



ಕ್ರಮಾಂಕ/No. :MU/ACC/CR.21/2021-22/A8

ಕುಲಸಚಿವರ ಕಛೇರಿ

ಮಂಗಳಗಂಗೂತ್ರಿ - 574 199

Office of the Registrar  
Mangalagangothri - 574 199

ದಿನಾಂಕ/Date: 02.11.2021

## NOTIFICATION

Sub: Syllabus of Physical Education, Sports & Yoga, a Disciplinary core Subject for B.A/B.Sc Degree Programme under NEP 2020-reg

Ref: Decision of the Academic Council at its meeting held on 27.10.2021  
Agenda No: 2:16(2021-22)

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Pursuant to the above, the syllabus of Physical Education, Sports & Yoga, a Disciplinary core Subject for B.A/B.Sc Degree Programmes under NEP 2020 which was approved by the Academic Council at its meeting held on 27.10.2021 is hereby notified for implementation with effect from the academic year 2021-22

Copy of the Syllabus shall be downloaded from the Mangalore University Website.  
[www.mangaloreuniversity.ac.in](http://www.mangaloreuniversity.ac.in)

REGISTRAR.

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To:

1. The Principals of the Colleges concerned.
2. The Registrar ( Evaluation ), Mangalore University.
3. Dr. Gerald Santhosh D'souza, Chairman, BOS in Physical Education & Chairman & Director, Department of Physical Education, Mangalore University, Mangalagangothri.
4. The Assistant Registrar/ Superintendent, Academic Section, O/o the Registrar, Mangalore University.
5. The Director, DUIMS, Mangalore University – with a request to publish in the Website.
6. Guard File



**MANGALORE UNIVERSITY**

**NEP 2020 BASED CURRICULUM  
FOR PHYSICAL EDUCATION, SPORTS AND YOGA  
OCTOBER 2021**

**FACULTY OF EDUCATION**

**SYLLABUS FOR  
PHYSICAL EDUCATION, SPORTS AND YOGA**

**IN ACCORDANCE WITH  
NEP REGULATIONS 2021**



**MANGALORE UNIVERSITY**  
**DEPARTMENT OF P.G. STUDIES AND RESEARCH IN PHYSICAL EDUCATION**  
**AND SPORTS**

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**SYLLABUS OF MANGALORE UNIVERSITY, UNDERGRADUATE I AND II SEMESTERS, PERTAINING TO PHYSICAL EDUCATION, SPORTS AND YOGA PREPARED IN THE MEETING OF THE BOARD OF STUDIES IN PHYSICAL EDUCATION ON SEPT. 21, 2021 AND FINALISED SUBSEQUENTLY, SUBMITTED TO MANGALORE UNIVERSITY ON OCTOBER 25, 2021.**

**MEMBERS OF THE BOARD OF STUDIES IN PHYSICAL EDUCATION**

- |  |                 |
|--|-----------------|
| 1. Dr. Gerald Santhosh Dsouza<br>Chairman and Director of Physical Education<br>Mangalore University, Mangalagangothri | Chairman        |
| 2. Dr. N D Virupaksha<br>Director of Physical Education<br>Kuvempu University, Shivamogga                              | External Member |
| 3. Dr. K K Amarnath<br>Principal<br>University College of Physical Education<br>Bangalore University, Bengaluru        | External Member |
| 4. Dr. Ramesh H N<br>Assistant Director of Physical Education<br>Mangalore University, Mangalagangothri                | Member          |
| 5. Dr. John Pinto<br>Physical Education Director<br>Government First Grade Collee, Kavoor                              | Member          |
| 6. Dr. Roshan Kumar Shetty<br>Physical Education Director<br>Government First Grade Womens College<br>Ajjarkadu, Udupi | Member          |

|   |  |
|---|--|
| <b>Name of the Degree Program</b>                           | <b>: BA/BCom/BBA/BCA &amp; all other UG Courses</b>                  |
| <b>Discipline Core</b>                                      | <b>: Physical Education, Sports and Yoga – BA/BSc</b>                |
| <b>Total Credits for the Program (I &amp; II Semesters)</b> | <b>:</b>   |
| <b>Discipline Core</b>                                      | <b>: 12 Credits</b>  |
| <b>Open Electives</b>                                       | <b>: 06 Credits (BA/BSc/BCom/BBA/BCA &amp; all other UG Courses)</b> |
| <b>Skill Enhancement Courses</b>                            | <b>: 03 Credits (BA/BSc/BCom/BBA/BCA &amp; all other UG Courses)</b> |
| <b>Starting Year of Implementation</b>                      | <b>: 2021-22</b>   |

## **PROGRAM OUTCOMES**

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

1. Be an entrepreneur (to start their own fitness center, gym, etc) and devise appropriate fitness program for different genders and age groups at all level
2. Officiate, supervise various sports events and organize sports events
3. Acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development
4. Learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes.
5. Learn to apply knowledge of Physical fitness and exercise management to lead a better lifestyle.
6. Gain knowledge of professional preparation in Physical Education, Sports and Yoga
7. Assess Physical Fitness in a scientific manner.
8. Continue professional courses and research in Physical Education, sports and yoga.

