

Kurukshetra University, Kurukshetra

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 from session 2023-24.

SEMESTER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours (T+P)	Max. Marks				
				Theory	Practical	Total		Theory		Practical		Total
								External	Internal	External	Internal	
1	Core Course - 1	23-BPE-101	History and Foundation of Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 2	23-BPE-102	Health Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 3	23-BPE-103	Basic Anatomy and Physiology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor - 1	23-BPE-104	Olympics Movement	2	0	2	2	35	15	-	-	50
	Multidisciplinary Courses (MDC) - 1	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - I	Course from Pool of Courses Available in College/Institute										
	Skill Enhancement Courses (SEC) - I	Course from Pool of Courses Available in College/Institute										
	Value Added Course – 1	B-23- VAC-101	Human Values and Ethics	2	0	2	2	35	15	-	-	50
2	Core Course - 4	23-BPE-201	Exercise Physiology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 5	23-BPE-202	Fundamentals of Sports Medicine	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 6	23-BPE-203	Officiating and Coaching	3	1	4	5 (3+2)	50	20	20	10	100

	Core Course Minor - 2	23-BPE-204	Asian and Commonwealth Games	2	0	2	2	35	15	-	-	50
	Multidisciplinary Courses (MDC) - 2	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - 2	Course from Pool of Courses Available in College/Institute										
	Skill Enhancement Courses (SEC) - 2	Course from Pool of Courses Available in College/Institute										
	Value Added Course - 2	B-23- VAC-201	Environment Studies	2	0	2	2	35	15	-	-	50
Internship of 4 credits of 4-6 weeks duration after 2nd semester												
3	Core Course - 7	23-BPE-301	Sports Psychology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 8	23-BPE-302	Sports Nutrition	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 9	23-BPE-303	Fundamentals of Sports Training	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor - 3	23-BPE-304	Athletics – Track Events and Field Events	3	1	4	5 (3+2)	50	20	20	10	100
	Multidisciplinary Courses (MDC) - 3	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - 3	Course from Pool of Courses Available in College/Institute										
	Skill Enhancement Courses (SEC) - 3	Course from Pool of Courses Available in College/Institute										
4	Core Course - 10	23-BPE-401	Physical Fitness and wellness	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 11	23-BPE-402	Sports Sociology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 12	23-BPE-403	Organization and Administration	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor - 4 (V)	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - 4	Course from Pool of Courses Available in College/Institute										
	Value Added	Course from Pool of Courses Available in College/Institute										

	Course - 3											
Internship of 4 credits of 4-6 weeks duration after 4th semester												
5	Core Course - 13	23-BPE-501	Sports Journalism	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 14	23-BPE-502	Kinesiology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 15	23-BPE-503	Sports Management	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor- 5 (V)	23-BPE-504	Stress Management	3	1	4	5 (3+2)	50	20	20	10	100
Internship of 4 Credits												
6	Core Course - 16	23-BPE-601	Test, Measurement & Evaluation in Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 17	23-BPE-602	Biomechanics	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 18	23-BPE-603	Curriculum Design in Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor- 6	23-BPE-604	Posture and Athletic Care	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor- 7	23-BPE-605	Adapted Physical Education	3	1	4	5 (3+2)	50	20	20	10	100

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Core Course - 1

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	History and Foundation of Physical Education		
Course Code	23-BPE-101		
Course Type:	Core Course - 1		
Level of the Course	100-199		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe the Aims, Objectives and scope of Physical Education. 2. Explain the historical development of Physical Education in India 3. Illustrate the basic knowledge of biological aspects of Physical Education 4. Tell the various Career opportunities in Physical Education and Sports. 		
	5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho Kho and Badminton.		
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 Hours
Part I - Theory = 70			For End Term Exam
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
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 V th 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	Introduction of Physical Education: <ul style="list-style-type: none"> • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives Physical Education • Scope of Physical Education. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science 		12

II	History of Physical Education in India: <ul style="list-style-type: none"> Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) Physical Education during Vedic period (2500 BC – 600 BC) Physical Education during Early Hindu Period (600 BC – 320 A.D) 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 (Till 1947) Physical Education during After Independence 	12
III	Biological Basis of Physical Education: <ul style="list-style-type: none"> 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. 	11
IV	Career opportunities in Physical Education and Sports: <ul style="list-style-type: none"> Qualifications and responsibilities of Physical Education and Sports 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 Sports Journalists, Commentators, Sports Photographers and Video Analysts Career opportunities in various Central Govt, State Govt., Private Organizations and others Career opportunities in Manufacturing and Marketing sectors. Entrepreneurship opportunities in Physical Education and Sports. 	10

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks

Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

**Part II – Practical
 (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	15 Marks	15
II	Badminton: Court specifications, general rules and basic skills	15 Marks	15

	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Game)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Game)
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Part C-Learning Resources

Suggested Readings:

- Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
- Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
- Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
- Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
- Charles C. Cowell & William L. France.(1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd . Daryagani, New Delhi. (2013).
- Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
- 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.

