision Makers" - Publisher: Columbia University Press, 61 W. 62nd St., New York, NY 10023, USA - Year: 2013 - ISBN: 978-0-231-16202-2
14. Antonio Celestino Gonçalves , Artificial Intelligence in Physical Education and Sport Performance- Publisher: Springer, 233 Spring St., New York, NY 10013, USA- Year: 2020 - ISBN: 978-3-030-40767-1
15. Phillip Ward , AI-Powered Physical Education: A Guide for Teachers and Coaches- Publisher: Human Kinetics, 1607 N. Market St., Champaign, IL 61820, USA- Year: 2022 - ISBN: 978-1-4924-5573-4
16. Thomas Reilly, Sport Performance Analysis Using AI and Machine Learning - Publisher: CRC Press, 6000 Broken Sound Pkwy NW, Ste 300, Boca Raton, FL 33487, USA - Year: 2020- ISBN: 978-1-138-58441-9

SEMESTER –VI

DSC/Major (Core) – 603	Officiating and Coaching in Games and Sports Leadership Camp	Theory(3) Practical(1)
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Course Title: Officiating and Coaching in Games and Sports**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks	10 of 10	5 of 8	2 of 4

Course Outcomes: -

1. Understand the, Rules and regulation officiating of Sprint (athletics)
2. Understand the Techniques and tactics of throwing event (athletics)
3. Understand the officiating and coaching of major games (Volleyball, Football, Handball and Basketball)
4. Organize the concerned sports event.

UNIT - I: INTRODUCTION OF OFFICIATING AND COACHING (Lec. Hrs- 10)

- 1.1 Meaning, definition and Importance of Officiating and Coaching.
- 1.2 Principle of Officiating and Coaching.
- 1.3 Relation of official and coach with management, players, and spectators.
- 1.4 Measures of improving the standards of Officiating and Coaching.

UNIT - II: COACH AS A MENTOR (Lec. Hrs- 10)

- 2.1 Duties of coach in general-pre, during and post-game.
- 2.2 Philosophy of coaching, Ethics of coaching.
- 2.3 Responsibilities of a coach on and off the field.
- 2.4 Psychology of competition and coaching.

UNIT - III: QUALITIES, QUALIFICATION & DUTIES OF AN OFFICIAL (Lec. Hrs- 10)

- 4.1 Professional qualification of a officials for various levels.
- 4.2 Duties of official in general- pre, during and post-game.
- 4.3 Philosophy of Officiating.
- 4.4 Eligibility rules of inter-School and School National.

UNIT – IV: PRACTICE OF OFFICIATING (Lec. Hrs- 10)

- 4.1. Ethics of Officiating.
- 4.2. Track and field: Basic rules and their interpretations, positions and different sign of Official's, number of officials and essential officiating equipment.
- 4.3. Football and Volleyball: Basic rules and their interpretations, positions and different sign of official's, number of officials and essential officiating equipment.
- 4.4. Kho Kho and Kabaddi: Basic rules and their interpretations, positions and different sign of official's, number of officials and Essential officiating equipment.

Suggested Reading:

1. Andy Dumas and Jamie Dumas, Successful Boxing: The Ultimate Training Manual, Crowood Press, 2013
2. Carle, D.T. (1963). Hand book of progressive gymnastics. Englewood Cliffs: N.J. Printice Hall.
3. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids, Sports Publication, New Delhi.
4. Chakraborty. S. and Baljit Singh Sakhon, Basis of Judo, Sports Publication, 2020
5. Doug Cook, Traditional Taekwondo: Core Techniques, History, and Philosophy, YMAA Publication Center, 2006
6. Harry Mullan and Bob Mee, The Ultimate Encyclopedia of Boxing Welbeck Publishing, 2020
7. Negi, Teach Yourself Women Gymnastics, Sports Publication, 2016.
8. Kunal Negi, Teach Yourself Men Gymnastics, Sports Publication, 2016.
9. Kaur Balwinder, Officiating and Coaching, Sports Publication, 2020
10. Kalra Deepti, Teach Yourself Judo, Sports Publication, 2016.

SEMESTER –VI

DSC/Major (Core) – 604	Inclusive Physical Education and Sports First Aid	Theory(3) Practical(1)
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Course Title: Inclusive Physical Education and Sports Theory(3) and First Aid Practical(1)**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-10 of 10	2 Marks Question 5 of 8	5 Marks Question 2 of 4
5 Marks	5 Marks	10 Marks	5 Marks	20 Marks			

Course Objectives: On the completion of the course students will be able to:

- Explain the concept, characteristics, causes and educational provisions for various disabilities in relation to Physical Education and Sports
- Analyse integrated and inclusive Physical Education and Sports practices and identify and utilize existing resources for promoting inclusive practice,
- Realize educational problems of socially disadvantaged sections and marginalized genders in relation to Physical Education and Sports
- Know about Schemes, Programme and provisions in Indian Constitution for Physical Educational Empowerment
- Acquire basic knowledge on teaching learning strategies and curriculum adjustment for disabled in relation to Physical Education and Sports
- Know about several efforts, schemes and programmes for empowerment of disadvantaged sections and Marginalized Genders

Unit-I: An Introduction to Inclusive Physical Education and Sports (Lec. Hrs- 10)

- Meaning, Concept and Objectives of Integrated and Inclusive Physical Education and Sports
- Historical Perspective of Inclusive Physical Education; Concept of Impairment, Disability and Handicap; Types, Characteristics, and Causes of Disabilities
- Inclusive Development through Physical Education, Games and Sports
- Classroom Management and Teaching Strategies: Individualized Physical Education Programme (IPEP) for Kids, Older Adult, and Marginalized Gender

Unit-II: Physical Educational Empowerment of Minorities and Marginalized Genders (Lec. Hrs- 10)

- Challenges and Status of Minorities in the field of Physical Education and Sports; National Commission and Schemes/ Programmes for Physical Educational Empowerment of Minorities
- Present Physical Educational Challenges and Status of Weaker Sections(SCs, STs, and OBCs) and their Empowerment
- Various Schemes, Programmes and Organizations for Weaker Section Empowerment through Physical Education and Sports
- Educational empowerment of marginalized genders: present challenges, status and programmes for Educational Empowerment of Women in the Physical Education and Sports; Third Gender: concept, equalize acceptance; equal rights and Opportunities in Perspective of Games and Sports

Unit-III: Adapted Physical Education and Sports (Lec. Hrs- 10)

- Teaching and Coaching Strategies for Disabled; Risk Factors and Preventive Measures of Physical Exercise Programme of otherwise equally able
- Meaning, definition and importance of adapted Physical Education and Sports in present society
- Purpose, aims and objectives of adapted Physical Education and Sports
- Adapted Sports- Para Olympics and other opportunities, performance of India in Para Olympics during last decade

Suggested Reading:

- Beverly, N. (1986). Moving and Learning. Times Mirror/Mosby College Publishing.
- Cratty, B.J. Adapted Physical Education in the Mainstream. (4th Edition) Love Publishing Company.
- Houner, L.D. Integrated Physical Education- A guide for the elementary classroom teacher.
- Winnick, J. P. (2005). Adapted Physical Education and Sports. Human Kinetics (4th Edition).
- Pangrazi, R.P. and Dauer, V. P. (2019). Dynamic Physical Education for Elementary School Children.
- Dash, N. (2006). Inclusive Education. New Delhi: Atlantic Publication.
- Cathy Houston-Wilson and Lauren J. Lieberman (2024). Strategies for Inclusion: Physical Education for Everyone.
- Martin E. Block, Sandra Heck(2019).Inclusive Physical Education Around the World: Origins, Cultures, Practices.
- Dr.Sita Ram Sharma (2005). Adapted Physical Education.

LAB PRACTICAL

First-Aid

Unit: I- (Prc. Hrs- 10)

1. Hand hygiene, ORS preparation, salt sugar solution observe consciousness & breathing,
2. Transportation of patient, Cardiopulmonary Resuscitation (CPR)
3. Use of triangular bandage, roller bandage, tube bandage, adhesive bandage, liquid bandage
4. Role play for shock, suffocation, asthma, chest discomfort, heat stroke, hypothermia, bites, choke, drowning

Unit: II (Prc. Hrs- 10)

1. Practice of sling- Arm Sling, Collar & Cuff Sling
2. Practice of bandaging- Simple Spiral, Reverse Spiral, figure of eight & Spica
3. Practice of knot- square not, rip not
4. Practicing of bandaging on finger (hand), wrist, elbow, head, knee, ankle

Suggested Reading:

1. Ghosh, B.N. "Treaties of Hygiene and Public Health"
2. Hanlon, John J. "Principles of Public Health Administration" 2003
3. Turner, C.E. "The School Health and Health Education"
4. Kar, S. (2018) Mahavidyalayer sarirsikha: Health Education& First-Aid: Classique Books
5. Indian First-Aid Manual, 2016 (7th edition), Indian Red Cross Society & St. John Ambulance, India.
6. First-Aid Manual 11th edition, (6 july, 2021), Publisher: Dorling Kindersley Ltd., ISBN: 9780241541210