## SEMESTER-I

| <b>Discipline Specific Core-1 (BA/BSc programmes)</b>   |  |         |                            |                            |           |                            |                            |                         |             |
|---|--|---------|----------------------------|----------------------------|-----------|----------------------------|----------------------------|-------------------------|-------------|
| Course  | Title of the Course  | Theory  |                            |                            | Practical |                            |                            | Total Hours/<br>Credits | Total Marks |
|   |  | Credits | No. of Teaching Hours/Week | Total Marks/<br>Assessment | Credits   | No. of Teaching Hours/Week | Total Marks/<br>Assessment |                         |             |
| DSC-1   | <b>Introduction to Physical Education, Sports and Yoga</b> | 4       | 4                          | 100<br>(60+40)             | 2         | 4                          | 50 (25+25)                 | 8 / 6                   | <b>150</b>  |
| <b>Open Electives (BA/BSc/BCom/BBA/BCA &amp; all other UG Courses)</b>  |  |         |                            |                            |           |                            |                            |                         |             |
| OE-1  | <b>Self Defense</b>  | 1       | 1                          | 60 (40+20)                 | 2         | 4                          | 40 (20+20)                 | 5 / 3                   | <b>100</b>  |
| OE-1  | <b>Sports Event Management</b>                             | 2       | 2                          | 60 (40+20)                 | 1         | 2                          | 40 (20+20)                 | 4 / 3                   | <b>100</b>  |
| OE-1  | <b>Yoga and Fitness</b>                                    | 1       | 1                          | 60 (40+20)                 | 2         | 4                          | 40 (20+20)                 | 5 / 3                   | <b>100</b>  |
| <i>Note: For Open Electives the No. of Credits for Practical &amp; Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i> |  |         |                            |                            |           |                            |                            |                         |             |
| <b>Skill Enhancement Courses (SEC) (BA/BSc/BCom/BBA/BCA &amp; all other UG programmes)</b>  |  |         |                            |                            |           |                            |                            |                         |             |
| SEC-1   | <b>Physical Education - Yoga</b>                           | ---     | ---                        | ---                        | 1         | 2                          | 25                         | 2 / 1                   | <b>25</b>   |
| SEC-2   | <b>Health and Wellness</b>                                 | 1       | 1                          | ---                        | ---       | 1                          | 25                         | 3 / 1                   | <b>25</b>   |

| <b>SEMESTER-II</b>  |                                     |         |                            |                            |           |                            |                            |                         |             |
|---|-------------------------------------|---------|----------------------------|----------------------------|-----------|----------------------------|----------------------------|-------------------------|-------------|
| <b>Discipline Specific Core-1 (BA/BSc programmes)</b>   |                                     |         |                            |                            |           |                            |                            |                         |             |
| Course  | Title of the Course                 | Theory  |                            |                            | Practical |                            |                            | Total Hours/<br>Credits | Total Marks |
|   |                                     | Credits | No. of Teaching Hours/Week | Total Marks/<br>Assessment | Credits   | No. of Teaching Hours/Week | Total Marks/<br>Assessment |                         |             |
| DSC-1   | <b>Life Style Management</b>        | 4       | 4                          | 100<br>(60+40)             | 2         | 4                          | 50 (25+25)                 | 8 / 6                   | <b>150</b>  |
| <b>Open Electives (BA/BSc/BCom/BBA/BCA &amp; all other UG Courses)</b>  |                                     |         |                            |                            |           |                            |                            |                         |             |
| OE-1  | <b>Adventure Sports</b>             | 1       | 1                          | 60 (40+20)                 | 2         | 4                          | 40 (20+20)                 | 5 / 3                   | <b>100</b>  |
| OE-1  | <b>Physical Fitness for Careers</b> | 1       | 1                          | 60 (40+20)                 | 2         | 4                          | 40 (20+20)                 | 5 / 3                   | <b>100</b>  |
| OE-1  | <b>Sports and Recreation</b>        | 1       | 1                          | 60 (40+20)                 | 2         | 4                          | 40 (20+20)                 | 5 / 3                   | <b>100</b>  |
| <i>Note: For Open Electives the No. of Credits for Practical &amp; Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i> |                                     |         |                            |                            |           |                            |                            |                         |             |
| <b>Skill Enhancement Courses (SEC) (BA/BSc/BCom/BBA/BCA &amp; all other UG programmes)</b>  |                                     |         |                            |                            |           |                            |                            |                         |             |
| SEC-1   | <b>Physical Education - Sports</b>  | ---     | ---                        | ---                        | 1         | 2                          | 25                         | 2 / 1                   | <b>25</b>   |

# PHYSICAL EDUCATION, SPORTS AND YOGA

## BA/BSC SEMESTER I & II

### **Aim of the Course**

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

### **Objectives of the Course**

1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
2. To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth & development
3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
4. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.
5. To create awareness about the career opportunities through Physical Education and Yoga

### **Learning Outcome/ Skills:**

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

### **Employability/ Entrepreneurship abilities:**

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.
- The candidate will be able to guide aspirants to achieve various physical fitness standards required for related professions.

## Curriculum Structure for Undergraduate Degree Program

### BA / BSc Courses in Physical Education, Sports & Yoga

**Total Credits for the Program (I & II Semester): 6+6=12 Credits**

**Starting year of implementation: 2021-22**

**Name of the Degree Program: BA/B.Sc**

**Discipline/Subject: Physical Education, Sports & Yoga Program**

**Articulation Matrix:**

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

| Semester | Title /Name Of the course  | Program outcomes that the course addresses (not more than 3 per course)   | Pre-requisite course(s)  | Pedagogy  | Assessment                                  |
|----------|--|---|--|---|---|
| 1        | <b>Introduction to Physical Education, Sports &amp; Yoga (6 Credits)</b> | <ul style="list-style-type: none"> <li>To understand the basic principles and practices of Physical Education, Sports and Yoga.</li> <li>To understand the career options by taking up physical education, sports and yoga</li> <li>To understand and be able to practice fitness activities, games, athletics and yoga.</li> </ul>   | Students with Arts/Science/Commerce streams at 12 <sup>th</sup> / +2 level preferable with Sports Background | The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals  | Theory 100 (60+40)<br>Practical 50 (25+25)  |
| 2        | <b>Life Style Management (6 Credits)</b>                                 | <ul style="list-style-type: none"> <li>To understand the fitness types to be adapted in ones lifestyle.</li> <li>To understand the yogic principles of healthy lifestyle.</li> <li>To understand and apply the knowledge of Physical fitness and exercise management to lead better quality life.</li> <li>To be able to practice physical activities and yoga and assess the fitness.</li> </ul> |  | The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals | Theory 100 (60+40)<br>Practicals 50 (25+25) |

## Semester I

### DISCIPLINE SPECIFIC CORE - 1

Title of the Course:

## Introduction to Physical Education, Sports and Yoga

### Course outcomes

On completion of the Course the student will be able to:

- Understand the historical concepts and significance of Physical Education and Yoga.
- Learn the modern trends in sports and yoga and its relation to education.
- Learn the Principles of implementing fitness activities and yoga.
- Understand the biological principles on which physical education, yoga and sports is based.
- Learn the basic yoga practices.
- Be aware of the career opportunities arising out of undergoing courses in physical education, sports and yoga.
- Understand and perform warm up and conditioning activities.
- Assess the health-related fitness parameters and evaluate the same.
- Perform basic skills in a game and athletic event.
- Perform basic asanas and pranayama.
- Learn to record and prepare reports.

| Number of Theory Credits  | Number of lecture hours/ semester | Number of practical Credits | Number of practical hours/ semester |
|---|-----------------------------------|-----------------------------|-------------------------------------|
| 4   | 56                                | 2                           | 56                                  |
| <b>Contents of the Course</b><br><b>4 – 0 – 2</b>   |                                   |                             |                                     |
| <b>Unit- I Introduction</b> <ul style="list-style-type: none"><li>• Meaning and definition of Physical Education, Sports and Yoga.</li><li>• Aim and Objectives of Physical Education, Sports and Yoga.</li><li>• History of Physical Education, Sports and Yoga.<ul style="list-style-type: none"><li>○ Ancient Greece</li><li>○ Ancient and Modern Olympics</li><li>○ Asian Games and Commonwealth Games</li><li>○ Post-Independence Period – Various Policies, Institutions, SAI, Khelo India, Fit India Movement.</li></ul></li><li>• Modern trends of Physical Education, Sports and Yoga (brief concepts.)<ul style="list-style-type: none"><li>○ Exercise using various equipment like Swiss ball etc.</li><li>○ Activities like Aerobics, Pilates, Power yoga, Yoga for sports preparation, Varies careers</li></ul></li><li>• Brief concept of Education in relation to Physical Education, Sports and Yoga.<ul style="list-style-type: none"><li>○ Applications in Education: Pedagogy, Research</li><li>○ Relationship of Education with Physical Education and Yoga</li></ul></li></ul> |                                   |                             | <b>14</b>                           |

|   |           |
|---|-----------|
| <p><b>Unit- II Yoga &amp; Fitness Training</b></p> <ul style="list-style-type: none"> <li>• Importance of Fitness</li> <li>• Fundamentals Principles of Yoga &amp; Fitness Training <ul style="list-style-type: none"> <li>○ Yoga: Principles, Essentials of Yoga Practice</li> <li>○ Fitness: FITT principle</li> </ul> </li> <li>• Components of Fitness <ul style="list-style-type: none"> <li>○ Health related fitness components</li> <li>○ Skill related fitness components</li> </ul> </li> <li>• Types of Yoga practices (concepts) <ul style="list-style-type: none"> <li>○ Asanas</li> <li>○ Pranayama</li> <li>○ Kriyas</li> <li>○ Bandhas</li> </ul> </li> <li>• Considerations for practice of Yoga and Fitness</li> </ul>   | <b>14</b> |
| <p><b>Unit- III Biological Foundations of Physical Education and Yoga</b></p> <ul style="list-style-type: none"> <li>• Growth and Development: Meaning, Principles and Stages</li> <li>• Heredity and Environment: Meaning, principles and influence on growth and development</li> <li>• Concepts: Athletic Heart, Types of Ages, Types of load, Physical and Physiological differences between males and females</li> <li>• Body Types: Meaning, Types, Characteristics, and implications in Physical Education and sports.</li> </ul>  | <b>14</b> |
| <p><b>Unit- IV Career Opportunities in Physical Education, Sports and Yoga</b></p> <ul style="list-style-type: none"> <li>• Physical Education, Sports and Yoga professionals at various levels of educational institutions- Qualities and Qualifications for a physical education and sports professional.</li> <li>• Professions: Sports Trainer, Yoga Instructor, Coach, Sports Manager, Sports Scientist, Event manager, Technical Official, Entrepreneurs.</li> <li>• Applications of benefits of sports and yoga in different professions: Teaching, Business Executives, Police department, Defense personnel, Government employees.</li> <li>• Sports and Yoga Institutions: Health Clubs, Fitness centers, Dance and yoga studios, Recreational clubs: Characteristics, Facilities and Infrastructure and Management.</li> <li>• Specialised professions: Sports Journalists, sports Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufacturers.</li> </ul> | <b>14</b> |

|  |               |
|--|---------------|
| <p><b>Content of Practical Course 1: Practical (2 credits/56 hours)</b></p>  | <b>56 Hrs</b> |
| <p><b>A. Basic Fitness, Training and Assessment</b></p> <ul style="list-style-type: none"> <li>• General and specific warm-up, limbering down – Meaning, types and benefits</li> <li>• Body Composition (BMI)</li> <li>• Training and Assessment for Health-related fitness - Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition.</li> </ul> | <b>56</b>     |
| <p><b>B. Major/Minor Outdoor Games / Track &amp; Field</b></p> <ul style="list-style-type: none"> <li>• One Game</li> <li>• Athletics: Running, Jumping and Throwing Event – One event from each.</li> </ul>   |               |

|   |  |
|---|--|
| <b>C. Basic Asanas &amp; Surya Namaskara (as per the reference books)</b> <ul style="list-style-type: none"> <li>• Shithilikarana Vyayama (Dynamic)</li> <li>• Surya Namaskara</li> <li>• Standing &amp; Sitting Asanas (2 asanas from each)</li> <li>• Prone &amp; Supine Asanas (2 asanas from each)</li> </ul> |  |
| <b>D. Basic Pranayamas</b> <ul style="list-style-type: none"> <li>• Sukha Pranayama (Breath awareness)</li> <li>• Kapalabhati/Basthrika</li> <li>• Anuloma Viloma/Nadi Shuddhi</li> </ul>   |  |
| <b>E. Preparation of Records and Reports</b>  |  |

\* The practical classes shall be adapted to the physically challenged students as per requirement.

