CHAUDHARY RANBIR SINGH UNIVERSITY, JIND

Scheme of Examination UG Programme (Interdisciplinary): Scheme D

Subject: Bachelor of Physical Education, Health Education and Sports Science

as per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry-Exit, Internships and Choice Based Credit System implemented form session 2023-24.

SEMESTER	Type of Course			CREDITS		Contact	Max. Marks					
				Theory	Practical	Total	Hours	Theory		Prac	tical	Total
								External	Internal	External	Internal	
1	Core Course - 1	23-BSc- Phy.Ed101	History and Foundation of Physical Education	3	1	4	5	50	20	20	10	100
	Core Course - 2	23-BSc- Phy.Ed102	Heath Education	3	1	4	5	50	20	20	10	100
	Core Course - 3	23-BSc- Phy.Ed103	Basic Anatomy and Physiology	3	1	4	5	50	20	20	10	100
	Core Course Minor - 1	23-BSc- Phy.Ed104	Olympics Movement	1	1	2	3	20	10	15	5	50
	Multidisciplinary Courses (MDC) - 1	23-BSc- Phy.Ed105	Fundamentals of Physical Education	2	1	3	4	35	15	20	5	75
	Ability Enhancement Courses (AEC) - I	23-BSc- Phy.Ed106	Athletics - Track Events and Road races	1	1	2	3	20	10	15	5	50
	Skill Enhancement Courses (SEC) - I			2	1	3	4	35	15	20	5	75
	Value Added Course – 1	B-23- VAC- 101	Human Values and Ethics	1	1	2	3	20	10	15	5	50
2	Core Course - 4	23-BSc- Phy.Ed201	Exercise Physiology	3	1	4	5	50	20	20	10	100
	Core Course - 5	23-BSc- Phy.Ed202	Sports Psychology	3	1	4	5	50	20	20	10	100
	Core Course - 6	23-BSc-	Sports Nutrition	3	1	4	5	50	20	20	10	100

		Phy.Ed203										
	Core Course Minor - 2	23-BSc- Phy.Ed204	Asian and Commonwealth Games	1	1	2	3	20	10	15	5	50
	Multidisciplinary Courses (MDC) - 2	23-BSc- Phy.Ed205	Basics of Naturopathy	2	1	3	4	35	15	20	5	75
	Ability Enhancement Courses (AEC) - 2	23-BSc- Phy.Ed206	Athletics Field Events	1	1	2	3	20	10	15	5	50
	Skill Enhancement Courses (SEC) - 2	23-SEC-226	Self Defence Technique	2	1	3	4	35	15	20	5	75
	Value Added Course - 2	B-23- VAC- 201	Environment Studies	1	1	2	3	20	10	15	5	50
		Internsl	hip of 4 credits of 4-6	weeks	s duratio	on afte	er 2nd se	mester		•		
3	Core Course - 7	23-BSc- Phy.Ed301	History and Foundation of Physical Education	3	1	4	5	50	20	20	10	100
	Core Course - 8	23-BSc- Phy.Ed302	Heath Education	3	1	4	5	50	20	20	10	100
	Core Course - 9	23-BSc- Phy.Ed303	Basic Anatomy and Physiology	3	1	4	5	50	20	20	10	100
	Core Course Minor - 3	23-BSc- Phy.Ed304	Olympics Movement	3	1	4	5	50	20	20	10	100
	Multidisciplinary Courses (MDC) - 3	23-BSc- Phy.Ed305	Fundamentals of Physical Education	2	1	3	4	35	15	20	5	75
	Ability Enhancement Courses (AEC) - 3	23-BSc- Phy.Ed306	Athletics - Track Events and Road races	1	1	2	3	20	10	15	5	50
	Skill Enhancement Courses (SEC) - 3			2	1	3	4	35	15	20	5	75
4	Core Course - 10	23-BSc- Phy.Ed401	Physical Fitness	3	1	4	5	50	20	20	10	100
	Core Course - 11	23-BSc- Phy.Ed402	Sports Sociology	3	1	4	5	50	20	20	10	100
	Core Course - 12	23-BSc- Phy.Ed403	Organization and Administration	3	1	4	5	50	20	20	10	100
	Core Course Minor - 4	23-VOC-113	Basic of	3	1	4	5	50	20	20	10	100

	(V)		Physiotherapy									
	Ability Enhancement Courses (AEC) - 4	23-BSc- Phy.Ed405	Weight Management	1	1	2	3	20	10	15	5	50
	Value Added Course - 3	23-VAC-302	Yoga and Meditation	1	1	2	3	20	10	15	5	50
	I	Internship	of 4 credits of 4-6	week	s durat	ion a	fter 4th	n seme	ster	1	I	
5	Core Course - 13	23-BSc- Phy.Ed501	Sports Training	3	1	4	5	50	20	20	10	100
	Core Course - 14	23-BSc- Phy.Ed502	Kinesiology	3	1	4	5	50	20	20	10	100
	Core Course - 15	23-BSc- Phy.Ed503	Sports Management	3	1	4	5	50	20	20	10	100
	Core Course Minor- 5 (V)	23-BSc- Phy.Ed504	Stress Management	3	1	4	5	50	20	20	10	100
			Inte	ernshi	p of 4 C	redit	S					
6	Core Course - 16	23-BSc- Phy.Ed601	Measurement and Evaluation	3	1	4	5	50	20	20	10	100
	Core Course - 17	23-BSc- Phy.Ed602	Biomechanics	3	1	4	5	50	20	20	10	100
	Core Course - 18	23-BSc- Phy.Ed603	Officiating and Coaching	3	1	4	5	50	20	20	10	100
	Core Course Minor- 6/ Core Course Minor- 7 (V)	23-BSc- Phy.Ed604	Posture and Athletic Care/ Sports Journalism	3	1	4	5	50	20	20	10	100