SEMESTER –VII

DSC/Major (Core) –701	Sports/Games Specialization (any one)	Theory(3) Practical(1)
DSC/Major (Core) – 702	Athletic Care and Rehabilitation in Physical Education & Sports	Theory (4)
DSC/Major (Core) – 703	Sports Journalism	Theory(4)
DSC/Major (Core) – 704	Research Methodology and Statistics in Physical Education and Sports	Theory (4)

SEMESTER –VII

DSC/Major (Core) – 701	Sports/Games Specialization (any one)	Theory(3) Practical(1)
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Course Title: Sports/Games Specialization (any one)**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

- | | |
|-------------|--------------------|
| 1. Cricket | 6. Track and Field |
| 2. Football | 7. Volleyball |
| 3. Handball | 8. Gymnastics |
| 4. Kabaddi | 9. Taekwondo |
| 5. Kho-Kho | 10. Karate |

Structure for all Games;**UNIT-I: History and Development**

- Origin and evolution of the game
- Governing bodies
- Major national & international tournaments
- Famous players and achievements

UNIT-II: Field/Court, Equipment and Rules

- Dimensions and specifications
- Equipment details
- Basic rules and regulations
- Officiating

UNIT-III: Skills, Techniques and Training

- Fundamental skills and techniques
- Advanced skills
- Faults and corrections
- Basic training methods
- Preparation of training module

UNIT-IV: Tactics, Strategies and Applied Sports Science

- Game tactics and strategies
- Psychological factors
- Biomechanical principles (basic level)
- Match analysis (introductory)

SEMESTER –VII

DSC/Major (Core) – 702	Athletic Care and Rehabilitation in Physical Education & Sports	Theory (4)
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Course Title: Athletic Care and Rehabilitation in Physical Education & Sports**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-	2 Marks Question	10 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	0	10 of 10	5 of 8	3 of 5

Learning Objectives;

1. The goal of a sports medicine is to help the student engage in exercise safely and effectively in order to achieve their training goals.
2. To provide knowledge about the causes of injuries.
3. To provide means or treatment for sports injuries and for rehabilitation of injuries.
4. To provide knowledge about the preventive measures of sports injuries.
5. To aware the student about the treatment procedure of different kinds of injury.

Learning Outcomes;

1. Injury Prevention and Management: Understand strategies for preventing and managing sports injuries, including emergency care and rehabilitation techniques.
2. Athletic Training Principles: Learn principles of athletic training, including injury assessment, treatment, and rehabilitation.
3. Rehabilitation Techniques: Develop skills in rehabilitation techniques, such as therapeutic exercise, modalities, and manual therapy.
4. Injury Rehabilitation Programs: Design and implement effective rehabilitation programs for athletes with injuries.
5. Return-to-Play Criteria: Understand criteria for safe return to play after injury, including functional testing and clearance protocols.

Unit-1: Introduction (Lec. Hrs- 10)

1. Meaning and Definition of Sports Medicine, Definition and Principles of Therapeutic Exercises.
2. Injuries: Acute, Sub-acute, and Chronic.
3. Advantages and Disadvantages of PRICE, PRINCE therapy.
4. Preventive, Curative and Rehabilitation Aspects of Sports Injuries.

Unit-2: Basic Rehabilitation and Therapeutic Modalities (Lec. Hrs- 10)

1. Basic Rehabilitation: Bandages, Strapping and Tapping: Role of Sports Rehabilitation, Classification of Rehabilitation. Therapeutic Modalities –
2. Cold Modalities (Cryotherapy)- Principles of Modalities –Ice Massag –Ice Packs – Ice Immersion and Cold Whirlpool –Cry Stretch –Chemical Packs –Ice Compression. Heat Modalities (Thermotherapy)-
3. Effects of Heat Applications-Infrared Lamp-Moist Heat Packs –Paraffin Wax Bath- Contrast Bath - Sona Bath. Electrotherapy - Basic Principles of Electrotherapy (Therapeutic Effects)-
4. Electrical Stimulator –Short Wave Diathermy-Microwave Diathermy –Ultrasound-Neuromuscular Electrical Stimulator –Interferential Current –Transcutaneous Nervous Stimulator (TENS) -Ultraviolet Therapy-Lasser.

Unit-3: Spine Injuries and Exercise (Lec. Hrs- 10)

1. Head, Neck and Spine Injuries: Causes, Presentational of Spinal Anomalies, Flexion, Compression, Hyperextension, Rotation Injuries. Spinal Range of Motion. Rehabilitation Exercises for Spinal Injuries-
2. Head, Neck and Spine. Supporting and Aiding Techniques and Equipment for Head, Neck and Spine Injuries.

Unit-4: Upper Extremity Injuries and Exercise (Lec. Hrs- 10)

1. Upper Limbs and Thorax Injuries - Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain, Strain, Strapping. Thorax, Rib
2. Fracture. Rehabilitation Exercise for Upper Extremity Injuries - Shoulder, Elbow, Wrist and Hands.
3. Supporting and Aiding Techniques and Equipment for Upper and Thorax Injuries.

Unit-5: Lower Extremity Injuries and Exercise (Lec. Hrs- 10)

1. Lower Limb and Abdomen Injuries: Hip: Adductor Strain, Dislocation, Strapping.
2. Knee: Sprain, Strain, Strapping.
3. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal Wall, Contusion, Abdominal Muscle Strain.
4. Rehabilitation Exercise for Lower Extremities-Hip, Knee, Ankle, Foot and Abdomen.

Reference and Textbooks:-

1. Christopher M.Norris (1993), Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomason Litho Ltd.
2. G.Vinod Kumar (2015). Sports Medicine and Injuries Management. Kongunadu Publications India Ltd.
3. James, A.Gould& George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V.Mosby Company.
4. Morris B. Million (1984). Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
5. Pande (1998). Sports Medicine. New Delhi: Khel Shitya Kendra.
6. Practical: Anthropometric Measurements.

SEMESTER –VII

DSC/Major (Core) – 703	Sports Journalism	Theory(4)
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Course Title: Sports Journalism**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-	2 Marks Question	10 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	0	10 of 10	5 of 8	3 of 5

Course objectives:

1. Sports Reporting Skills: Develop skills in researching, interviewing, and reporting on sports events and stories.
2. Writing and Storytelling: Learn to write engaging sports stories, features, and profiles for print, online, and broadcast media.
3. Media Ethics and Law: Understand media ethics, laws, and regulations related to sports journalism.
4. Broadcasting and Commentary: Develop skills in broadcasting and commentary, including live event coverage and analysis.
5. Digital Media and Social Media: Learn to use digital media and social media platforms to report, promote, and engage with sports audiences.

Course Outcomes;

1. Sports Journalist: Work with newspapers, magazines, websites, or broadcast media outlets reporting on sports news and events.
2. Sports Broadcaster: Work as a sports commentator, analyst, or reporter for radio, TV, or online media.
3. Sports Writer: Write sports articles, features, and books for publication.
4. Social Media Manager: Manage social media accounts for sports teams, leagues, or organizations.
5. Sports PR and Communications: Work in public relations or communications roles for sports teams, leagues, or organizations

Unit-I: Introduction (Lec. Hrs- 10)

1. Meaning and Definition of Journalism
2. Ethics of Journalism
3. Sports Ethics and Sportsmanship
4. Reporting Sports Events
5. National and International Sports News Agencies.

Unit-II: Sports Bulletin (Lec. Hrs- 10)

1. Concept of Sports Bulletin and Types of bulletin
2. Journalism and sports education
3. Structure of sports bulletin
4. Compiling a bulletin
5. General news reporting and sports reporting.

Unit-III: Mass Media (Lec. Hrs- 10)

1. Mass Media in Journalism: Radio and T.V.
2. Commentary (Running commentary on the radio, Sports expert's comments)
3. Role of Advertisement in Journalism
4. Sports Photography
5. Editing and Publishing.

Unit-IV: Report Writing on Sports (Lec. Hrs- 10)

1. Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games
2. Preparing report of an Annual Sports Meet for Publication in Newspaper
3. Organization of Press Meet
4. Practical assignments to observe the matches and prepare report and news of the same
5. Visit to News Paper office and TV Centre to know various departments and their working

Reference:

1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications
2. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
5. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
6. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,
7. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
8. Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
9. Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
10. Venkataiah. N (2009) Value Education, - New Delhi: APH Publishing Corporation

SEMESTER –VII

DSC/Major (Core) –701	Research Methodology and Statistics in Physical Education and Sports	Theory (4)
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Course Title: Research Methodology and Statistics in Physical Education and Sports**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-	2 Marks Question	10 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	0	10 of 10	5 of 8	3 of 5

Course Objective;

1. To develop understanding of the basic framework of research processes
2. To identify appropriate research topic
3. To identify various sources of information for literature review and data collection.
4. To develop and understanding of various research designs and techniques.
5. Write a research proposal and report.

Course Outcomes;

1. Present an overview of fundamental scientific-theoretical approaches and concepts
2. Provide an overarching description of the possibilities and limitations of quantitative and qualitative research
3. Explain fundamental principles of research ethics
4. Plan and conduct targeted literature searches in scientific databases
5. Review scientific publications based on fundamental aspects of scientific theory and research methodology
6. Apply basic descriptive statistics regarding measures of dispersion and central tendency

Unit -1: Research in Physical Education (Lec. Hrs- 10)

1. Physical Education research-Meaning, Importance and Scope of research in Physical Education and Sports
2. Types of research: basic & applied research, and action research, and their characteristics –
3. knowledge and Research - Planning the research study: sources of research problems,
4. Review of the literature-purpose and resources-Web resource-statement of problem.