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

| Formative Assessment |                     |    |               |            |
|----------------------|---------------------|----|---------------|------------|
| Assessment Type      | Internal Assessment |    | Semester Exam | Total      |
| Theory               | Test                | 20 | 40            | 60         |
|                      | Assignment          | 10 |               |            |
|                      | Seminar             | 10 |               |            |
| Practical            | Test                | 15 | 25            | 50         |
|                      | Assignment          | 10 |               |            |
| <b>Total</b>         |                     |    |               | <b>150</b> |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

#### Reference Books

- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The
- C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
- William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
- Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.
- Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
- Muller, J. P. (2000). Health, Exercise and Fitness, Delhi : Sports.
- Russell, R. P. (1994). Health and Fitness Through Physical Education. USA, Human Kinetics.
- Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
- Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakashana.
- Kumar, Ajith (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
- D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
- D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
- Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.

- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
- Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
- IAAF Manual
- Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications(India), Ist Edition, Daryaganj, New Delhi
- Officiating, Coaching, Training Methods and Recreation in Physical Education,
- Dr. Md. Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi.

**Semester I**  
**OPEN ELECTIVE PAPER - 1**

Title of the Course:

**Self Defense**

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

**Course outcomes**

On completion of the Course the student will be able to:

- Understand the meaning and need of self-defense.
- Understand the fitness requirements to implement self-defense.
- Learn the basic techniques of selected combative sports.
- Learn the defensive techniques applied from combative sports.
- Implement survival techniques during emergencies.
- Learn to record and prepare reports.

| Number of Theory Credits  | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semester |
|---|----------------------------------|-----------------------------|-------------------------------------|
| <b>1</b>  | <b>14</b>                        | <b>2</b>                    | <b>56</b>                           |
| <b>Contents of the Course</b><br><b>1 – 0 – 2</b>   |                                  |                             |                                     |
| <b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning and Importance of Self Defense</li> <li>• Principles of Self Defense</li> <li>• Meaning and Characteristics of combative sports – Karate, Kick boxing, Judo, Wrestling</li> <li>• Fitness requirements for self defense</li> <li>• Ethical considerations of applications of self-defensive skills</li> </ul>  |                                  |                             | <b>14</b>                           |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• General conditioning and self-defense specific conditioning</li> <li>• Basic techniques of karate, kickboxing, judo and wrestling</li> <li>• Applications of techniques of combative sports for self-defense.</li> <li>• Self-defense techniques for specific situations: chain snatching, knife or stick attack, holding from back or front etc.</li> <li>• Self-defense using equipment such as stick (lathi), nanchaku etc.</li> <li>• Record and report preparation.</li> </ul> |                                  |                             | <b>56</b>                           |

\* The practical classes shall be adapted to the physically challenged students as per requirement.

| <b>Formative Assessment</b> |                     |    |               |            |
|-----------------------------|---------------------|----|---------------|------------|
| Assessment Type             | Internal Assessment |    | Semester Exam | Total      |
| <b>Theory</b>               | Test                | 10 | <b>20</b>     | <b>40</b>  |
|                             | Assignment          | 5  |               |            |
|                             | Seminar             | 5  |               |            |
| <b>Practical</b>            | Test                | 10 | <b>20</b>     | <b>40</b>  |
|                             | Assignment          | 10 |               |            |
| <b>Total</b>                |                     |    |               | <b>100</b> |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

## References

- “Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga.” –ImiLichtenfeld, founder of Krav Maga
- In the Name of Self-Defense:: What it costs. When it's worth it, 603 pages, Kindle Edition, first published July 2, 2014
- Self Defense: The Ultimate Guide To Beginner Martial Arts Training Techniques (Martial Arts, Self Defense For Women, Self Defense Techniques Book 1) Kindle Edition
- Taekwondo: A Step-by-Step Guide to the Korean Art of Self-Defense Paperback – 15 Jan 2003
- The Self-Defense Handbook (English, Paperback, Fury Sam)
- The Walking Stick Method of Self Defence Paperback – Import, 14 August 2018

**Semester I**  
**OPEN ELECTIVE PAPER - 2**

Title of the Course:

**Sport Event Management**

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

**Course outcomes**

On completion of the Course the student will be able to:

- Understand the meaning and salient features of sport event management.
- Learn the various sports related events and the required skills for their management.
- Learn the application of financial and human resource management in organizing sports events.
- Know the various gadgets, implements, equipment used in conducting sports events.
- Undergo practical exercise in conducting various sports related events.
- Get the opportunity to practically visit and learn the nuances of sports event management from actual sports events.
- Learn to record and prepare reports.

| Number of Theory Credits   | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semester |
|--|----------------------------------|-----------------------------|-------------------------------------|
| 2  | 28                               | 1                           | 28                                  |
| <b>Contents of the Course</b><br><b>2 – 0 – 1</b>  |                                  |                             |                                     |
| <b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and importance of Sports Event Management</li> <li>• Scope of Sports Event Management</li> <li>• Types of Sports Events and Principles of Sports Event Management</li> <li>• Financial and Human resources Planning in Sports Event Management</li> <li>• Types of Sports Events, modalities of organization, event specific equipment and gadgets utilised – Major sports such as athletic events and games, Road races and marathons, traditional and folk events, Sports Conferences and workshops.</li> <li>• Sponsorship and sports event management.</li> </ul> |                                  |                             | <b>14</b>                           |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• Organising project athletic meets.</li> <li>• Organising project competitions in games.</li> <li>• Organising project road races etc.</li> <li>• Participation and visit to various sports events and preparation of reports: Financial outlay, sponsorship usage, marketing and media, Human resources management, competitions rules and regulations, equipment and gadgets used, Usage of volunteers etc.</li> <li>• Preparation of records and reports</li> </ul>  |                                  |                             | <b>56</b>                           |

\* The practical classes shall be adapted to the physically challenged students as per requirement.

| <b>Formative Assessment</b> |                            |    |                      |              |
|-----------------------------|----------------------------|----|----------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> |    | <b>Semester Exam</b> | <b>Total</b> |
| <b>Theory</b>               | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 5  |                      |              |
|                             | Seminar                    | 5  |                      |              |
| <b>Practical</b>            | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 10 |                      |              |
| <b>Total</b>                |                            |    |                      | <b>100</b>   |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