(~	-	ourse - 1	- 27)				
		ntroduction					
Subject:		n, Health Education a	nd Sports S	cience			
Semester	1 st Semester						
Name of the Course		History and Foundation of Physical Education					
CourseCode	23-BSc-Phy.Ed						
CourseType:	Core Course - 1						
Level of the Course	100-199						
Pre-requisite(ifany)	12 th pass from any st Sports Background.	reams (Arts/Science/ Co Itisopenforall.	ommerce) pref	ferable with			
Course LearningOutcomes (CLO):	 Describe the A Explain the his Illustrate the ba Education 	course, the learner will be ims, Objectives and sco torical development of P asic knowledge ofbiologi Career opportunities in	pe of Physical hysical Educa cal aspects of	tion in India Physical			
	5. Know the basic	c specifications of court/ ne basic skills of Kho Kho					
Credits	Theory	Practical		Total			
	3	1		4			
Contact Hours	3 hours per week	2 hours per week (Size of practical group =	20 students)	5			
Max. Marks: 100			Time: 3 Ho	ours			
Part II - Practical = 30	- 20 Marks + End Term		For End Ter	m Exam			
	- 10 Marks + End Term PartB-Conte	entofthe Course					
		for Paper- Setter:					
The question paper from their respective Units o type questions, which will co	will consist of Five Units I, of the Syllabus and will ca	, II, III, IV and V. Units I, II, rry 10 marks each. Unit V	th will consist of				
Unit							
 Meaning Relations Education Aim and 0 	n Objectives Physical Edu	n with Health and Gene		12			
	Physical Education. Physical Education in mo	odern society					
	ntiona regarding Dhysic	-					

Misconceptions regarding Physical Education. Physical Education as Arts or Science •

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	History of Physical Education in India:		12				
	Physical Education during Indus Valley Civi	lization (3250 BC – 2500 BC)					
	Physical Education during Vedic period (250)	· · · · · · · · · · · · · · · · · · ·					
	Physical Education during Early Hindu Perio	,					
	 Physical Education during Later Hindu Period (320 A.D – 1000 A.D) 						
	Physical Education during Medieval Period	(1000 A.D – 1757 A.D)					
	Physical Education during British Period (Til						
	 Physical Education during After Independer 	nce					
	Biological Basis of Physical Education:		11				
	Meaning of Growth and Development						
	Meaning of Chronological Age, Anator	mical age, Physiological age					
	and Mental age						
		· · · · · · · · · · · · · · · · · · ·					
	Difference between Growth and devel						
	Factorsaffecting Growth and developm						
	 Growth and Development at various L Adolescence – Adolescence – Adultho 						
IV	Career opportunities in Physical Education		10				
	Qualifications and responsibilities of F	•	-				
	professionals at various levels of educ						
	Qualifications and responsibilities as (
	Instructors and others	-					
	 Qualifications and responsibilities as sports Event Managers, 						
	Technical Officials, Researchers and others						
	Qualifications and responsibilities in H						
	Centers, Aerobics, Dance & Recreation	on Clubs in Corporate Sectors					
	and others.	ante levine ellete. Comence estatene					
	 Qualifications and responsibilities Sports Photographers and Video Ana 						
	 Career opportunities in various Centra 	•					
	Organizations and others						
	 Career opportunities in Manufacturing 	 Career opportunities in Manufacturing and Marketing sectors. 					
Sugge	 Career opportunities in Manufacturing Entrepreneurs opportunities in Physic estedEvaluationMethods: 						
	Entrepreneurs opportunities in Physic	al Education and Sports.					
Maxim Interna	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks IAssessment: 20 Marks	eal Education and Sports. +End Term Exam– 50 Marks) End TermExam: 50 Marks	Γime = 3 hrs				
Maxim Interna Contin	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks IAssessment: 20 Marks uousComprehensiveEvaluation(CCE): 20 Marks	 al Education and Sports. +End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from each 					
Maxim Interna Contin Class pr	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks IlAssessment: 20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5	 Education and Sports. +End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from each area = 40 Marks. 	ach Units I to IV				
Maxim Interna Contin Class pro Geminar,	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks IlAssessment: 20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5 / Assignment/Quiz/class test, etc. = 5	 Education and Sports. +End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from ea = 40 Marks. Five Questions short answer from 	ach Units I to IV				
Maxim Interna Contin Class pro Geminar,	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks IlAssessment: 20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5	 Education and Sports. +End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from each area = 40 Marks. 	ach Units I to IV				
Maxim Interna Contin Class pro Seminar,	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5 / Assignment/Quiz/class test, etc. = 5 erm Test = 10 Part II – Pra	 End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from ea = 40 Marks. Five Questions short answer from = 5 × 2 Marks = 10 Marks. 	ach Units I to IV				
Maxim Interna Contin Class pro Seminar, Mid Te	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5 / Assignment/Quiz/class test, etc. = 5 erm Test = 10 Part II – Pra (Internal Assessment - 10 Mark	 End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from ea = 40 Marks. Five Questions short answer from = 5 × 2 Marks = 10 Marks. Actical ks + External – 20 Marks) 	ach Units I to IV entire syllabus				
Maxim Interna Contin Class pro Seminar,	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5 / Assignment/Quiz/class test, etc. = 5 erm Test = 10 Part II – Pra (Internal Assessment - 10 Mark	 End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from ea = 40 Marks. Five Questions short answer from = 5 × 2 Marks = 10 Marks. 	ach Units I to IV				
Maxim Interna Contin Class pro Seminar, Mid Te	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5 / Assignment/Quiz/class test, etc. = 5 erm Test = 10 Part II – Pra (Internal Assessment - 10 Mark	 End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from ea = 40 Marks. Five Questions short answer from = 5 × 2 Marks = 10 Marks. Actical ks + External – 20 Marks) 	ach Units I to IV entire syllabus				
Maxim Interna Contin Class pro Seminar, Mid Te	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5 / Assignment/Quiz/class test, etc. = 5 erm Test = 10 Part II – Pra (Internal Assessment - 10 Marks) t Topics	 Education and Sports. +End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from ea = 40 Marks. Five Questions short answer from = 5 × 2 Marks = 10 Marks. Additional and a stribution 	ach Units I to IV n entire syllabus Contact Hours				
Maxim Interna Contin Class pro Seminar, Mid Te	Entrepreneurs opportunities in Physic estedEvaluationMethods: umMarks:70(Internal Assessment -20 Marks uousComprehensiveEvaluation(CCE): 20 Marks esentation = 5 / Assignment/Quiz/class test, etc. = 5 erm Test = 10 Part II – Pra (Internal Assessment - 10 Marks) t Topics Kho - Kho: Court specifications, general	 End Term Exam– 50 Marks) End TermExam: 50 Marks One question of 10 marks from ea = 40 Marks. Five Questions short answer from = 5 × 2 Marks = 10 Marks. Additional Marks distribution 15 Marks 	ach Units I to IV entire syllabus Contact Hours				