Unit -2: Quantitative Methods of Research (Lec. Hrs- 10)

1. Quantitative method: - co-relation studies, and correlation research-controlling variables Nature of experimental research,
2. Variables in experimental research -independent, dependent and confounding variables
3. Experimental research designs: single-group pre-test post-test design, pretest post-test control-group design, Post-test only control-group design, and Factorial design.

Unit -3: Qualitative Methods of Research (Lec. Hrs- 10)

1. Qualitative research: meaning, steps and characteristics –
2. Descriptive Methods of Research Survey Studies, case studies- Historical research- meaning, significance, steps, primary and secondary sources –
3. Philosophical research-longitudinal research- methods of collecting data.

Unit –4: Methods and Tools (Lec. Hrs- 10)

1. Objectives, Hypothesis- Research Question-Population-Sample-
2. Sampling Tools standardization of tools, Reliability, validity, objectivity– Opinionaires –Questionnaires- Interview – observation schedule –rating scale,
3. Check list.

Unit -5: Research Report (Lec. Hrs- 10)

1. Preparation of the research proposal –
2. format of the research report –
3. The dissertation or thesis – Style of writing - synopsis– evaluation of research report.
4. Ethical Issues in Research

Reference and Textbooks:-

1. Best J.W (1999) Research in Education New Delhi; Prentice Hall of India pvt.ltd.
2. Clarke David. H & Clarke H. Harrison (1984) Research Processes in Physical Education, New Jersey; Prentice Hall Inc.
3. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London Routledge Press
4. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities, Illinois; Human Kinetics;
5. Kamlesh M.L. (1999) Research Methodology in Physical Education and Sports. New Delhi.
6. Kerlinger, F.N. (1986). Foundations of Behavioural Research. Fort Worth, TX: Harcourt BmceJovanovich.
7. Patton. M.Q. (2002). Qualitative Research and Evaluation Methods. Thousand Oaks: C.A: Sage.
8. Sharma, Bharti (2004). Methodology of Educational Research. New Delhi: Vohra Publishers and Distributors

SEMESTER –VIII

Without Research		Mode the Course
Course Type	Name of the Course	
DSC/Major (Core) – 801	Sports Nutrition and Exercise Prescription	Theory (4)
DSC/Major (Core) – 802	Counselling and Talent Identification in Sports	Theory (4)
DSC/Major (Core) – 803	Sports Entrepreneurships	Theory (4)
Dissertation on Major/Academic Project(3 Credits)/ Presentation/Viva-voce (1)		
With Research		
DSC/Major (Core) – 801	Sports Nutrition and Exercise Prescription	Theory (4)
Dissertation on Major/Academic Project/ Dissertation (8 Credits)+Presentation(4 Credits)		

SEMESTER –VIII

DSC/Major (Core) – 801	Sports Nutrition and Exercise Prescription	Theory (4)
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Course Title: Sports Nutrition and Exercise Prescription**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-	2 Marks Question	10 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	0	10 of 10	5 of 8	3 of 5

Course Objectives

1. To provide scientific knowledge of sports nutrition and exercise prescription.
2. To understand the nutritional requirements of physically active individuals and athletes.
3. To develop skills in designing exercise programmes for health, fitness, and sports performance.
4. To understand nutritional strategies for training, competition, and recovery.
5. To promote evidence-based practice in nutrition and exercise prescription.

Learning Outcomes

1. Students will acquire knowledge to prescribe safe and effective exercise programmes.
2. Students will learn to design individualized exercise programmes for diverse populations.
3. Students will critically evaluate supplements, apply recovery strategies, and understand emerging trends in sports nutrition and exercise science.
4. Students will be able to plan nutritional strategies to improve athletic performance and recovery.
5. Students will understand the principles of sports nutrition and the role of nutrients in exercise performance.

UNIT – I: Fundamentals of Sports Nutrition (12 Hours)

- 1.1 Meaning, Definition and Scope of Sports Nutrition
- 1.2 Principles of Nutrition
- 1.3 Nutrients and Their Functions: Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water
- 1.4 Energy Metabolism and Energy Systems during Exercise
- 1.5 Recommended Dietary Allowances (RDA) for Athletes

UNIT – II: Nutrition for Health and Sports Performance (12 Hours)

- 2.1 Nutritional Assessment of Athletes
- 2.2 Body Composition and Nutritional Status
- 2.3 Pre-Exercise, During Exercise and Post-Exercise Nutrition
- 2.4 Hydration and Electrolyte Balance
- 2.5 Weight Management in Sports: Weight Gain, Weight Loss, Eating Disorders in Athletes

UNIT – III: Exercise Prescription and Fitness Assessment (12 Hours)

- 3.1 Meaning, Definition and Principles of Exercise Prescription
- 3.2 Components of Physical Fitness
- 3.3 Health Screening and Risk Stratification
- 3.4 Principles of Exercise Training; Specificity, Overload, Progression, Individualization, & Reversibility
- 3.5 FITT-VP Principle; Frequency, Intensity, Time, Type, Volume, Progression

UNIT – IV: Exercise Prescription for Special Populations (12 Hours)

- 4.1 Exercise Prescription for Children and Adolescents
- 4.2 Exercise Prescription for Older Adults
- 4.3 Exercise Prescription for Women
- 4.4 Exercise Prescription for Individuals with Lifestyle Disorders, Obesity, Diabetes Mellitus, Hypertension & Cardiovascular Diseases
- 4.5 Exercise Prescription for Persons with Disabilities

UNIT – V: Ergogenic Aids, Recovery and Contemporary Trends (12 Hours)

- 5.1 Ergogenic Aids; Nutritional Ergogenic Aids, Physiological Ergogenic Aids, Mechanical Ergogenic Aids, Psychological
- 5.2 Ergogenic Aids
- 5.2 Dietary Supplements in Sports
- 5.3 Recovery Nutrition and Regeneration
- 5.4 Anti-Doping Awareness and Safe Supplement Use
- 5.5 Contemporary Trends, Personalized Nutrition, Sports Nutrition Technology, Wearable Devices and Mobile Applications, Artificial Intelligence in Nutrition and Exercise Prescription

Reference and Textbooks:-

SEMESTER –VIII

DSC/Major (Core) – 802	Counselling and Talent Identification in Sports	Theory (4)
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Course Title: Counselling and Talent Identification in Sports**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-10 of 10	2 Marks Question-5 of 8	10 Marks Question-3 of 5
5 Marks	5 Marks	10 Marks	5 Marks	0			

Course Objectives

1. To develop an understanding of counseling principles and their application in sports.
2. To identify psychological, physical, and social factors influencing athletic performance.
3. To understand the concepts, methods, and models of talent identification and development.
4. To develop counseling skills for athletes at different stages of sports participation.
5. To prepare students for careers in sports counseling, talent identification, and athlete development.

Learning Outcomes

1. Students will understand the basic concepts, principles, and processes of counseling in sports.
2. Students will be able to counsel athletes to improve mental well-being, performance, and career development.
3. Students will understand the scientific approaches and models used for identifying sports talent.
4. Students will acquire practical knowledge of talent assessment and athlete development.
5. Students will understand ethical practices, government initiatives, and modern technologies used in counseling and talent development.

UNIT – I: Fundamentals of Counseling in Sports (12 Hours)

- 1.1 Meaning, Definition, Nature and Scope of Counseling
- 1.2 Principles and Objectives of Counseling
- 1.3 Types of Counseling; Educational Counseling, Career Counseling, Personal Counseling & Sports Counseling
- 1.4 Qualities, Roles and Responsibilities of a Sports Counselor
- 1.5 Counseling Process and Counseling Skills; Active Listening, Empathy, Communication & Problem-Solving

UNIT – II: Psychological Counseling for Athletes (12 Hours)

- 2.1 Psychological Characteristics of Athletes
- 2.2 Motivation and Goal Setting
- 2.3 Stress, Anxiety and Burnout in Sports
- 2.4 Counseling for Performance Enhancement
- 2.5 Counseling for Injury Rehabilitation and Career Transition

UNIT – III: Talent Identification in Sports (12 Hours)

- 3.1 Meaning, Definition and Importance of Talent Identification
- 3.2 Concepts of Talent Detection, Identification, Selection and Development
- 3.3 Factors Influencing Sports Talent; Genetic Factors, Physical Factors, Physiological Factors, Psychological Factors & Sociological Factors
- 3.4 Models of Talent Identification; Natural Selection Model, Scientific Selection Model, Students will understand ethical practices, government initiatives, and modern technologies used in counseling and talent development & Long-Term Athlete Development (LTAD) Model
- 3.5 National and International Talent Identification Programmes

UNIT – IV: Talent Assessment and Development (12 Hours)

- 4.1 Anthropometric Measurements in Talent Identification- Height, Weight, Body Composition,
- 4.2 Physical Fitness and Motor Ability Testing- Strength, Speed, Endurance, Flexibility, Agility
- 4.3 Physiological and Psychological Assessment- Aerobic Capacity, Anaerobic Capacity, Heart Rate, VO₂ Max & Motivation, Confidence, Concentration, Competitive Spirit
- 4.4 Skill Evaluation and Performance Analysis- Different sports skill test
- 4.5 Role of Coaches, Physical Education Teachers and Sports Scientists in Talent Development

UNIT – V: Contemporary Issues in Counseling and Talent Development (12 Hours)

- 5.1 Ethics and Professional Issues in Sports Counseling
- 5.2 Inclusive Counseling for Women, Children and Athletes with Disabilities
- 5.3 Technology in Counseling and Talent Identification; Sports Analytics, Wearable Devices, Artificial Intelligence, Video Analysis
- 5.4 Government Policies and Talent Promotion Programmes; National Sports Policy, Khelo India & Sports Authority of India (SAI)
- 5.5 Emerging Trends and Career Opportunities in Sports Counseling and Talent Identification

Reference and Textbooks:-

SEMESTER –VIII

DSC/Major (Core) – 803	Sports Entrepreneurships	Theory (4)
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Course Title: Sports Entrepreneurships**Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-50 Marks		
					MCQ-1 Mark Question-	2 Marks Question	10 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	0	10 of 10	5 of 8	3 of 5

Course Objectives

1. To introduce the concepts and principles of entrepreneurship in the sports industry.
2. To develop entrepreneurial skills for creating and managing sports-related ventures.
3. To understand business planning, marketing, finance, and legal aspects of sports enterprises.
4. To promote innovation, leadership, and sustainable business practices in sports.
5. To prepare students for self-employment and career opportunities in the sports sector.