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Core Course - 2

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	Health Education		
Course Code	23-BPE-102		
Course Type	Core Course - 2		
Level of the Course	100-199		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> Describe the concept of Health and Health Education. Explain the concept of Occupational Health Illustrate the basic knowledge of various Communicable Diseases Acquire basic knowledge about the Communicable Diseases 		
	<ol style="list-style-type: none"> Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level 		
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 Hours
Part I - Theory = 70			For End Term Exam
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
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 V th 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	Introduction of Health and Health Education: <ul style="list-style-type: none"> 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. 		12
II	Occupational Health <ul style="list-style-type: none"> 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 		10

III	Communicable Diseases <ul style="list-style-type: none"> • 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 Tuberculosis and Chicken Pox • Meaning, Causes, symptoms and Treatment of COVID-19 	12
IV	Non - Communicable Diseases <ul style="list-style-type: none"> • Meaning of Non-Communicable Diseases • Name of various Non-Communicable Diseases • 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 I and Type II Diabetes • Meaning, Causes, symptoms and Treatment of Arthritis 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	BMI: Calculation of BMI, Categories of BMI	5 - Marks	7
II	Calculation of Peak Expiratory Flow with Spirometer, Analysis of Peak Expiratory Flow	5 - Marks	8
III	Measurement of Pulse Rate and Blood Pressure	5 - Marks	7
IV	Measurement of Oxygen Saturation level, its interpretation	5 - Marks	8
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	University Exam (UE): 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	

Part C-Learning Resources

Suggested Readings:

- Sharma, V.K, Health & Physical Education Saraswati House Pvt. Ltd . Daryaganj, New Delhi.(2013).
- Bucher Olsen and Willgoose; The Foundation of Health Prentice Hall inc. Englewood Cliffs, New Jersey,(1976).

- Turner S and Smith, School Health and Health 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

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Core Course – 3

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Basic Anatomy and Physiology		
Course Code	23-BPE-103		
Course Type:	Core Course - 3		
Level of the Course	100-199		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe the Anatomy, Physiology and structure of Cells. 2. Explain the structure of Joints and Muscular System 3. Illustrate the basic knowledge about Anatomy, Physiology of Circulatory and Digestive Systems of human body 4. Explain the Anatomy, Physiology of Respiratory and Excretory Systems of human body 		
	5. Identify name and locations of bones, muscles and organs of various systems of human body.		
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 Hours For End Term Exam
Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
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 V th 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	Introduction of Anatomy and Physiology <ul style="list-style-type: none"> • Meaning and Definition of Anatomy and Physiology. • Importance of Anatomy and Physiology in Physical Education and sports • Cell: Structure, Properties and functions • Meaning of Cell, Tissues, Organs and System. • Bone: Meaning and types • Skeletal System: Structure and functions of Skeletal System. • Axial and Appendicular Skeleton 		12

II	Joints and Muscular System <ul style="list-style-type: none"> • Meaning of Joints, Types of Joints • 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. 	11
III	Circulatory System and Digestive System <ul style="list-style-type: none"> • 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 	12
IV	Respiratory System and Excretory System <ul style="list-style-type: none"> • Organs of Respiratory system and their functions. • Structure of Respiratory system • Exchange of gases in the lungs and tissues • Organs of Excretory System: kidneys and skin • Parts and Functions of the urinary system • Structure and functions of Skin. 	10

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks

Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

**Part II – Practical
 (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Identification of Name and location of Human Bones on Skeleton and Chart	10 Marks	10
II	Identification of Name and location of Major Muscles of Human Body on Model and Chart	10 Marks	10
III	Identification of Name and Location of organs of various systems: Circulatory, Digestive, Respiratory and Excretory on Models and Charts	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File	University Exam (UE): 20 Marks Evaluation through Viva Voce/ Practical demonstration/Practical Record File	

Part C-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: Sumit Prakashan.
- 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