InternalAssessment: 10 Marks	End TermExam: 20 Marks
Evaluation through Skill Test/ Assignments/	Evaluation through performance in Skill Test/
Quiz/ Viva Voce/ Practical Record File	Demonstration/ Viva Voce/ Practical Record File
(5 Marks for Each Game)	(10 Marks for Each Game)
C-Learning Resources	
 Bucher A. Charles. (1983). Foundations of Physical Edu Charles A. Bucher. (1982). Foundations of P Charles C. Cowell & William L. France. (1963 New Jersey: Prentice-Hall. Singh Ajmer et.al. Modern Text Book of Kalyani Publishers, Ludhiana, (2010). Sharma, V.K, Health & Physical Educati Delhi. (2013). Singh Ajmer et. al. Olympic Movement, Kamlesh & Sangral, Principles & History Ludhiana. (2000). Bucher, C. A. (n.d.) Foundation of physi Deshpande, S. H. (2014). Mohan, V. M. Principles of physical edu E. E. & Cozen, F.W. (1969). An introduc Saunders Co. Pinto John and Roshan Kumar Shetty (Publications, Mangalore. 	ysical Education. Karaikudi: Vinsi Publications. ucation. St. Louis:Mosbyco. hysical Education. USA: The C.V. Mosby company). Philosophy and Principles of Physical Education Physical Education, Health and Sports, ion, Saraswati House Pvt. Ltd .Daryagani, Ne Kalyani Publishers, Ludhiana, (2000). of Physical Education, Parkash Brothers, cal education. St. Louis: The C.V. Mosby Co. ucation. Delhi: Metropolitan Book Dep. Nixon, ction to physical education. Philadelphia: W.B. (2021) Introduction to Physical Education, Lou ts and Management in Physical Education,

Core Course - 2

PartA - Introduction Subject:	Physical Educati	on, Health Education	and Sports S	cience	
Semester	1 st Semester				
Name of the Course	Health Educa	ation			
CourseCode	23-BSc-Phy.Ed10)2			
CourseType	Core Course	- 2			
Level of the Course	100-199				
Pre-requisite(ifany)	12 th pass from any Sports Backgroun	/ streams (Arts/Science/ C d. Itisopenforall.	commerce) pref	erable with	
Course LearningOutcomes	After completing thi	s course, the learner will b	e able to:		
(CLO):	 Explain the organisation Illustrate the Acquire bas 	e concept of Health and H concept of Occupational H basic knowledge of vario ic knowledge about the Co	lealth us Communica ommunicable D	ble Diseases Diseases	
		ulate and analyze Blood p kygen saturation level	iessuie, divii, f	reak Expiratory	
Credits	Theory	Practical		Total	
	3	1		4	
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20	students)	5	
Max. Marks: 100 Part I - Theory = 70	when the End Terms From	EQ Marka)	Time: 3 Ho		
(Internal Assessment - 20 Ma Part II - Practical = 30 (Internal Assessment - 10 Mar		-	For End Terr	n Exam	
	PartB-Cont	entofthe Course			

Instructions for Paper- Setter:

The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Unit	Topics	Contact Hours
I	IntroductionofHealth and Health Education:	12
	Meaning and definition of Health	
	 Meaning and definition of Health Education 	
	Objectives of Health Education	
	Dimensions of Health Education	
	Scope of Health Education	
	Principles of Health Education.	
	Need of Health Education in modern society.	
	Occupational Health	10
	 Meaning and definition of Occupational Health 	
	Scope of Occupational Health	
	Principles of Occupational Health.	
	Scope of Occupational Health	
	• Factors responsible for Occupational Health Hazards and Diseases:	
	Physical Hazards, Chemical Hazards, Biological Hazards, Mechanical	
	Hazards, Psycho – Social Hazards.	
	Occupational diseases caused by Physical and Chemical factors	