Learning Outcomes

1. Students will understand the fundamentals of entrepreneurship and identify opportunities in the sports sector.
2. Students will acquire the skills to prepare and evaluate business plans for sports ventures.
3. Students will learn marketing strategies and the application of innovation in sports businesses.
4. Students will develop leadership and management competencies for entrepreneurial success in sports.
5. Students will understand startup development, funding opportunities, and emerging trends in sports entrepreneurship.

UNIT – I: Introduction to Sports Entrepreneurship (12 Hours)

- 1.1 Meaning, Definition and Scope of Entrepreneurship
- 1.2 Concept and Importance of Sports Entrepreneurship
- 1.3 Characteristics and Qualities of a Sports Entrepreneur
- 1.4 Entrepreneurial Ecosystem in Sports
- 1.5 Opportunities in the Sports Industry; Sports Academies, Fitness and Wellness Centres, Sports Equipment Business, Sports Event Management, Sports Tourism & Sports Media and Technology

UNIT – II: Business Planning and Management (12 Hours)

- 2.1 Business Idea Generation and Opportunity Identification
- 2.2 Business Model Canvas
- 2.3 Preparation of Business Plan; Vision and Mission, Market Analysis, SWOT Analysis, Marketing Strategy & Operational Plan
- 2.4 Financial Planning; Budgeting, Cost Analysis, Pricing & Sources of Finance
- 2.5 Legal Requirements for Sports Enterprises; Business Registration, Licensing & Intellectual Property Rights (IPR)

UNIT – III: Sports Marketing and Innovation (12 Hours)

- 3.1 Principles of Sports Marketing
- 3.2 Branding and Brand Management
- 3.3 Sponsorship and Endorsements
- 3.4 Digital Marketing and Social Media Promotion
- 3.5 Innovation and Technology in Sports Business; E-commerce, Sports Analytics, Wearable Technology & Artificial Intelligence in Sports

UNIT – IV: Leadership, Event Entrepreneurship and Ethics (12 Hours)

- 4.1 Leadership and Team Building
- 4.2 Communication and Negotiation Skills
- 4.3 Entrepreneurship in Sports Event Management
- 4.4 Ethics and Corporate Social Responsibility (CSR) in Sports Business
- 4.5 Risk Management and Crisis Management in Sports Enterprises

UNIT – V: Start-up Development and Emerging Trends (12 Hours)

5.1 Startup Ecosystem in Sports

5.2 Government Schemes for Entrepreneurs; Start-up India, Stand-Up India, MSME Support & Skill India

5.3 Funding and Investment; Angel Investors, Venture Capital & Crowd funding

5.4 Case Studies of Successful Sports Entrepreneurs (India and Abroad)

5.5 Future Trends in Sports Entrepreneurship; Sports Technology, Esports, Sustainable Sports Business & Sports Analytics

Reference and Textbooks:-

SYLLABUS FOR MINOR IN PHYSICAL EDUCATION & SPORTS

Semester	Course Type	Name of the Course	Mode the Course
I	DMC/Minor (Core) – 101(4)	Historical Background of Physical Education & Sports Formal and Rhythmic Activities	Theory (3) Practical(1)
II	DMC/Minor (Core) – 201(4)	Physical Education and Sports Management Recreational Exercises, Fun Games, and Minor Games	Theory (3) Practical(1)
III	DMC/Minor (Core) – 301(4)	Track and Field Track and Field Practicum	Theory (3) Practical(1)
IV	DMC/Minor (Core) – 401(4)	Yoga Education Yoga Practicum	Theory (3) Practical(1)
V	DMC/Minor (Core) – 501(4)	Health, Fitness and Wellness Indian Games(Kho Kho and Kabaddi)	Theory (3) Practical(1)
VI	DMC/Minor (Core) – 601(4)	Basic Anatomy, Physiology and Applied Kinesiology in Physical Education & Sports Ball Games (Football, Volleyball and Cricket)	Theory (3) Practical(1)
VII	DMC/Minor (Core) – 701(4)	Basic Sports Training Gymnastics and Racket Games (Badminton & Table Tennis)	Theory (3) Practical(1)
VIII	DMC/Minor (Core) - 801(4)	Athletic Care and Computer Application in Physical Education and Sports Computer Practicum	Theory (3) Practical(1)

UNIVERSITY OF GOUR BANGA
MALDA, WEST BENGAL, INDIA

Semester-1**DMC/Minor (Core) – 101(4): Historical Background of Physical Education & Sports****Formal and Rhythmic Activities****Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports.
2. Students may understand the Fundamental Exercise of different body parts and its implications for different Sports.
3. Students may learn the Marching and different types of Minor Games.

Course Outcomes:

1. Students may have a strong Physical Education, Exercise, and Sports background.
2. This subject may generate vibration for further development of Physical Education, Exercise, and Sports.
3. Students may know to brutes for different exercises.

History and Foundation of Physical Education & Sports (Theory – Credit: 3)**Unit-1: Introduction to Physical Education& Sports and Olympic Movement (Lecturer Hours-10)**

1. Meaning, Definition, and Scope of Physical Education and Sports
2. Aim, Objectives, Importance, Misconceptions and Modern concept of Physical Education and Sports
3. Ancient Olympic Games. Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village, Opening Ceremony, Victory and Closing Ceremony
4. Historical background of Commonwealth and Asian Games. Successes of India in the Olympic, Commonwealth, and Asian Games in the last Decade

Unit-2: Historical Development of Physical Education and Sports (Lecturer Hours-10)

1. Historical Development of Physical Education and Sports in India- Ancient Period, Contribution of Y.M.C.A; Akhadas and Vyayamshalas in India for development Physical Education and Sports.
2. Historical development of Physical Education and Sports in India during Pre-Independence & Post-Independence period.
3. National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award for Lifetime Achievement, and Molana Abul Kamal Azad Trophy.
4. Contribution of Eminent Physical Educationist: (i) Johann Bernhard Basedow, (ii) Johann Christoph Friedrich Guts Muths, (iii) HC Buck, (iv) James Buchanan, (v) P M Joseph

Unit-3: Foundation& Principles of Physical Education and Sports (Lecturer Hours-10)

1. Biological foundation: Meaning and Principles of Growth and Development. Factors affecting growth and development. Differences between growth and development Body type: Meaning of body type, Classification of Sheldon Body type, Age: Chronological age, Anatomical age, Physiological age, and Mental age. The relation between age and sex different in physical activity
2. Psychological Foundation-Meaning and definition Psychology & Sports Psychology. Importance of Psychology in Physical Education and Sports, Components of psychology and its importance.
3. Sociological Foundation: Meaning and concept of Socialization. Socialization to Physical Education and Sports. Role of Games and Sports in National and International Integration. Sports ethics.

Formal and Rhythmic Activities (Practical) - Credit -1**Unit-1: Formal Activity (Pr. Hours-10)**

5. Fall in Attention, Stand at Ease, Eyes Right-Eyes Front (Dressing), & Turning Right, Left and About.
6. Marching: Arm-Leg Coordination, Marching, Mark Time
7. Quick March, Halt, About Turn while Marching,
8. Marching with Salute Break Off, Disperse and Dismissal

Unit -2: Rhythmic Activity (Pr. Hours-10)

5. Rhythmic Aerobic-Dance.
6. Callisthenic without Apparatus (Four and Eight Counts)
7. Callisthenic with Apparatus (Wand, Ball, Hoop, Lathi, Pompom, etc.
8. Laziume (Gati Lezuim and Hindustani Lezuim)

References/Suggested Readings:

1. Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febiger, 1991.4
2. Bokil, V.P. Foundation of Education, Pune: Pune University, 1970.
3. Bucher, C.A. & West, D.A. Foundations of physical education & sports. St. Louis: Times Mirror Mosby College publishing, 10th ed., 1987.