### **References**

- Bachelor of Sports Management Syllabus (Revised)'2008
- Chandan, JS : Management – Concepts and Strategies, Vikas Publishing
- Daft, RL : Management, Thomson
- Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201,  
Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.
- Ramaswami T; Principles of Mgmt., Himalaya Publishing
- Robbins, SP : Management, Prentice Hall
- Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice Hall.
- Stoner J and Freeman RE: Management; Prentice-Hall
- V.S.P Rao & Hari Krishna: Management-Text &Cases,Excel Books.
- Weihrich and Koontz, et al: Essentials of Management; Tata McGraw Hill

**Semester I**  
**OPEN ELECTIVE PAPER - 3**

Title of the Course:

**Yoga and Fitness**

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

**Course outcomes**

On completion of the Course the student will be able to:

- Understand the principles of practicing asanas and fitness activities.
- Learn the various concepts of fitness and general and specific conditioning for the same.
- Practically learn the principles of implementing fitness activities and yoga.
- Perform specific activities to develop motor abilities.
- Perform fitness activities to improve fitness.
- Perform prescribed asanas.
- Learn and practice recreational activities to develop fitness.
- Learn to record and prepare reports.

| Number of Theory Credits   | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semester |
|--|----------------------------------|-----------------------------|-------------------------------------|
| <b>1</b>   | <b>14</b>                        | <b>2</b>                    | <b>56</b>                           |
| <b>Contents of the Course</b><br><b>1 – 0 – 2</b>  |                                  |                             |                                     |
| <b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning and Importance of Yoga and Fitness</li> <li>• Types and Principles of Asanas</li> <li>• Types of Fitness and their components</li> <li>• General and Specific Conditioning and their importance</li> <li>• Methods of developing Strength, Speed, Agility, Flexibility, coordinative abilities</li> <li>• Nutrition for Fitness</li> </ul>  |                                  |                             | <b>14</b>                           |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• General and Specific Warm up</li> <li>• Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities</li> <li>• Aerobics/Zumba/Dance/Pilates/Resistance training/Swiss balls/Fitness activities using varied equipment</li> <li>• Yogasanas – Sitting, standing, supine and prone position</li> <li>• Fitness through recreational activities</li> <li>• Preparation of records and reports</li> </ul> |                                  |                             | <b>56</b>                           |

\* The practical classes shall be adapted to the physically challenged students as per requirement.

| <b>Formative Assessment</b> |                            |    |                      |              |
|-----------------------------|----------------------------|----|----------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> |    | <b>Semester Exam</b> | <b>Total</b> |
| <b>Theory</b>               | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 5  |                      |              |
|                             | Seminar                    | 5  |                      |              |
| <b>Practical</b>            | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 10 |                      |              |
| <b>Total</b>                |                            |    |                      | <b>100</b>   |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

### **References**

- Ajith ‘Yoga pravesha’ Rashtrtana parishad Bangalore
- B K S Iyengar ‘Light on Yoga’ Rashtrtana parishad Bangalore
- B.K.S.Iyengar ‘Yoga the path to holistic Health’, Dorling Kindersley Delhi 2001
- Leslie Kaminoff, Amy Matthews ‘Yoga Anatomy’ Human Kinetics U.S.A. 2007
- Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports
- Swami Sachidananda ‘the yoga sutras of Pathanjali Integral yoga Publications 2012.

**Semester I**  
**SKILL ENHANCEMENT COURSES (SEC-1)**

Title of the Course:

**Physical Education - Yoga**

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

**Course outcomes**

On completion of the Course the student will be able to:

- Understand the benefits, principles of practice of yoga.
- Perform asanas, kriyas and pranayamas
- Conduct classes in selected yoga practices.
- Learn to record and prepare reports.

| Number of Credits  | Number of lecture hours/ semester |               |
|--|-----------------------------------|---------------|
| 1  | 28                                |               |
| <b>Contents of the Course</b><br><b>0 – 0 – 1</b>  |                                   | <b>28 Hrs</b> |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• General &amp; Specific warm up exercises</li> <li>• Asanas (Any 5 asanas in standing, sitting, supine and prone positions)</li> <li>• Suryanamaskara</li> <li>• Pranayamas – Any three</li> <li>• Introduction to Kriyas – Kapalabhati, Sutra Neti, Jal neti, Dhauti.</li> <li>• Records and Report Preparation</li> </ul> |                                   | <b>28</b>     |

*\* The practical classes shall be adapted to the physically challenged students as per requirement.*

| <b>Formative Assessment</b> |                     |           |
|-----------------------------|---------------------|-----------|
| Assessment Type             | Internal Assessment | Total     |
| <b>Practical</b>            | Test                | 10        |
|                             | Assignment          | 10        |
|                             | Seminar             | 5         |
| <b>Total</b>                |                     | <b>25</b> |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

**References:**

- Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
- Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashthrothanna Prakashana.
- D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States

**Semester I**  
**SKILL ENHANCEMENT COURSES (SEC-2)**

Title of the Course:

**Health and Wellness**

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

On completion of the Course the student will be able to:

- Understand the concepts and significance of health and wellness.
- Understand the role of physical activities in developing health and wellness.
- Perform various physical and fitness activities to develop health and wellness.
- Perform related tests to assess parameters related to health.
- Learn to record and prepare reports.

| Number of Credits  | Number of lecture/practical hours/ semester |               |
|--|---|---------------|
| 1  | 14/14                                       |               |
| <b>Contents of the Course</b><br><b>1 – 0 – 1</b>  |   | <b>28 Hrs</b> |
| <b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and dimensions of Health and Wellness (WHO/Yoga)</li> <li>• Factors affecting Fitness and Wellness</li> <li>• Importance of Health Education and Wellness</li> <li>• Role of Physical Activities, Recreational Games and Yoga in maintaining Health and Wellness</li> <li>• Hypokinetic diseases: Meaning, types, causes and steps to overcome</li> <li>• Implications of Nutrition to promote health and wellness</li> </ul> |   | <b>28</b>     |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• Activities to improve: aerobic fitness, muscular strength, muscular endurance, flexibility, body composition.</li> <li>• Measurement of BMI, Fat percentage using skinfold calipers</li> <li>• Computation of BMR, caloric requirements for various activities</li> <li>• Records and Report Preparation</li> </ul>  |   |               |