	Communicable Diseases		12			
	Meaning of Communicable Diseases					
	 Name of various Communicable Diseases Meaning, Causes, symptoms and Treatment of HIV/ AIDS 					
	Meaning, Causes, symptoms and Treatment of Hepatitis A, B and C Meaning, Causes, symptoms and Treatment of Tuberculasis and Chicken					
	 Meaning, Causes, symptoms and Treatment of Tuberculosis and Chicken Pox 					
	Meaning, Causes, symptoms and Treatr	nent of COVID-19				
IV	Non - Communicable Diseases		11			
	Meaning of Non-Communicable Diseases					
	Name of various Non-Communicable Di Magning Causes symptoms and Traction					
	 Meaning, Causes, symptoms and Treatment of various types cardiovascular disease Meaning, Causes, symptoms and Treatment of various types of Typhoid and Attention Deficit Hyperactivity Disorder (ADHD) Meaning, Causes, symptoms and Treatment of Type land Type II 					
	Diabetes Meaning Causes symptoms and Treat	ment of Arthritis				
Suaa	Meaning, Causes, symptoms and Treatment of Arthritis SuggestedEvaluationMethods:					
	umMarks:70(Internal Assessment -20 Marks +E	nd Term Exam– 50 Marks)				
ntern	alAssessment:	End TermExam: 50 Marks Time	= 3 hrs			
	uousComprehensiveEvaluation(CCE): 20 Marks	One question of 10 marks from eac	••			
Class presentation = 5 40 Marks.						
	eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10 Signature 10 Five Questions short answer from e 5 × 2 Marks = 10 Marks.					
Mid T						
	Part II – Pra (Internal Assessment - 10 Marl					
Unit			Contact			
	BMI: Calculation of BMI, Categories of BMI	5 - Marks	Hours 7			
II	Calculation of Peak Expiratory Flow with Spirometer,	5 - Marks	8			
	Analysis of Peak Expiratory Flow					
	Measurement of Pulse Rate and Blood Pressure	5 - Marks	7			
IV	Measurement of Oxygen Saturation level, its	5 - Marks	8			
	interpretation					
	InternalAssessment:10 Marks	UniversityExam(UE): 20 Marks				
	Evaluation through Assignments/ Quiz/ Viva Voce/	Evaluation through Skill ofhandling	the instrument /			
	Practical Record File	Demonstration/ Viva Voce/ Practica	I Record File(5			
	(2.5 Marks for Each Unit)	Marks for Each Unit)	·			
artC	-Learning Resources					
Sugg	estedReadings: Sharma, V.K, Health & Physical Educatior 	n Saraswati House Pvt. Ltd .Daryag	ganj, New			
	Delhi.(2013).					
	Bucher Olsen and Willgoose: The Founda	tion of Health Prentice Hall inc.Eng	lewood			
	Fliffs,New Jersey,(1976).					
	_	ealth Education. The C.V. Mos by	Company			

St.Loius (1961).

- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
- Kang G.S. Deol N.S. An introduction to Health and Physical Education 21st century.Patiala (2008).
- Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana, 2015

(ourse – 3	,			
		ntroduction				
Subject:			nd Sports S	Science		
Semester						
Name of the Course	Basic Anatomy and Physiology					
CourseCode	23-BSc-Phy.Ed103					
CourseType:	Core Course - 3					
Level of the Course	100-199					
Pre-requisite(ifany)	Sports Background. Itisopenforall.					
Course	After completing this c	ourse, the learner will be	e able to:			
LearningOutcomes1. Describe the Anatomy,Physiology and structure of Complexity(CLO):2. Explain the structure of Joints and Muscular System3. Illustrate the basic knowledge about Anatomy,Physion Circulatory and Digestive Systems of human body4. Explainthe Anatomy,Physiology of Respiratory and Explaint						
	Systems of hu	man body				
		and locations of bones, ns of human body.	muscles and	organs of		
Credits	Theory	Practical		Total		
	3	1		4		
Contact Hours	3 hours per week	2 hours per week (Size of practical group =	= 20 students)	5		
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - Part II - Practical = 30 (Internal Assessment -	10 Marks + End Term	n Exam – 50 Marks)	Time: 3 H For End Te			
	Instructions	for Paper- Setter:				
The question paper v from their respective Units o type questions, which will cov	will consist of five Units I, f the Syllabus and will ca	II, III, IV and V. Units I, II, rry 10 marks each. Unit V	th will consist c			
Unit	Торіс	S		Contact Hours		
Introduction of A	Anatomy and Physiolo	ду		12		
Meaning a	nd Definition of Anaton	ny and Physiology.				
Importanc sports	e of Anatomy and Phys	iology in Physical Educa	ation and			
	ture, Properties and fu					
•	of Cell, Tissues, Organs	and System.				
	aning and types					
	ystem: Structure and fu Appendicular Skeleton	inctions of Skeletal Syste	em.			

MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks Iass presentation = 5
 Types of Synovial Joints present in human body Meaning of Muscle, Types of muscles present in human body Gross Structure of Skeletal Muscle, Structural Classification of Skeletal muscles. III Circulatory System and Digestive System Constituents of blood and Function of blood Structure of the heart Types of Blood Circulation: Systemic, Pulmonary and Coronary Organs of Digestive System Structure and functions of the digestive system, Process of Food absorption, Name and functions of various digestive juices and enzymes IV Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks Hass presentation = 5 Mid Term Test = 10
 Meaning of Muscle, Types of muscles present in human body Gross Structure of Skeletal Muscle, Structural Classification of Skeletal muscles. III Circulatory System and Digestive System Constituents of blood and Function of blood Structure of the heart Types of Blood Circulation: Systemic, Pulmonary and Coronary Organs of Digestive System Structure and functions of the digestive system, Process of Food absorption, Name and functions of various digestive juices and enzymes IV Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks Hend TermExam: 50 Marks from each = 40 Marks. Five Questions short answer from en = 5 × 2 Marks = 10 Marks.
• Gross Structure of Skeletal Muscle, • Structural Classification of Skeletal muscles. III Circulatory System and Digestive System 1 • Constituents of blood and Function of blood • Structure of the heart 1 • Types of Blood Circulation: Systemic, Pulmonary and Coronary 0rgans of Digestive System 1 • Structure and functions of the digestive system, • Process of Food absorption, Name and functions of various digestive juices and enzymes 10 IV Respiratory System and Excretory System 10 • Organs of Respiratory system and their functions. 10 • Structure of gases in the lungs and tissues 0rgansofExcretory System: kidneys and skin 10 • Parts and Functions of the urinary system • Structure and functions of Skin. 10 SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) Tim One question of 10 marks from each = 40 Marks. InternalAssessment: 20 Marks Five Questions short answer from en = 5 × 2 Marks = 10 Marks. Five Questions short answer from en = 5 × 2 Marks = 10 Marks.
• Structural Classification of Skeletal muscles. 1 III Circulatory System and Digestive System 1 • Constituents of blood and Function of blood Structure of the heart 1 • Types of Blood Circulation: Systemic, Pulmonary and Coronary 0 rgans of Digestive System 1 • Structure and functions of the digestive system, • Process of Food absorption, Name and functions of various digestive juices and enzymes 10 IV Respiratory System and Excretory System 10 • Organs of Respiratory system and their functions. 10 • Structure of Respiratory system 10 • Organs of Excretory System 10 • Organs of Excretory System 10 • OrgansofExcretory System: kidneys and skin 10 • Parts and Functions of the urinary system 10 • Structure and functions of Skin. 10 SuggestedEvaluationMethods: 10 MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) 10 InternalAssessment: 20 Marks 10 ContinuousComprehensiveEvaluation(CCE): 20 Marks 10 ass presentation = 5 10 eminar/ Assignment/Quiz/class test, etc. = 5 10 Mid Term
III Circulatory System and Digestive System 1 • Constituents of blood and Function of blood • Structure of the heart 1 • Types of Blood Circulation: Systemic, Pulmonary and Coronary • Organs of Digestive System • Structure and functions of the digestive system, • Process of Food absorption, Name and functions of various digestive juices and enzymes 10 IV Respiratory System and Excretory System • Organs of Respiratory system and their functions. 10 • Organs of Respiratory system • Exchange of gases in the lungs and tissues 10 • OrgansofExcretory System: kidneys and skin • Parts and Functions of the urinary system 10 • Structure and functions of Skin. • Structure and functions of Skin. 10 SuggestedEvaluationMethods: • OrgansofExcretory System - 20 Marks +End Term Exam- 50 Marks) • One question of 10 marks from each = 40 Marks. riornuousComprehensiveEvaluation(CCE): 20 Marks • Five Questions short answer from each = 40 Marks. • Five Questions short answer from each = 5 × 2 Marks = 10 Marks.
 Constituents of blood and Function of blood Structure of the heart Types of Blood Circulation: Systemic, Pulmonary and Coronary Organs of Digestive System Structure and functions of the digestive system, Process of Food absorption, Name and functions of various digestive juices and enzymes IV Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCCE): 20 Marks Bas presentation = 5 minar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10 End TermExam: 50 Marks. Five Questions short answer from en = 5 × 2 Marks = 10 Marks.
 Structure of the heart Types of Blood Circulation: Systemic, Pulmonary and Coronary Organs of Digestive System Structure and functions of the digestive system, Process of Food absorption, Name and functions of various digestive juices and enzymes IV Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks
 Types of Blood Circulation: Systemic, Pulmonary and Coronary Organs of Digestive System Structure and functions of the digestive system, Process of Food absorption, Name and functions of various digestive juices and enzymes IV Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks ass presentation = 5 eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10
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 Structure and functions of the digestive system, Process of Food absorption, Name and functions of various digestive juices and enzymes IV Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks Iass presentation = 5 Mid Term Test = 10 End TermExam: 50 Marks. Five Questions short answer from en = 5 × 2 Marks = 10 Marks.
• Process of Food absorption, Name and functions of various digestive juices and enzymes 10 IV Respiratory System and Excretory System Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks lass presentation = 5 eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10
IV Respiratory System and Excretory System 10 • Organs of Respiratory system and their functions. 10 • Organs of Respiratory system and their functions. 10 • Organs of Respiratory system 11 • Organs of Respiratory system 11 • Organs of Respiratory system 11 • Exchange of gases in the lungs and tissues 11 • OrgansofExcretory System: kidneys and skin 12 • Parts and Functions of the urinary system 12 • Structure and functions of Skin. 12 SuggestedEvaluationMethods: 12 MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) 12 InternalAssessment: 20 Marks 12 ContinuousComprehensiveEvaluation(CCE): 20 Marks 13 Iass presentation = 5 10 eminar/ Assignment/Quiz/class test, etc. = 5 10 Mid Term Test = 10 10
IV Respiratory System and Excretory System 10 • Organs of Respiratory system and their functions. 10 • Organs of Respiratory system and their functions. 10 • Structure of Respiratory system 11 • Exchange of gases in the lungs and tissues 10 • OrgansofExcretory System: kidneys and skin 11 • Parts and Functions of the urinary system 11 • Structure and functions of the urinary system 11 • Structure and functions of Skin. 11 SuggestedEvaluationMethods: 11 MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) 11 InternalAssessment: 20 Marks 11 ContinuousComprehensiveEvaluation(CCE): 20 Marks 11 Iass presentation = 5 12 eminar/ Assignment/Quiz/class test, etc. = 5 10 Mid Term Test = 10 10
 Organs of Respiratory system and their functions. Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks InternalAssessment/Quiz/class test, etc. = 5 Mid Term Test = 10 End TermExam: 50 Marks Five Questions short answer from end E 40 Marks. Five Questions short answer from end E 5 × 2 Marks = 10 Marks.
 Structure of Respiratory system Exchange of gases in the lungs and tissues OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks Iass presentation = 5 eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10 End TermExam: 50 Marks Five Questions short answer from end End TermExam: 50 Marks Structure and function(CCE): 20 Marks Marks Marks End TermExam: 50 Marks Time of the use of the u
 OrgansofExcretory System: kidneys and skin Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks lass presentation = 5 eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10 End TermExam: 50 Marks End TermExam: 50 Marks InternalAssessment: 20 Marks End TermExam: 50 Marks InternalAssessment: 20 Marks End TermExam: 50 Marks InternalAssessment: 20 Marks End TermExam: 50 Marks Internation = 5 End TermExam: 50 Marks <p< td=""></p<>
 Parts and Functions of the urinary system Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks lass presentation = 5 eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10 End TermExam: 50 Marks End TermExam: 50 Marks Image: State of the urinary system SuggestedEvaluationMethods: Marks Marks End TermExam: 50 Marks Time One question of 10 marks from each = 40 Marks. Five Questions short answer from end = 5 × 2 Marks = 10 Marks.
Structure and functions of Skin. SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks) InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks lass presentation = 5 eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10
SuggestedEvaluationMethods: MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks)InternalAssessment: 20 Marks ContinuousComprehensiveEvaluation(CCE): 20 Marks lass presentation = 5 eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10End TermExam: 50 Marks Tim One question of 10 marks from each = 40 Marks. Five Questions short answer from en = 5 × 2 Marks = 10 Marks.
MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam- 50 Marks)InternalAssessment: 20 MarksContinuousComprehensiveEvaluation(CCE): 20 Markslass presentation = 5eminar/ Assignment/Quiz/class test, etc. = 5Mid Term Test = 10End Term Exam: 50 MarksFive Questions short answer from en= 5 × 2 Marks = 10 Marks.
eminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10 Five Questions short answer from en = 5 × 2 Marks = 10 Marks.
Mid Term Test = 10 = 5 × 2 Marks = 10 Marks.
Mid Territ Test – 10
Part II – Practical
Fait II – Flactical
(Internal Assessment - 10 Marks + External – 20 Marks)
Unit Topics Marks distribution
I Identification of Name and location of 10 Marks
Human Bones on Skeleton and Chart
II Identification of Name and location of 10 Marks
Major Muscles of Human Body on Model
and Chart
III Identification of Name and Location of 10 Marks
organs of various systems: Circulatory,
Digestive, Respiratory and Excretory on
Digestive, Respiratory and Excretory on Models and Charts
Digestive, Respiratory and Excretory on Models and Charts InternalAssessment: 10 Marks UniversityExam(UE): 20 Marks
Digestive, Respiratory and Excretory on Models and Charts