4. Deshpande, S.H.(2014),Physical Educationin Ancient India.Amravati:DegreecollegeofPhysicaleducation.
5. Kamlesh M.L., Principles and History of Physical Education and Sports., Delhi:Friends Publication (India)New,2004.
6. Wuest DA and Bucher CA (2003).Foundations of Physical Education Exercise Science and Sports. Mc Graw Hill Companies, Inc. ,New York,USA
7. Graham, G. (2001)Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign,Illinois,USA.
8. Sharma,N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi –110002

Semester-2
DMC/Minor (Core) – 102(4): Physical Education and Sports Management
Recreational Exercises, Fun Games, and Minor Games

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

Course Objectives:

3. Students may understand the historical development and the concept of Management of Physical Education and Sports
4. Students may learn the Management of Physical Education and Sports in this subject

Course Outcomes:

3. Students may have a strong Management of Physical Education and Sports background.
4. This subject may generate vibration for further development of Management of Physical Education and Sports

Management of Physical Education and Sports (Theory - Credit:3)

Unit-1: Introduction to Sports Management and Tournaments (Lecturer Hours-10)

5. Concept, definition, and Importance of Sports Management
6. Principles of Sports Management
7. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). The procedure of drawing fixtures, advantages and disadvantages of Knock-out and League tournaments.
8. Method of organizing of Intramural, Extramural competition, Annual Athletic Meet and Play Day

Unit -2: Facilities and Equipment Management in Physical Education and Sports (LecturerHours-10)

5. Events Management, Stoor Room Management, and Preparation of Strock Register.
6. Care and maintenance of playground, Gymnasium, and Swimming pool
7. Care and maintenance of sports equipment, budgeting in Physical Education and Sports.
8. Time Table Managements: Meaning and importance of time table Management

Unit -3: Leadership and Planning (LecturerHours-10)

5. Meaning and definition of leadership, Qualities of a good leader in Physical Education and Sports.
6. From Leadership in Physical Education and Sports Principles of leadership activities
7. Leadership Camp at School, College, and University level.
8. Meaning, the definition of Planning and Factors affecting planning.

Recreational Exercises, Fun Games and Minor Games(Practical - Credit:1)

Unit- 1: Recreational Exercises and Fun Games (Pr.Hours-10)

- 5 Recreational Exercise and Fun Games for Children and Adults
- 6 Recreational exercise for individuals and Groups. Party Games for Fun
- 7 Recreational Exercise for Fitness Components Development
- 8 Lead-up Activities for Sports with Fun

Unit- 2: Minor Games & Folk Games (Pr.Hours-10)

- 5 Individual Minor Games & Folk Games
- 6 Group Minor Games & Folk Games
- 7 Minor Games for Warm-up and Cool-Down
- 8 Skilled-based Modified Minor Games

References/Suggested Readings:

12. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach. New York: Prentice Hall Inc.
13. Nada, S.M. ports management, Friend Publication, New Delhi.
14. Bucher, C. A. (1983). Administration of Physical Education and Athletic program. St. Lolis: The C.V. Hosby Co.
15. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
16. Pandey, L.K. (1977). Methods in Physical Education. Delhe: Metropolitan Book Depo.
17. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
18. Thomas, J. P.(1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
19. Singh, A. et al. (2010) Essential of Physical Education. Kalyayani Publishers.
20. Kar, S & Santra. D.C. (2018): SnatakSaririkshaPorichaya (Vol.-1), Santra Publication, Kolkata

Semester-3
DMC/Minor (Core) – 103(4): Track and Field
Track and Field Practicum

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the theoretical aspect of fundamental track and Field events.
2. Students may learn the Track and Field Event from the Theoretical aspect.

Course Outcomes:

3. Students may know to brutes for different exercises on the Track and Field Events.
3. This subject may generate vibration for further development of Physical Education, Exercise and Sports

Track and Field (Theory - Credit: 3)

UNIT-1: Track Marking and Rules Regulations (Lecturer Hours- 10)

5. Concept of Different structural forms and types of Tracks. Characteristics of Standard Track, List of Track Events with their Specifications.
6. Draw the different types of Tracks with event-wise complete marking of Track.
7. Layout and Marking Procedure of Standard Track and Non-Standard Track, Calculation of Stagger Distance, and Diagonal Access.
8. Rules and Regulations regarding the Start and Finish of Track Events including Hurdles and Relay Races

UNIT-2: Field Marking and Combined Event (Lecturer Hours- 10)

5. List of Field Events with their Specifications.
6. Layout and mark Procedure of the Throwing and Jumping Sector: Shot Put, Discus Throw, Javelin Throw, Long Jump, High Jump, Triple Jump
7. Rules and Regulations regarding Jumping Events: Long Jump, High Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
8. Concept of Combined Events- Decathlon, Heptathlon, Pentathlon and Triathlon.

UNIT – 3: Organizational Part of Track And Field (Lecturer Hours- 10)

5. List of Officials and their responsibilities. Score sheet preparation for running, jumping, and throwing events.
6. Responsibilities of the Athletes related to participation in competition.
7. Organizational and management setups of opening and closing ceremony Sports meet.
8. Steps to be followed to organize Institutional Annual Athletic Meet.

Track and Field (Practical - Credit:1)

UNIT-1: Track Events (Pr. Hours- 10)

5. Starting Technique: Standing Start, Crouch Start, and its Variations. Fixing up of Starting Block.
6. Acceleration with Proper Running Techniques, with Special emphasis on Arm Action, Knee Action, and stride length.
7. Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.
8. Relay Race – Types of Batons Holding Style of baton exchange (Visual and Non-Visual)

UNIT-2: Field Events (Pr. Hours- 10)

7. Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
8. High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
9. Triple Jump: Approach Run, Take-Off, Hop-Step-Jump, Flight in the air, and Landing.
10. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (Parry O' Brien Technique)
11. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.

Javelin Throw: Grip, Carry, Release and Recovery Techniques

References/SuggestedReadings:

14. Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
15. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
16. Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
17. Handbook-Rules and Regulation. International Athletic Federation (2010).
18. Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
19. Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
20. Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi
21. Layout and Marking of Track And Field, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
22. IAAF Competition Rules (Latest Version), International Association of Athletics Federations, MC 98007, MONAC Cedex.
23. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Delhi, 110002.
24. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Angola, www.physicalliteracykurnool.com
25. Book of Rules of Games and Sports, National Council of YMCAs of India, Department of Communication, Bharat YuvakBhavan, Jai Singh Road, New Delhi 110001
26. Handbook of Physical Education And Sports, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002

Semester-4
DMC/Minor (Core) – 104(4): Yoga Education
Yoga Practicum

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the Yoga Education
2. Students may learn Yoga; asanas, Pranayamas, Bandhas, and Mudras.

Course Outcomes:

1. Students may know to brutes for different yogic exercises.
2. This subject may generate vibration for further development of Yoga; asanas, Pranayamas, Bandhas, and Mudras

Unit - 1: Introduction of Yoga Education (LecturerHours-10)

5. Meaning, Misconception and Definition, Aim and Objective of Yoga.
6. History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga, and Bhakti Yoga).
7. Need and importance of Yoga in Physical Education and Sports in the modern era.
8. Differences between Yogic Practice and Physical Exercise. Preparation of yogic practice: Time, Place, Food, Dress, and Contraindication

Unit - 2: Foundation of Yoga, Meditation, Pranayama and Kriya (Lec.Hrs-10)

5. Astanga Yoga and their implication of our Society; Meaning, types, and principles of Meditation Aim, Objectives, Principles, and types of Asanas, Bandhas, and Mudras
6. Yoga Sutra: Classification of Asanas with special reference to Physical Education and Sports.
7. Concept and definition of Kriya, types, and its benefits. (Kapalbahati, Neti, Dhauti, Nauli and Trataka)
8. Common Yogic practice protocol referred by AYUSH. International Yoga Day. Contribution of any two yogis'

Unit - 3: Principles, Mechanism And Effects and Application(LecturerHours-10)

5. Effects of Yogic Practice on the Nervous, Cardio-respiratory, and Musculoskeletal system, Effects of Bandhas& Mudras described in Hatha Yoga
6. Pranayama: Mechanism and its effects on various systems of body and mind
7. Yoga for Stress, Anxiety, and Depression Management
8. Yoga as Preventive Medicine in the Modern Era, Therapeutic Uses of Yoga in the Present Society

Yoga Practicum (Practical – Credit: 1)

Unit - 1: Asanas(Pr- 10Hrs)

- 4) **Vishramasana(RelaxativePosture):** Shavasana,Makarasana
- 5) **Dhyanasana(MeditativePosture):**Sukhasana,Padmasana, Vajrasana,Sastikasana
- 6) **Swasthyasana(CuturalPosture):** **Standing**(Ardhachandrasana, Brikshasana, Padahastasana); **Sitting Posture**, (Ardhakurmasana, Paschimottanasana, Gomukhasana), **Supine Posture** (Setubandhasana, Halasana, Matsyasana), and **Prone Posture** (Bhujangasana, Salvasana, Dhanurasana).

Unit - 2: Pranayama and Kriya (Pr-05 Hrs.)