\* *The practical classes shall be adapted to the physically challenged students as per requirement.*

| <b>Formative Assessment</b> |                     |           |
|-----------------------------|---------------------|-----------|
| Assessment Type             | Internal Assessment | Total     |
| <b>Practical</b>            | Test                | 10        |
|                             | Assignment          | 10        |
|                             | Seminar             | 5         |
| <b>Total</b>                |                     | <b>25</b> |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

## References

- AAPHERD “Health related Physical Fitness Test Manual.” 1980 Published by Association drive Reston Virginia
- Bucher. C. A. (1979) Foundation of Physical Education (5<sup>th</sup> edition Missouri CV Mosby Co.)
- Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
- Thomas D Fahey and others. Fit and well: 6<sup>th</sup> Edition New York: McGraw Hill Publishers, 2005
- Dixit Suresh (2006) Swasthya Shiksha sports Publications Delhi.
- Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi
- Pinto John and Roshan Kumar (2021) “Introduction to Physical Education”, Louis Publication. Mangalore
- Shanti K Y (1987) “The Science of Yogic Breathier” (Pranayama) D B Bombay
- Ziegler E F (2007) “An Introduction to Sports and Physical Education” Philosophy Delhi
- Pinto John and Ramachandra K (2021) Kannada Version “Dahika Sikshanada Parichaya” Louis publications. Mangalore

**Semester II****DISCIPLINE SPECIFIC CORE - 2**

Title of the Course:

**Lifestyle Management****Course outcomes**

On completion of the Course the student will be able to:

- Understand the meaning of lifestyle management and its significance.
- Understand the types of fitness and their significance and methods of developing them.
- Understand the yogic principles and their applications in improving lifestyle.
- Know the importance diet, the applications of a proper diet plan to improve lifestyle.
- Know the meaning of physical literacy and the movement patterns.
- Understand the role of physical activity in improving health and fitness.
- Understand and perform warm up and conditioning activities.
- Assess the skill-related fitness parameters and evaluate the same.
- Perform basic skills in a game and athletic event.
- Perform basic asanas and pranayama.
- Learn to record and prepare reports.

| <b>Number of Theory Credits</b>  | <b>Number of lecture hours/semester</b> | <b>Number of practical Credits</b> | <b>Number of practical hours/ semester</b> |
|--|---|------------------------------------|--|
| <b>4</b>   | <b>56</b>                               | <b>2</b>                           | <b>56</b>                                  |
| <b>Contents of the Course</b><br><b>4 – 0 – 2</b>  |   |                                    |  |
| <b>Unit – 1 INTRODUCTION TO LIFE STYLE &amp; PHYSICAL FITNESS</b>  |   |                                    | <b>12</b>                                  |
| <ul style="list-style-type: none"> <li>• Meaning and Definitions of Physical Fitness and Life Style</li> <li>• Need and Benefits of Physical Fitness</li> <li>• Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition</li> <li>• Skill Related Physical Fitness Components: - Agility, Balance, Co- ordination, Power, Reaction Time, Speed</li> </ul> |   |                                    |  |
| <b>Unit – 2 YOGIC PRINCIPLES AND LIFESTYLE MANAGEMENT</b>  |   |                                    | <b>14</b>                                  |
| <ul style="list-style-type: none"> <li>• Yogic principles and lifestyle management               <ul style="list-style-type: none"> <li>○ Jnana Yoga</li> <li>○ Karma Yoga</li> <li>○ Bhakthi Yoga</li> <li>○ Raja Yoga / Astanga Yoga</li> </ul> </li> <li>• Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara</li> </ul>   |   |                                    |  |

|   |        |
|---|--------|
| <b>Unit - 3 NUTRITION AND LIFE STYLE MANAGEMENT</b> <ul style="list-style-type: none"> <li>• Nutrition and Diet: Meaning, Balanced diet.</li> <li>• Components of Balance Diet and its importance – Macro nutrients: Carbohydrates, Protein, Fat Micro nutrients: Vitamins &amp; Minerals, Water</li> <li>• Healthy Lifestyle through Diet and Fitness</li> </ul> | 16     |
| <b>Unit - 4 PHYSICAL LITERACY</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Physical Literacy.</li> <li>• Core Elements of Physical Literacy</li> <li>• Fundamental Movements - Art of Walking, Running, Jumping and Throwing.</li> <li>• Contribution of physical activity towards adopting Healthy lifestyle</li> </ul>    | 14     |
| <b>CONTENT OF PRACTICAL COURSE 2: Practical (2 credits/56 hours)</b>  |        |
| <b>A. Specific warm-up / Lead up Activities.</b><br>Training and Assessment of Skill related fitness: Agility, Balance, Speed, Co-ordination, Power, Reaction Time.   | 56 Hrs |
| <b>B. Advanced Asanas (as per the reference books)- 2 asanas from each.</b> <ul style="list-style-type: none"> <li>• Standing Asanas</li> <li>• Sitting Asanas</li> <li>• Prone Asanas</li> <li>• Supine Asanas</li> </ul>  |        |
| <b>C. Advanced Pranayamas (Any two)</b> <ul style="list-style-type: none"> <li>• Surya Anuloma Viloma/Surya Bhedana Pranayama</li> <li>• Chandra Anuloma Viloma/Chandra Bhedana Pranayama</li> <li>• Ujjayi Pranayama</li> <li>• Kumbhaka Pranayama</li> </ul>  |        |
| <b>D. GAMES /TRACK &amp; FIELD</b> <ul style="list-style-type: none"> <li>• One Game: Rules and Regulations of the Game and Officiating.</li> <li>• Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating.</li> <li>• Records and Report Preparation</li> </ul>               |        |
| <b>E. Preparation of Records and Reports</b>  |        |

*\* The practical classes shall be adapted to the physically challenged students as per requirement.*

**Pedagogy:** The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

| <b>Formative Assessment</b> |                            |    |                      |              |
|-----------------------------|----------------------------|----|----------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> |    | <b>Semester Exam</b> | <b>Total</b> |
| <b>Theory</b>               | Test                       | 20 | <b>40</b>            | <b>60</b>    |
|                             | Assignment                 | 10 |                      |              |
|                             | Seminar                    | 10 |                      |              |
| <b>Practical</b>            | Test                       | 15 | <b>25</b>            | <b>50</b>    |
|                             | Assignment                 | 10 |                      |              |
| <b>Total</b>                |                            |    |                      | <b>150</b>   |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

### Reference Books:

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

- Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company.
- Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
- “Asana, Pranayama, Mudra, Bandha”, 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
- “Four Yoga of Swamy Vivekananda”, 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta
- New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
- Pranic Energization Technique, 2005, Dr. H. R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
- Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore.