PartC-Learning Resources

- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,(2010).
- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

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	- Introduction	.	··· ··				
Subje			on, Health Education a	and Sports S	Science		
Sem		1 st Semester					
	e of the Course	Olympic Mov					
CourseCode 23-BSc-Phy.Ed104							
	seType	Minor Core Course	e - 1				
	of the Course	100-199					
Pre-re	quisite(ifany)	-	idents studying Physical E	ducation, He	ath Education		
		and Sports Science	2 2				
Course (CLO):	LearningOutcomes		s course, the learner will b				
			 concept of Olympic Move c knowledge about Moder 		cient Olympics.		
			various Types of Olympic	• •			
		5. Describe life	various rypes of Olympic				
			1				
Credit	s	Theory	Practical		Total		
		2	Nil		2		
Contac	ct Hours	2 hours per week	Nil		2		
	A 1 50						
	/arks: 50 nal Assessment - 15 M	arks + End Term Eva	m = 35 Marke)	Time: 2 H	ours		
			III – 55 Marks)	For			
		PartB-Conte	entofthe Course	1 01			
		Instructions	for Paper- Setter:				
.	The question paper will c		II, III& IV. Unit I, II and III w	ill have two qu	estions from their		
			each. Unit IV will consist o				
	Il cover the entire syllabus	-					
Unit		Торіс			Contact		
					Hours		
	Origin of Olympic M				10		
		Olympic movement					
	-	nt stages in the de	evelopment of the Anci	ent Olympic			
	movement	Poligion of Angiant O	lympics, Opening ceremo				
			cipants of Various event				
	winners,			0, 11200 101			
		ermination of the anci	ent Olympics				
11	Modern Olympic Ga				10		
	 Revival of Oly 						
		ools: Motto, Rings, F	lag, Medals, Flame, Toro	ch Relay and			
	Anthem	nonu Closing coroma					
		col for member count	ony, medal ceremony				
		nance in Modern Olyr					
	Different Olympic G				10		
			and symbols. Its relation	n with other			
	Olympics	-	-				
		oics: Brief History a	nd symbols. Its relatior	n with other			
	Olympics						
		c Games: Brief Histor	ry and symbols. Its relation	on with other			
	Olympics	ance in Modern Para	alympics, Winter and Yout	h			
	 Indian Perion Olympics. 		aympics, winter and rout				
	Ciympica.						

Minor Core Course - 1

SuggestedEvaluationMethods: MaximumMarks:50(Internal Assessment -15 Marks + End Term Exam –35 Marks)

InternalAssessment:	End Term Exam: 35Marks Time = 2 hrs		
ContinuousComprehensiveEvaluation(CCE): 15 Marks	One question of 10 marks from each Units I to III = 30		
Class presentation = 4	Marks.		
Seminar/ Assignment/Quiz/class test, etc. = 4	Five Questions short answer from entire syllabus =		
Mid Term Test = 7	5 × 1Marks = 5 Marks.		

PartB -Learning Resources

SuggestedReadings:

- Ajmeer Sing, Jagdish Bans, Jagtar Sing Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publisheres.
- Burbank, J. M., Andranovich, G. D. & cHeying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner Osborne, M. P. (2004).
- Magictree House Fact Tracker: Ancient Greece and the Olympics: A Nonfiction Companion To Magic Tree House: Hour of the Olympics. New york: random house books for young readers.

PartA -	Introduction				
Subjec	t:	Physical Educati	on, Health Education	and Sports	Science
Semes		1 st Semester			
Name	of the Course	Fundamentals of Physical Education			
Course	eCode	23-BSc-Phy.Ed105			
Course	Туре	Multidisciplinary Course - 1			
Level o	f the Course	100 - 199			
Pre-req	uisite(ifany)	It is open for all.			
Course L	ourse LearningOutcomes After completing this course, the learner will be able to:				
(CLO):		 Describe the Aims, Objectives and scope of Physical Education. Illustrate the basic knowledge of biological aspects of Physical Education 			
		Sports.	ous Career opportunities i	n Physical Ed	lucation and
		 4. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton. 			
Credits		Theory	Practical		Total
		2	1		3
Contact	Contact Hours 2 hours per week 2 hours per week (Size of practical group = 20 students)			4	
Max. Marks: 75Time: 2 HPart I - Theory = 50For End Term Exam – 35 Marks)(Internal Assessment - 15 Marks + End Term Exam – 35 Marks)For End Term Erd Term Exam – 20 Marks)Part II - Practical = 25For End Term Exam – 20 Marks)					
•			entofthe Course	1	
respective		onsist of Four Units I, and will carry 10 marks	for Paper- Setter: II, III& IV. Unit I, II and III w each. Unit IV will consist of for each question.		
Unit Topics			Contact Hours		
I	 IntroductionofPhysicalEducation: Meaning and definition of Physical Education Relationship of Physical Education with Health and General Education Aim and Objectives of Physical Education Professional Courses in Physical Education and Sports. Need of Physical Education in modern society. Misconceptions regarding Physical Education. Physical Education as Arts or Science 			10	
	Biological Basis of F				10
	-	owth and Developme			