3. **Pranayama:**AnulomVilom,Bhramri ,Bhastrika,Shitali, Sheetkari.
4. **Kriya:**Kapalbhati, Neti, Dhauti, Nauli and Trataka

Unit - 3: Meditation and Mudra (Pr-05 Hrs)

3. **Meditation:** Mindfulness Meditation, Spiritual Meditation ,Focused Meditation, Mantra Meditation, Progressive Meditation etc.
4. **Mudra:** Gyan Mudra and Dhyana Mudra

SUGGESTED BOOKS:

4. Methods in Physical Education by DambachlC.Williams J.F.N. Schwendener
5. Physical Education lessons by Dr.lP, Thomas. (Weeks and HAWinekles)
6. Methods in Physical Education by Kosman Cassidy-Jackson.

Semester-5**DMC/Minor (Core) – 105(4): Health, Fitness and Wellness****Indian Games(Kho Kho and Kabaddi)****Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the historical development and the concept of Health Education, Fitness & Wellness
2. Students may learn the Health Education, Fitness & Wellness
3. Students may understand the historical development and the concept of Indian Games

Course Outcomes:

1. Students may have a strong Health Education, Fitness & Wellness background.
2. This subject may general evibration for further development of Health Education, Fitness & Wellness
3. Students may know the strong background of the Indian Games

Health Education, Fitness & Wellness (Theory - Credit:3)**Unit - 1: HealthEducation (L.Hours-10)**

5. Meaning, Definition, Dimension, and Factor Affecting Health. Meaning, Definition, Aims, Objectives, and Principles of Health Education
6. Harmful Effects and Management of Health Problems of College Youth, Personal Hygiene, Health Agencies NIHFW, WHO, UNESCO, UNICEF
7. Communicable Diseases-Meaning, Definition, and Types. Causes, Prevention, and Control of Malaria, Dengueand Chicken Pox and Diarrhea
8. ModernLifestyleandHypokineticDisorder-Meaning,Definition,andCauses.ManagementofObesity,Diabetes,Asthma,and Cardio-Vascular Disorder

Unit - 2: Fitness(L. Hours-10)

5. Meaning, Definition, Need, and Importance of Fitness and Physical Fitness
6. Types of Physical Fitness Components. Meaning, Definition, and Usefulness of Health-related and Sports-Performance-related Physical Fitness Components
7. Ageing-Meaning and Definition. Aging Phenomenon. Role of Exercise in Healthy Aging
8. Common Sports Injuries, Injury Management through First Aid, Personal Hygiene.

Unit - 3: Wellness (L.Hours-10)

5. Wellness-Concept, Definition, Dimension, Significance regarding Positive Lifestyle
6. Concepts of Quality of Life and Body Image. Relationship between Physical Activities and Wellness
7. Factor Affecting Wellness, Scope of Wellness. Modern Trends in Wellness
8. Concept of Designing Different Wellness Programs for Different Age Groups

Indian Games - Kho Kho, Kabaddi, and Archery (Practical - Credit:1)**Unit - 1: Kho Kho (Pr. Hours -07)**

5. General skills of the game-Running, chasing, Dodging, Faking, etc.
6. 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, judging in giving Kho, and Rectifying Foul.
7. Skills in Running-Zigzag 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,
8. Combination of different skills. Ground Marking, rules, and their interpretations and duties of officials.

Unit - 2: Kabaddi (Pr. Hours - 07)

5. Skills in Raiding-Touching with hand, various kicks, crossing of balkline, Crossing of
6. Bonus line, luring the opponent to catch, Pursuing.
7. Skills of Holding the Raider- Various formations, catching from a particular position, Different catches,
8. Luring the raider to take a particular position to facilitate catching, catching formations, and techniques.
9. Additional skills in raiding-Bringing the antis in a particular position, escaping from various holds. Techniques of

escaping from chain formation, combined formations in offense and defense. Ground Marking, rules, and their interpretations and duties of officials.

UNIT- 3: Archery (Pr. Hours - 06)

5. Awareness with the targets and the equipment's
6. Stance, Nocking the Arrow, Set, Set-up, Draw and Load, Anchor
7. Transfer and Hold, Aim and Expand, Release and Follow Through
8. Rules and their interpretations and duties of officials.

References/Suggested Readings:

10. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black,
11. Giam, C. K. & The, K. C. (1994). Sport medicine exercise and fitness. Singapore: P. G. Medical Book.
12. McGlynn, G., (1993). Dynamics of fitness. Madison: W. C. B Brown.
13. Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.
14. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
15. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
16. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022
17. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
18. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.

Semester-6
DMC/Minor (Core) – 106(4): Basic Anatomy, Physiology and Applied Kinesiology in
Physical Education & Sports,
Ball Games (Football, Volleyball and Cricket)

Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

Course Objectives:

1. Students may understand the historical development and the concept of Basic Human Anatomy and Physiology
2. Students may learn the Basic Human Anatomy and Physiology

Course Outcomes:

1. Students may have a strong background in Basic Human Anatomy and Physiology
2. This subject may general evibration for further development of Basic Human Anatomy and Physiology

UNIT-1: Introduction of Anatomy and Physiology(Lecturer Hours-10)

1. Definition of Anatomy and Physiology and its importance in the field of Physical Education and Sports
2. Human Cell–Concept, definition, types, structure and functions
3. Tissue-Concept, definition, types, structure and functions
4. Human body systems. Anatomical and Physiological differences between male and female

UNIT- 2: Muscular-SkeletalSystem(LecturerHours-10)

1. Structure of bones and their different types, concept of Axial and Appendicular skeleton, Name of the bones of the skeleton system(only names, detailed structure are excluded),Functions of Vertebral column, ribcage, skull
2. Elementary concept of joint, ligament and tendon, types of joints
3. Structure, Composition, Properties and functions of skeletal muscles
4. Different types of muscle-cardiac, skeletal, and smooth their difference and functions. Concept of red and white muscle, types of muscular contraction

UNIT- 3: Circulatory System & the Respiratory system:(Lecturer Hours-10)

1. Constituents of blood and their function–Blood groups and blood transfusion, clotting of blood
2. The structure of the human properties of the heart muscle, Mechanism of blood circulation through the human heart, cardiac cycle, and blood pressure. Cardiac output.-elementary concept
3. The Respiratory passage–the lungs and their structure and mechanism of breathing
4. The mechanism of respiration(Internal and External Respiration), Lung Capacity, Vo2 Max, Oxygen Debt

UNIT- 4: Exercise Physiology (LecturerHours-10)

5. Immediate effect of exercise on the Muscular System. Long-term effect of training on the Muscular System
6. Immediate effect of exercise on the Skeletal System. Long-term effect of training on the Skeletal System
7. Immediate effect of exercise on the Circulatory System. Long-term effect of training on the Circulatory System
8. Immediate effect of exercise on the Respiratory System. Long-term effect of training on the Respiratory System

References/Suggested Readings:

10. Gupta, A.P.(2010).Anatomy and physiology.Agra: Sumit Prakashan. years B.P.EdCurriculum
11. Gupta, M.and Gupta,M.C.(1980).Body and anatomical science. Delhi:Swaran Printing Press.
12. Guyton,A.C.(1996).TextbookofMedicalPhysiology,9thedition. Philadelphia: W.B.Saunders.
13. Karpovich, P.V.(n.d.).Philosophy of muscularactivity .London:W.B.Saunders Co.
14. Lamb,G.S.(1982).Essentialsofexercisephysiology.Delhi:SurjeetPublication.
15. Moorthy,A.M.(2014).Anatomyphysiologyandhealtheducation.Karaikudi:MadalayamPublications.
16. Morehouse,L.E.&Miller,J.(1967).Physiologyofexercise.St.Louis:TheC.V.MosbyCo.
17. Pearce,E.C.(1962). Anatomyandphysiologyfornurses.London:Faber&FaberLtd.
18. Singh, S.(1979).Anatomy ofphysiology and health education.Ropar:JeetPublications

Ball Games-1 (Practical - Credit: 1)

1. Fundamental skills and rules & regulation of Football (Pr. Hours- 10)

1. Fundamental Skills – Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick o Trapping-trapping rolling the ball, trapping bouncing ball with sole,
2. Dribbling-with instep, inside and outer instep of the foot. Heading-standing, running and jumping.

3. Throw-in feinting with the lower limb and upper part of the body.
4. Tackling-Simple tackling, Slide tackling.
5. Goal Keeping - Collection of balls, Ball clearance-kicking, throwing and deflecting.
6. Rules and their interpretations and duties of officials.

2. Fundamental skills and rules & regulation of Volleyball (Pr. Hrs- 10)

1. Serving techniques: under hand, over head, float serve & jump serve
2. Passing technique: under arm pass, over head pass, dive & pass & foot work while passing
3. Blocking technique: foot work position & timing
4. Facilities & equipment required for Volleyball
5. Rules & regulation of Volleyball

3. Fundamental skills and rules & regulation of Cricket (Pr. Hrs- 10)

1. Bating: forward defence stroke, backward defence stroke, off drive, on drive, straight drive, cover drive, square cut
2. Blowing: out swing, in swing, off break, leg break, googly
3. Fielding: catching- the high catch, the skim catch, side catch, close catch & throwing at the stumps from different angel, long barrier & throw, shot through, long throw, throwing on the turn, wicket keeping
4. Facilities & equipment required for Cricket
5. Rules & regulation of Cricket

Suggested Reading:

13. Jain, R. Play & learn Cricket, khel sahitya Kendra, New Delhi
14. Vivek Thani, Coaching Cricket, khel sahitya Kendra, New Delhi
15. Saha, A.K. Sarir Siksher Ritiniti, rana publishing house, Kalyani
16. Bandopadhyay, K. Sarir Siksha Parichay, Classic publishers, Kolkata
17. Sally Kus, Coaching Volleyball successfully, Human Kinetics
18. Atkins, J.R. (1872). The book of Racquets. A practical guide to the game & its history& to the different courts in which it is played. London: Frederick Warne & Co.