## Semester II

### OPEN ELECTIVE PAPER - 1

Title of the Course:

### Adventure Sports

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

#### Course outcomes

On completion of the Course the student will be able to:

- Understand the meaning and importance of Adventure sports.
- Learn the various types of adventure sports, the equipment and resources required to practice these sports.
- Learn the safety measures to be taken while practicing adventure sports.
- Be aware of the job opportunities in this area of sports.
- Practically perform selected adventure sports.
- Teach, plan and organize various adventure sports.
- Learn to record and prepare reports.

| Number of Theory Credits  | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semester |
|---|----------------------------------|-----------------------------|-------------------------------------|
| <b>1</b>  | <b>14</b>                        | <b>2</b>                    | <b>56</b>                           |
| <b>Contents of the Course</b><br><b>1 – 0 – 2</b>   |                                  |                             |                                     |
| <b>Theory</b> <ul style="list-style-type: none"> <li>• Definition, Meaning and Importance of Adventure Sports</li> <li>• History- Development, Scope, and Objectives</li> <li>• Water and Aero sports – Canoeing, rafting, kayaking, scuba diving, snorkeling, surfing, paddling.</li> <li>• Aero sports: Ballooning, Hang gliding, Paragliding, Parasailing, skydiving</li> <li>• Mountaineering – Trekking, Rock Climbing, Wall climbing, Bouldering.</li> <li>• Safety measures and first aid</li> <li>• Recent Trends in Adventure Sports</li> <li>• Job Opportunities in Adventure Sports</li> </ul> |                                  |                             | <b>14</b>                           |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down</li> <li>• Practical, teaching, demonstration, training, technical training.</li> <li>• Planning and Organising-Mountaineering, Trekking, Rock Climbing, Para Sailing, Water Sports, etc.</li> <li>• Records and Report Preparation</li> </ul>  |                                  |                             | <b>56</b>                           |

*\* The practical classes shall be adapted to the physically challenged students as per requirement.*

| <b>Formative Assessment</b> |                            |    |                      |              |
|-----------------------------|----------------------------|----|----------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> |    | <b>Semester Exam</b> | <b>Total</b> |
| <b>Theory</b>               | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 5  |                      |              |
|                             | Seminar                    | 5  |                      |              |
| <b>Practical</b>            | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 10 |                      |              |
| <b>Total</b>                |                            |    |                      | <b>100</b>   |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

### References

- Adventure Sports: World's Most Popular 89 Adventure Sports Paperback Import, 13 February 2020, by Mahesh Sharma (Author)
- Adventure Tourism and Sports 1st Edition (English, Hardcover, Negi Jagmohan)
- The world of adventure sports, By:Berne, Emma Carlson, Lonely Planet
- Kids, Jepson, Ian(Illustrated by) Part of the Lonely Planet Kids series
- Sports, Games and Adventure Sports (English, Hardcover, Ghosh C N)

## Semester II

### OPEN ELECTIVE PAPER

Title of the Course:

### Physical Fitness for Careers - 2

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

#### Course outcomes

On completion of the Course the student will be able to:

- Be aware of various professions which require physical fitness and abilities.
- Learn the specific physical requirements of various professions.
- Learn about the various tests to be conducted to evaluate physical fitness.
- Learn the mode of selections and fitness standards required for related careers.
- Practice the motor abilities required by related professions.
- Assess and prepare themselves for passing in the physical fitness tests of these professions.
- Learn to record and prepare reports.

| Number of Theory Credits  | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semester |
|---|----------------------------------|-----------------------------|-------------------------------------|
| <b>1</b>  | <b>14</b>                        | <b>2</b>                    | <b>56</b>                           |
| <b>Contents of the Course</b><br><b>1 – 0 – 2</b>   |                                  |                             |                                     |
| <b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Types and Importance of careers requiring physical fitness.</li> <li>• Physical Fitness Standards for Men and Women: Tests for Speed, Endurance, Strength, Agility and Flexibility.</li> <li>• Career specific Fitness Tests:<br/>Fitness Tests for Defense Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports &amp; Physical Education</li> <li>• General and Specific Conditioning and its importance</li> <li>• Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc</li> <li>• Mode of Selections and Qualifying Standards</li> </ul> |                                  |                             | <b>14</b>                           |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• General and Specific conditioning exercises</li> <li>• Training for Endurance, Speed, Strength, Agility, Flexibility.</li> <li>• Assessment of career specific fitness abilities (fitness tests): Defense Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports &amp; Physical Education</li> <li>• Records and Report Preparation</li> </ul>   |                                  |                             | <b>56</b>                           |

*\* The practical classes shall be adapted to the physically challenged students as per requirement.*

| <b>Formative Assessment</b> |                            |    |                      |              |
|-----------------------------|----------------------------|----|----------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> |    | <b>Semester Exam</b> | <b>Total</b> |
| <b>Theory</b>               | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 5  |                      |              |
|                             | Seminar                    | 5  |                      |              |
| <b>Practical</b>            | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 10 |                      |              |
| <b>Total</b>                |                            |    |                      | <b>100</b>   |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

### References

- A Practical Approach to Measurement in Physical Education, 1979, 3<sup>rd</sup> Edition, Barrow.M. Harold, Rosemary.Mc.Gee, Lea &Febiger, Philidelphia
- AAPHERD “Health related Physical Fitness Test Manual.” 1980 Published by Association drive Reston Virginia
- Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
- Russell, R.P.(1994). Health and Fitness through Physical Education. USA: Human Kinetics
- Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
- Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.