Multidisciplinary Course - 1

Meaning of Growth and Development Meaning of Chronological Age, Anatomical age, Physiological age and Mental age • Principles of Growth and development

- Difference between Growth and development
- Factors affecting Growth and development Growth and Development at various Levels of Childhood: Pre -• Adolescence – Adolescence – Adulthood.

III C	Career opportunities in Physical Education	and Sports:	10	
	Qualifications and responsibilities of Ph	-		
	 Qualifications and responsibilities of Physical Education and opens professionals at various levels of educational institutions. Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others Qualifications and responsibilities as sports Event Managers, Technical 			
	Officials, Researchers and others			
	 Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. Qualifications and responsibilities of Sports Journalists, Commentators, Construct Deptement of Video Analysts 			
	 Sports Photographers and Video Analy Career opportunities in various Central 			
	Organizations and others	Govi, State Govi., I Invate		
	 Career opportunities in Manufacturing and Marketing sectors. 			
	Entrepreneur opportunities in Physical E			
	tedEvaluationMethods: nMarks:50 (Internal Assessment - 15 Marks + E	End Term Exam – 35 Marks)		
	ssessment:15	End TermExam: 35Marks Time = 2	hrs.	
	ComprehensiveEvaluation(CCE): 15 Marks	One question of 10 marks from each	n Units I to III =	
•	sentation = 4	30 Marks.		
	Assignment/Quiz/class test, etc. = 4	Five Questions short answer from e 5 × 1 Marks = 5 Marks.	ntire syllabus =	
Mid I er	m Test = 7	5 × 1 Marks = 5 Marks.		
	Part II – Pra	actical		
	MaximumMarks:25(Internal Assessmen	t - 5 Marks + External – 20 Marks)	
Unit	Topics	Marks distribution	Contact Hours	
I	Kho - Kho: Court specifications, general	10 Marks	15	
	rules and basic skills			
	Badminton: Court specifications, general	10 Marks	15	
	rules and basic skills			
	InternalAssessment: 5 Marks	UniversityExam(UE): 20 Marks		
		Evaluation through performance in Skill Test/		
	Demonstration of Skill/Viva-Voce/	Evaluation through performance in	Skill Test/	
	Demonstration of Skill/Viva-Voce/ Practical Record File	Demonstration/ Viva Voce/ Practica		
		.		
artC-Lo		Demonstration/ Viva Voce/ Practica		
	Practical Record File	Demonstration/ Viva Voce/ Practica		
	Practical Record File earning Resources	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports)		
	Practical Record File earning Resources edReadings:	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication.	Record File:	
	Practical Record File earning Resources edReadings: • Baljit Singh (2009). Principles of Physical Educ	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication. ical Education. Karaikudi: Vinsi Publica	Record File:	
	Practical Record File earning Resources edReadings: • Baljit Singh (2009). Principles of Physical Educ • BevinsonPerinbaraj. S (2002). History of Phys	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication. ical Education. Karaikudi: Vinsi Publica cation. St. Louis:Mosbyco.	Record File:	
	Practical Record File earning Resources edReadings: • Baljit Singh (2009). Principles of Physical Educ • BevinsonPerinbaraj. S (2002). History of Phys • Charles. (1983). Foundations of Physical Educ	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication. ical Education. Karaikudi: Vinsi Publica cation. St. Louis:Mosbyco. ysical Education. USA: The C.V. Mosby	Record File: tions. Bucher / company.	
	Practical Record File earning Resources edReadings: • Baljit Singh (2009). Principles of Physical Educ • BevinsonPerinbaraj. S (2002). History of Phys • Charles. (1983). Foundations of Physical Educ • Charles A. Bucher. (1982). Foundations of Physical	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication. ical Education. Karaikudi: Vinsi Publica cation. St. Louis:Mosbyco. ysical Education. USA: The C.V. Mosby	Record File: tions. Bucher / company.	
	Practical Record File earning Resources edReadings: Baljit Singh (2009). Principles of Physical Educ BevinsonPerinbaraj. S (2002). History of Phys Charles. (1983). Foundations of Physical Educ Charles A. Bucher. (1982). Foundations of Phy Charles C. Cowell & William L. France.(1963). Jersey: Prentice-Hall. Singh Ajmer et.al. Modern Text Book of P	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication. ical Education. Karaikudi: Vinsi Publica cation. St. Louis:Mosbyco. ysical Education. USA: The C.V. Mosby Philosophy and Principles of Physical F	tions. Bucher / company. Education. Nev	
	 Practical Record File earning Resources edReadings: Baljit Singh (2009). Principles of Physical Educe BevinsonPerinbaraj. S (2002). History of Physical Educe Charles. (1983). Foundations of Physical Educe Charles A. Bucher. (1982). Foundations of Physical Educe Charles C. Cowell & William L. France.(1963). Jersey: Prentice-Hall. Singh Ajmer et.al. Modern Text Book of Physical Educe Sharma, V.K, Health & Physical Educatio 	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication. ical Education. Karaikudi: Vinsi Publica cation. St. Louis:Mosbyco. ysical Education. USA: The C.V. Mosby Philosophy and Principles of Physical F Physical Education, Health and Spor	tions. Bucher / company. ducation. New	
	 Practical Record File earning Resources edReadings: Baljit Singh (2009). Principles of Physical Educe BevinsonPerinbaraj. S (2002). History of Physical Educe Charles. (1983). Foundations of Physical Educe Charles A. Bucher. (1982). Foundations of Physical Educe Charles C. Cowell & William L. France.(1963). Jersey: Prentice-Hall. Singh Ajmer et.al. Modern Text Book of Physical Educe 	Demonstration/ Viva Voce/ Practica (10 Marks for each Sports) cation. New Delhi: Sports Publication. ical Education. Karaikudi: Vinsi Publica cation. St. Louis:Mosbyco. ysical Education. USA: The C.V. Mosby Philosophy and Principles of Physical F Physical Education, Health and Spor n, Saraswati House Pvt. Ltd .Darya alyani Publishers, Ludhiana, (2000)	I Record File: tions. Bucher A company. Education. New rts, Kalyani gani, New	

- Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000).
- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014).
- Mohan, V. M. 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.

- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

Ability Enhancement Courses - 1

		PartA - I	ntroduction		
Subje	ect:	Physical Education	n, Health Education a	nd Sports S	cience
Sem	ester	1 st Semester			
	e of the Course	Athletics Track Events			
Cour	seCode	23-BSc-Phy.Ed106			
Cours	seType:	Ability Enhanceme	nt Courses - 1		
Level	of the Course	170			
Pre-re	quisite(ifany)	Course only for students studying Physical Education, Heath Education and Sports Science as Major subject			th Education
Course		After completing this course, the learner will be able to:			
Learnin (CLO):	gOutcomes	 Describe the Athletics Events and Governing Bodies of Athletics Illustrate the basic knowledge about Sprints, Hurdles and Relay race events. Describe the rules and regulations of Middle and Long Distance races and 3000m Steeplechase. Explain the rules and regulations of Marathon and Walking Events 			
	5. Demonstrate the techniques of crouch start and Baton Exchar				on Exchange
Credit	S	Theory	Practical		Total
		3	1		4
Contac	t Hours	ours 3 hours per week 2 hours per week (Size of practical group = 20 students)		20 students)	5
Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)				For End Ter	m Exam
		PartB-Conte	entofthe Course		
their res question	pective Units of the	vill consist of Five Units I, Syllabus and will carry 1 e entire syllabus and will	for Paper- Setter: II, III, IV& V. Unit I, II, III& 0 marks each. Unit V will carry 2 marks for each que	consist of 5 sh	ort answer type
Unit		Topics			Contact Hours
 Introduction of Athletics Brief History of Athletics National and International Governing bodies of Athletics Events of Athletics for Men and Women Marking of Athletics track 200m Marking of Athletics Track 400m 				12	
II					12

III N	liddle and Long Distance races and 3000	m Steeplechase	11	
ſ	Basic Rules of Middle distance races:			
	 Basic Rules of Long Distance Races: 3000m, 5000m and 10000m 			
	3000m Steeplechase		10	
IV N	 IV Marathon and Walking Events Distance of Marathon, Walking and other road races Basic rules of Marathon Race 			
	Basic Rules of Walking Events: 20 kr	Basic Rules of Walking Events: 20 km and 50 km		
	 Basic technique of walking. 			
	 Basic rules of Cross-Country races of 			
	Famous Indian Athletes of Marathon	and walking events		
	tedEvaluationMethods:			
Maximum	nMarks:70(Internal Assessment -20 Marks	+End Term Exam- 50 Marks)		
nternalA	ssessment: 20	End Term Exam: 50 MarksTime	e = 3 hrs.	
	usComprehensiveEvaluation(CCE): 20 Marks	One question of 10 marks from e	each Units I to I	
	esentation = 5	= 40 Marks.		
	Assignment/Quiz/class test, etc. = 5	Five Questions short answer from	n entire syllabus	
Mid Ter	m Test = 10	= 5 × 2 Marks = 10 Marks.		
	Part II – Pra	actical		
М	aximumMarks:30(Internal Assessment - 10) Marks + End Term Exam – 20) Marks)	
Unit	Topics	Marks distribution	Contact Hours	
I	Techniquesof Crouch Start	10 Marks	10	
II	Techniques of Baton Exchange	10 Marks	10	
	Basics of Track Marking (200m/400m)	10 Marks	10	
	InternalAssessment:10 Marks	End Term Exam: 20 Marks		
	Evaluation through Demonstration of Skill/	Practical demonstration of skill of	f crouch start	
	Assignments/ Quiz/ Viva Voce/ Practical	and Baton exchange: 5 Marks for each		
	Record File	Evaluation through Viva Voce/ Practical Record		
		-		
		File: 10 Marks		
PartC-L	earning Resources			
	• Arnheim, D., & William, E Prentice. (1991).	. Principles of athletic training. St. L	ouis: Mosby Ye	
	Book.			
	• Arnheim D., & William E Prentice. (1978).	Athletic Training. St. Louis: Mosby ۱	/ear Book.	
	• Authors Guide (2018) IAAF Competition Ru	•		
	George Immanuel.(1997).Track and Field E		-	
	 Chauhan VS (1999). Khel Jagat Mein Athlet 	· •		
	 Evans DA (1984). Teaching Athletics. Hodder, London 			
	\bullet I VAUS DA LIZOTE LEAUNDY ANDENUS $\square O O O$			
			ub	
	• Fox EL (1998). Physiological Basis of Physic	cal Education and Athletics Brown P	Pub.	
		al Education and Athletics Brown P tics. Sport Pub., New Delhi.		

- Josse, P, Moprtensen., & John, M, Copper. (1998). Track and Field for Coach and Athlete. St.Louis: C.V.Mosphy Company.
- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New

Delhi

- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.