Semester-7**DMC/Minor (Core) – 107(4): Basic Sports Training and
Gymnastics and Racket Games (Badminton & Table Tennis)****Basic Sports Training (Theory- Credit: 3)****Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva- voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	10 Marks	5 Marks	20	10 of 10	5 of 8	2 of 4

Course Objective:

1. This course will enable students to understand the modern concept of sports training.
2. It aims to develop understanding about the aim and objective of sports training, principles of sports training, system of sports training, training components, training process and training programming and planning.

Course Outcome:

1. Understand the modern concept of sports training., describe the principles of sports training, evaluate and develop system of sports training – basic performance, intermediate performance and high performance training, plan training sessions, realize and apply the Methods of Technique Training, design different training program for Training Component, explain Periodization and its types, identify talents.

UNIT – I: INTRODUCTION (Lecturer Hours-10)

- 1.5 Sports Training: Meaning, Definition, Aim and Objectives of Sports Training
- 1.6 Importance and Characteristics of Sports Training
- 1.7 Principles of Sports Training
- 1.8 Warm up and Cooling down- meaning, definition, types and its importance. Conditioning-Meaning, Definition and its application in Physical Education and Sports

UNIT - II: LOAD AND TRAINING LOAD (Lecturer Hours-10)

- 2.1 Concept definition and types of load and training load
- 2.2 Load Dynamics: concept, definition, components, and its principles
- 2.3 Over Load, Overreaching, Over Training and Burnout- Concept and Relationship with Sports Performance
- 2.4 Relationship between Load, Recovery and Adaptation, Conditions of Adaptation and Super Compensation

UNIT – III: DEVELOPMENT OF FITNESS COMPONENTS (Lecturer Hours-10)

- 3.1 Strength- Meaning, definition, types, means and method to develop Strength
- 3.2 Endurance- Meaning, definition, types, means and method to develop Endurance
- 3.3 Flexibility- Meaning, definition, types, means and method to develop Flexibility
- 3.4 Speed- Meaning, definition, types, means and method to develop Speed

Suggested Reading:

10. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
11. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
12. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
13. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
14. Gary, T. Moran (1997) – Cross Training for Sports, Canada: Human Kinetics Hardayal.
15. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
16. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
17. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
18. Yograj Thani (2003), Sports Training, Delhi : Sports Publications

Gymnastics and Racket Games (Badminton & Table Tennis) (Practical - Credit: 1)**1. Fundamental skills and rules & regulation of Gymnastics (Pr. Hours- 10)**

- A. History and function of FIG and GFI
- B. Types of Gymnastics: Artistic Gymnastics, Rhythmic Gymnastics, Aerobic Gymnastics, Acrobatics Gymnastics, Trampoline Gymnastics.
- C. **Compulsory:**
 - a) Forward Roll,
 - b) T-Balance,

- c) Forward Roll with Split leg,
- d) Backward Roll,
- e) Cart-Wheel

D. Optional (any one from each group)

Floor Exercise (MEN & WOMEN) (Semi- Advance Element)

- 1. Dive and Forward Roll
- 2. Hand Spring
- 3. Neck Spring
- 4. Hand Stand and Forward Roll
- 5. Somersault

[Note: Perform the above Gymnastic skills continuously in the same sequence]

2. Fundamental skills and rules & regulation of Badminton (Pr. Hours- 10)

- 2.1. Basic knowledge; Racket parts, Racket grips, Shuttle grip
- 2.2. Service: Shot service, long service, long high serving
- 2.3. Shots: Over head shot, defensive clear shot, attacking shot, attacking clear shot, drop shot, smash
- 2.4. Facilities & equipment required for Cricket
- 2.5. Rules & regulation of Cricket

3. Fundamental skills and rules & regulation of Table Tennis (Pr. Hours- 10)

- 3.1. Basic knowledge; grip of racket, shake hand grip, pen whole grip, stance alternate & parallel stance
- 3.2. Service, receive & return: (fore hand & back hand) push, chop, down the line, top spin, back spin, side spin
- 3.3. Facilities & equipment required for Table Tennis
- 4.4. Rules & regulation of Table Tennis

Suggested Reading:

- 1. Saha, A.K. Sarir Siksher Ritiniti, rana publishing house, Kalyani
- 2. Bandopadhyay, K. Sarir Siksha Parichay, Classic publishers, Kolkata
- 3. Naveen Jain, Play and learn Basketball, khel sahitya Kendra, New Delhi
- 4. Dubey, H.C. Basketball, Discovery publishing house, New Delhi
- 5. Atkins, J.R. (1872). The book of Racquets. A practical guide to the game & its history& to the different courts in which it is played. London: Frederick Warne & Co.
- 6. Lord Aberdare. The JT Faber book of Tennis & Rackets. London: Quiller press, 2002. ISBN: 1-899163-62-X

Semester-8

DMC/Minor (Core) – 108(4): Athletic Care and Computer Application in Physical Education and Sports
Computer Practicum

Athletic Care and Computer Application in Physical Education and Sports**(Theory- Credit: 3)****Evaluation Processes (Marks Distribution-4 Credits or 75 Marks)**

Attendance	Class Performance	Presentation/ Project etc.	Viva-voce	Practical	Theoretical Exam-30 Marks		
					MCQ-1 Mark Question-10 of 10	2 Marks Question-5 of 8	5 Marks Question-2 of 4
5 Marks	5 Marks	10 Marks	5 Marks	20			

Course Objectives:

1. Understand the basics of computer applications and AI in physical education and sports.
2. Learn to use software and technology for data analysis, visualization, and reporting in physical education and sports.
3. The goal of a sports medicine is to help the student engage in exercise safely and effectively in order to achieve their training goals.
4. To provide knowledge about the causes of injuries
5. Develop skills in using computer applications for sports performance analysis, talent identification, and injury prevention.

UNIT I – Introduction (Lecturer Hours-10)

5. Meaning and Definition of Sports Medicine, Definition and Principles of Therapeutic Exercises.
6. Injuries: Acute, Sub-acute, and Chronic.
7. Advantages and Disadvantages of PRICE, PRINCE therapy.
8. Preventive, Curative and Rehabilitation Aspects of Sports Injuries.

UNIT II - Basic Rehabilitation and Therapeutic Modalities (Lecturer Hours-10)

5. Basic Rehabilitation: Bandages, Strapping and Tapping: Role of Sports Rehabilitation, Classification of Rehabilitation. Therapeutic Modalities –
6. Cold Modalities (Cryotherapy)- Principles of Modalities –Ice Massag –Ice Packs – Ice Immersion and Cold Whirlpool –Cry Stretch –Chemical Packs –Ice Compression. Heat Modalities (Thermotherapy)-
7. Effects of Heat Applications-Infrared Lamp-Moist Heat Packs –Paraffin Wax Bath- Contrast Bath - Sona Bath. Electrotherapy - Basic Principles of Electrotherapy (Therapeutic Effects)-
8. Electrical Stimulator –Short Wave Diathermy-Microwave Diathermy –Ultrasound-Neuromuscular Electrical Stimulator –Interferential Current –Transcutaneous Nervous Stimulator (TENS) -Ultraviolet Therapy-Lasser.

Unit: III-Introduction and Basic Concept of Computer and Information Technology

1. Basic concept of computer and it accessories with their function, Concept of Hardware Software and Operating System, Antivirus.
2. MS Word - File create, File save File rename, File Open, File delete, Copy, Paste, Cut, Clipart, Word-art
3. MS Excel - Spreadsheet - Row, Column, Sheet, Input Graph, Formula, Table
4. MS Power Point - Create slide, save slide, copy slide, format slide, rearrange slide, delete slide, Slide design, slide animation and slide show
5. Concept of network, internet, Wi-Fi, email, web page, information technology

Computer Practicum (Practical - Credit: 1)**Unit: I- (Pr. Hours- 15)**

5. Turning on and off of Computer and Monitor
6. MS Word: (i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment, (ii) Insert of Page numbering, Word art, Clip Art, Print option.
7. MS Excel: (i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculating Average & Percentage, Concept of inserting various formulas and (ii) Input the same number, alternative number, continuous number in spread sheet, input and editing Graph and Table, Data shorting and search
8. MS Power Point: (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide Design and (ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show

Unit: II- (Pr. Hours- 15)

Internet & email (i) web browsing, downloading image/ file, save file from web, create new email account.