**Semester II**  
**OPEN ELECTIVE PAPER**

Title of the Course:

**Sports and Recreation - 3**

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

**Course outcomes**

On completion of the Course the student will be able to:

- Know the role of recreational activities in improving health and fitness.
- Learn the different types of sports and recreational activities.
- Understand the educational values of practicing recreational and sports activities.
- Get a hands-on experience in sports recreational activities.
- Get a hands-on experience in organizing sports recreational activities.
- Learn to record and prepare reports.

| Number of Theory Credits  | Number of lecture hours/semester | Number of Practical Credits | Number of Practical hours/ semester |
|---|----------------------------------|-----------------------------|-------------------------------------|
| <b>1</b>  | <b>14</b>                        | <b>2</b>                    | <b>56</b>                           |
| <b>Contents of the Course</b><br><b>1 – 0 – 2</b>   |                                  |                             |                                     |
| <b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Concept of Recreation</li> <li>• Objectives, Characteristics and Principles of Recreation</li> <li>• Importance, Purpose, Benefits of Recreation</li> <li>• Types of Recreation</li> <li>• Recreation through Sports and Games</li> <li>• Use of Leisure Time Activities and their educational values</li> </ul> |                                  |                             | <b>14</b>                           |
| <b>Practical</b> <ul style="list-style-type: none"> <li>• Traditional, Folk and Indigenous Games</li> <li>• Outdoor camp activities</li> <li>• Cycling, hiking, trekking activities</li> <li>• Organisation of Recreational activities</li> <li>• Records and Report Preparation</li> </ul>   |                                  |                             | <b>56</b>                           |

*\* The practical classes shall be adapted to the physically challenged students as per requirement.*

| <b>Formative Assessment</b> |                            |    |                      |              |
|-----------------------------|----------------------------|----|----------------------|--------------|
| <b>Assessment Type</b>      | <b>Internal Assessment</b> |    | <b>Semester Exam</b> | <b>Total</b> |
| <b>Theory</b>               | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 5  |                      |              |
|                             | Seminar                    | 5  |                      |              |
| <b>Practical</b>            | Test                       | 10 | <b>20</b>            | <b>40</b>    |
|                             | Assignment                 | 10 |                      |              |
| <b>Total</b>                |                            |    |                      | <b>100</b>   |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

### References

- Bucher. C. A (1979) Foundations of Physical Education (5<sup>th</sup> edition Missouri CV Mosby Co.)
- Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
- Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publications.
- Thomas D Fahey and others. Fit and well: 6th Edition New York : McGraw Hill Publishers, 2005

**Semester II**  
**SKILL ENHANCEMENT COURSES (SEC-1)**

Title of the Course:

**Physical Education - Sports**

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

On completion of the Course the student will:

- Learn the rules and regulations and practically participate in sports activities.
- Be able to practice the skills of a game and athletic events.
- Learn the various fitness activities and practically learn them.
- Be able to teach and organize intramural and extramural competitions.
- Learn to record and prepare reports.

| Number of Credits  | Number of Practical hours/ semesters |               |
|--|--------------------------------------|---------------|
| 1  | 28                                   |               |
| <b>Contents of the Course</b><br><b>0-0-1</b>  |                                      | <b>28 Hrs</b> |
| <b>Unit 1: - Physical Education &amp; Sports</b> <ul style="list-style-type: none"> <li>• General and Conditioning exercises</li> <li>• Aerobic and anaerobic activities</li> <li>• One Game (Basic Skills)</li> <li>• Athletics - One Track/One Throw/One Jump</li> <li>• Organisation of Intramural / Extramural Competitions</li> <li>• Records and Report Preparation</li> </ul> |                                      | <b>28</b>     |

*\* The practical classes shall be adapted to the physically challenged students as per requirement.*

| <b>Formative Assessment</b> |                     |    |               |           |
|-----------------------------|---------------------|----|---------------|-----------|
| Assessment Type             | Internal Assessment |    | Semester Exam | Total     |
| <b>Practical</b>            | Test                | 10 | <b>15</b>     | <b>25</b> |
|                             | Assignment          | 5  |               |           |
| <b>Total</b>                |                     |    |               | <b>25</b> |

**Assignments** can be in the form of field work, projects, written tasks, practical tasks etc.

**References:**

- Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
- IAAF Manual
- Vanaik. A (2005) Play Field Manual, Friends Publication New Delhi
- M. J. Vishwanath (2002) Track and Field Marking and Athletics Officiating Manual, Silver Star Publication, Shimoga
- Steve oldenburg (2015) Complete Conditioning for Volleyball, Human Kinetics.

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

**SCHEME / PATTERN OF EXAMINATION**

**DISCIPLINE SPECIFIC CORE - THEORY**

**Max. marks: 60**

**Time: 03 Hours**

**Instructions:**

1. Answer all questions
2. Each answer shall not exceed three pages

1. Essay Question from Unit 1 12 marks  
Or  
Essay Question from Unit 1
2. Essay Question from Unit 2 12 marks  
Or  
Essay Question from Unit 2
3. Essay Question from Unit 3 12 marks  
Or  
Essay Question from Unit 3
4. Essay Question from Unit 4 12 marks  
Or  
Essay Question from Unit 4
5. Write short notes on any Two of the following (one from each unit) 6 x 2 = 12 marks
  - (a)
  - (b)
  - (c)
  - (d)

**DISCIPLINE SPECIFIC CORE – PRACTICAL**

**Max marks: 25**

1. Assessment of BMI/Fitness Components – as per respective syllabus (Any two) 5 Marks
2. Demonstration of Game Fundamental Skills (Any two Skills) 5 Marks
3. Track and Field: Skill/Performance of any one track and one field event 5 Marks
4. Yoga: Any one Asana in Standing/Sitting and One form Prone/Supine position 5 Marks
5. Record Book 5 marks

**OPEN ELECTIVE - THEORY**

**Max. marks: 40**

**Time: 02 Hours**

**Instructions:**

1. Answer all questions

I. Answer any four of the following questions in not exceeding one page 4 x 5 = 20 marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

II. Answer any two of the following questions in not exceeding two pages 2 x 10 = 20 marks

- 1.
- 2.
- 3.
- 4.

**OPEN ELECTIVE - PRACTICAL**

**Max. marks: 20**

1. Assessment of any 3 activities from the respective syllabus

3 x 5 = 15 marks

2. Record Book

5 marks