Suggested Reading:

17. Phillip Ward , Computer Applications in Physical Education and Sport" , Publisher: Human Kinetics, 1607 N. Market St., Champaign, IL 61820, USA-Year: 2003, ISBN: 978-0-7360-4264-5
18. Terry L. Rizzo, Technology in Physical Education and Sport", Publisher: Jones & Bartlett Learning, 5 Wall St., Burlington, MA 01803, USA- Year: 2011- ISBN: 978-0-7637-7746-7
19. Alexandros L. Nikolopoulos , Sport Technology and Engineering", 6000 Broken Sound Pkwy NW, Ste 300, Boca Raton, FL 33487, USA - Year: 2018 - ISBN: 978-1-4987-5273-1 Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.
20. Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
21. Haggery, T., The Administrative use of computers in professional Sport Organization, New York.
22. Vikas Gupta, (1995) Computer Course, Delhi: Pustak Mahal.
23. Kadu, Ravindra Mahadeorao, (2016), Computer Applications in Physical Education, Sports Publications, ISBN-24: 13:9788178799827
25. Chavan, Uday, (2016), Computer Applications in Physical Education, Khel Sahitya Kendra Publisher, New Delhi
26. Kumar, Sandeep (2019) Computer Applications in Physical Education, Sports Publication; First edition, ASIN: B07S81YD55
27. Daniel Link , Artificial Intelligence in Sports - Publisher: Springer, 233 Spring St., New York, NY 10013, USA- Year: 2020 - ISBN: 978-3-030-40766-4
28. Joe Lemire , AI in Sports: A Guide for Coaches, Players, and Fans" - Publisher: Rowman & Littlefield, 4501 Forbes Blvd., Ste 200, Lanham, MD 20706, USA - Year: 2022- ISBN: 978-1-5381-6545-6
29. Phillip Ward , AI-Powered Physical Education: A Guide for Teachers and Coaches- Publisher: Human Kinetics, 1607 N. Market St., Champaign, IL 61820, USA- Year: 2022 - ISBN: 978-1-4924-5573-4
30. Thomas Reilly, Sport Performance Analysis Using AI and Machine Learning - Publisher: CRC Press, 6000 Broken Sound Pkwy NW, Ste 300, Boca Raton, FL 33487, USA - Year: 2020- ISBN: 978-1-138-58441-9

UNIVERSITY OF GOUR BANGA

MALDA, WEST BENGAL, INDIA

Syllabus for MDC (Other than Physical Education & Sports)

Semester 1 to 3 (Course Structure for the students admitted in the year 2024)

Semester	Course Type	Name of the Course	Mode the Course
I	MDC – 101	Health and Wellness	Theory
II	MDC – 201	Yoga Education	Theory
III	MDC – 301	Fitness and Recreation	Theory

MDC - 101

Course Title: Health and Wellness (Credit -3)

Evaluation Processes (Marks Distribution-4 Credits or 50 Marks)

Attendance	Class Performance	Presentation/Project etc.	Viva-voce	Theoretical Exam-40 Marks		
				MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	-	-	10 of 10	5 of 8	4 of 6

Course Objectives:

Course Outcomes

- Students may understand the Health and Wellness
- Students may learn the Health and Wellness
- Students may understand the Fundamental Exercise of different body parts and its implications for different Sports.

- Students may have a strong Physical Education, Exercise, and Sports background.
- This subject may generate Health and Wellness

Health and Wellness (Theory- Credit: 3)

UNIT- 1: HEALTH (L. Hours- 10)

- Health - Meaning, Definition, Concept, Dimension and Factors Affecting Health, Importance, and Scope of Health.
- Meaning, Definition, aims, objectives, and Principles of Health Education.
- Health Service- Daily health inspection, medical inspection and follow-up, health record, clinic, and health center.
- Mental Health – Meaning, definition, concepts, Problems of maladjustment, minor mental disorders – their causes and precautions, Physical Activity and Health Benefits,

Unit –2: WELLNESS (L. Hours- 10)

- Wellness- Concept, Definition, Components, and dimensions of wellness, Factors affecting wellness,
- Wellness Programmes with Special Reference to Physical Education Programme
- Nutrition, Diet, and Construction of Wellness Profile
-

UNIT- 3: HEALTH, WELLNESS AND LIFESTYLE (L. Hours- 10)

- Health and Safety in Daily Life, First Aid and Emergency Care
- Common Injuries and Their Management, Modern Lifestyle and Hypokinetic Diseases (Diabetes, Cardio-Respiratory and Obesity) – Prevention and Management
- Cyberculture and modern lifestyle, Significance regarding Positive Lifestyle
- Postural Deformities and Weight Management, Physical Activity and Health Benefits,

References/Suggested Readings:

1. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018
2. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022
3. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell
4. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013

MDC – 201**Course Title: (MDC-2): Yoga Education (Credit:3)****Evaluation Processes (Marks Distribution-4 Credits or 50 Marks)**

Attendance	Class Performance	Presentation/Project etc.	Viva-voce	Theoretical Exam-40 Marks		
				MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	-	-	10 of 10	5 of 8	4 of 6

Course Objectives:**Course Outcomes**

1. Students may understand the Yoga Education
2. Students may learn Yoga; asanas, Pranayama's, Bandhas, and Mudras.
1. To know the benefits of yoga in daily life

1. Students may know to brutes for different yogic exercises.
2. This subject may generate vibration for further development of Yoga; asana, Pranayamas, Bandhas, and Mudras

Yoga Education (Theory - Credit:3)**UNIT 1: INTRODUCTION OF YOGA (L.Hours-10)**

9. Meaning, Misconception and Definition, Aim and Objective of Yoga.
10. History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga, and Bhakti Yoga).
11. Needs and importance of Yoga in Physical Education and Sports in the modern era.
12. Differences between Yogic Practice and Physical Exercise. Preparation of yogic practice: Time, Place, Food, Dress, and Contraindication

UNIT –2: OUNDATION OF YOGA, MEDITATION, PRANAYAMA AND KRIYA (L.Hours-10)

9. Astanga Yoga and their implication of our Society; Meaning, types, and principles of Meditation Aim, Objectives, Principles, and types of Asanas, Bandhas, and Mudras
10. Yoga Sutra: Classification of Asanas with special reference to Physical Education and Sports.
11. Concept and definition of Kriya, types, and its benefits. (Kapalbahati, Neti, Dhauti, Nauli and Trataka)
12. Common Yogic practice protocol referred by AYUSH. International Yoga Day. Contribution of any two yogis'

UNIT –3: PRINCIPLES, MECHANISM AND EFFECTS AND APPLICATION(L.Hours-10)

1. Effects of Yogic Practice on the Nervous, Cardio-respiratory, and Musculoskeletal system, Effects of Bandhas & Mudras described in Hatha
2. Pranayama: Mechanism and its effects on various systems of body and mind
3. Yoga for Stress, Anxiety, and Depression Management
4. Yoga as Preventive Medicine in the Modern Era, Therapeutic Uses of Yoga in the Present Society

SUGGESTED BOOKS:

7. Methods in Physical Education by Dambach IC.Williams J.F.N. Schwendener
8. Physical Education lessons by Dr.IP, Thomas. (Weeks and HAWinekles)
9. Methods in Physical Education by Kosman Cassidy-Jackson.
10. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication.
11. Gharote, M.L. & Ganguly, H. (1988). Teaching Methods for Yogic Practice. Lonawala: Kaixydhmoe. Publishers.
12. banker, G. (1998). Holistic approach of Yoga. New Delhi: Aditya Publishers. Shekar, K. C.
13. Rajjan, S. M. (1985) , Yoga strengthening of Relaxation for sportsman. New Delhi: Allied

MDC – 301**Course Title: (DMC-3): Fitness and Recreation (Credit-3)****Evaluation Processes (Marks Distribution-4 Credits or 50 Marks)**

Attendance	Class Performance	Presentation/Project etc.	Viva-voce	Theoretical Exam-40 Marks		
				MCQ-1 Mark Question-	2 Marks Question	5 Marks Question
5 Marks	5 Marks	-	-	10 of 10	5 of 8	4 of 6

Course Objectives:**Course Outcomes**

1. Understand the principles and benefits of recreation
2. Develop practical skills in various recreational activities
3. Learn to plan, implement, and evaluate recreation programs

1. Appreciate the importance of inclusivity and accessibility in recreation
2. Prepare for careers in physical education, sports, and recreation management

Fitness and Recreation (Theory – Credit: 3)**UNIT: 1: CONCEPT OF FITNESS (L.HOURS - 15)**

1. Meaning, definition, and concepts of Fitness, Need and Importance of Fitness and Physical Fitness
2. Objectives, Characteristics and Principles of Fitness
3. Types of Fitness, definition, and components of physical fitness
4. Changing concepts of physical fitness, Aging- Meaning and Definition. Aging Phenomenon. Role of Exercise in Aging
5. Contemporary Health Problems of College Youth- Alcohol, Drugs, Tobacco, (Chewing, Sniffing, Smoking) their Harmful Effects Substance Abuse Management
6. Fitness Programme for children, adult and Society.

UNIT: 2: RECREATION(L. HOURS - 15)

1. Meaning, definition, and concepts and Principles of Recreation
2. History and Evolution of Recreation, Types of Recreation, Scope of Recreation
3. Importance and Therapeutic aspect of Recreation for the Modern Society, Recreation Programming for Diverse Population
4. Duty and Responsibility of Recreation Manager and Recreational Agencies
5. Recreation through Sports and Games
6. Use of Leisure Time Activities and their educational values

References/Suggested Readings:

21. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach. New York: Prentice hall Inc.
22. Nada, S.M. sports management, Friend Publication, New Delhi.
23. Bucher, C. A. (1983). Administration of Physical Education and Athletic program. St. Louis: The C.V. Mosby Co.
24. Tirunaryan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
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