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Minor Core Course - 1

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	Olympic Movement		
Course Code	23-BPE-104		
Course Type	Minor Core Course - 1		
Level of the Course	100-199		
Pre-requisite (if any)	Course only for students studying Physical Education, Health Education and Sports Science as Major subject		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the concept of Olympic Movement and Ancient Olympics. 2. Acquire basic knowledge about Modern Olympics. 3. Describe the various Types of Olympics. 		
Credits	Theory	Practical	Total
	2	Nil	2
Contact Hours	2 hours per week	Nil	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)		Time: 3 Hours	
		For	
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Origin of Olympic Movement <ul style="list-style-type: none"> • Philosophy of Olympic movement • The significant stages in the development of the Ancient Olympic movement • Politics and Religion of Ancient Olympics, Opening ceremony, Different Events of Ancient Olympics, Participants of Various events, Prizes for winners, • Decline and Termination of the ancient Olympics 		10
II	Modern Olympic Games <ul style="list-style-type: none"> • Revival of Olympic Games • Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem • Opening ceremony, Closing ceremony, medal ceremony • Olympic Protocol for member countries • Indian Performance in Modern Olympics 		10
III	Different Olympic Games <ul style="list-style-type: none"> • Paralympics Games: Brief History and symbols. Its relation with other Olympics • Winter Olympics: Brief History and symbols. Its relation with other Olympics • Youth Olympic Games: Brief History and symbols. Its relation with other Olympics • Indian Performance in Modern Paralympics, Winter and Youth Olympics. 		10

Suggested Evaluation Methods:**Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)****Internal Assessment:**

Continuous Comprehensive Evaluation (CCE): 15 Marks
Class presentation = 4
Seminar/ Assignment/Quiz/class test, etc. = 4
Mid Term Test = 7

End Term Exam: 35 Marks Time = 2 hrs

One question of 10 marks from each Units I to III = 30 Marks.
Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.

Part B - Learning Resources**Suggested Readings:**

- 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.

**2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Core Course - 4

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Exercise Physiology		
Course Code	23-BPE-201		
Course Type:	Core Course - 4		
Level of the Course	100-199		
Pre-requisite (if any)			
Course Learning Outcomes (CLOs):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> Describe the meaning and origins of Exercise Physiology, Concept of Energy Production during rest and exercise. Explain the Macro & Micro Structure, Chemical Composition and effect of exercise on Skeletal Muscle. Illustrate the Conduction System of heart and effect of exercise on Circulatory system Tell the Mechanics of Breathing during rest and exercise. Explain the Nervous control of Respiration and effect of exercise on the respiratory system Know the basic techniques of measuring Pulse Rate, Blood Pressure, Peak Expiratory flow in 1 sec. and Ventilation Capacity. Able to evaluate the Vo₂ max. and do basic interpretation of ECG. 		
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 - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)		Time: 3 Hours For End Term Exam	
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
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 V th 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	Introduction of Exercise Physiology and Energy Production <ul style="list-style-type: none"> Meaning, Definition and Origins of Exercise Physiology Scope and Importance of Exercise Physiology in Physical Education and Sports Meaning of Anabolism, Catabolism and Metabolism ATP – PC or Phosphate system, Anaerobic metabolism, Aerobic, Metabolism, Aerobic and Anaerobic energy Systems during Rest and Exercise. 		11

II	Exercise and Muscular System <ul style="list-style-type: none"> • Macro & Micro Structure of Skeletal Muscle • Chemical Composition of Skeletal Muscle. • Types and Characteristic of muscle fiber. • Meaning of Motor Unit, Muscle Hypertrophy and Atrophy, Muscle Tone, Lactate threshold and Muscle Fatigue. • Effects of exercise on muscular system. 	12
III	Exercise and Circulatory System <ul style="list-style-type: none"> • Conduction System of the Heart • Blood Supply to the Heart, Cardiac Cycle • Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood Pressure, Cardiac Reserve Capacity, Bradycardia, Tachycardia • Factors Affecting Heart Rate • Effect of exercises and training on the Circulatory system. 	12
IV	Exercise and Respiratory System <ul style="list-style-type: none"> • Mechanics of Breathing during rest and exercise • Nervous control of Respiration • Role Various Respiratory muscles in Breathing • Meaning of Total Lungs Capacity, Ventilation Capacity, Inspiration Reserve Capacity, Expiration Reserve Capacity, Tidal Volume, Residual Volume and Volumes, Oxygen debt, VO_2 Max. • Effect of exercises and training on the respiratory system. 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks

Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

**Part II – Practical
 (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	1. Techniques of Measuring Blood Lactate level before and after exercise. 2. Technique of Measuring Ventilation Capacity.	15 Marks	15
II	1. Technique of calculation Vo_2 Max. 2. Basic Interpretation of ECG.	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)	

Part C-Learning Resources

Suggested Readings:

- Amrit K. & Moses, R. (2007). Introduction to Exercise Physiology Poompugar Pathipagam, Madras.
- Clarke, D.H. (2001). Exercise Physiology. New Jersey Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2010). Physiology of Sports and Exercise. USA: Human Kinetics.

- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. USA: Human Kinetics.
- Fox, E.L. (2015). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education Philadelphia: Lea & Febiger.
- Vincent, T. Murche. (2008). Elementary Physiology Hyderabad: Sports Publication
- Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics. Philadelphia:W.B. Saunders Co.
- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

**2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Core Course - 5

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Fundamentals of Sports Medicine		
Course Code	23-BPE-202		
Course Type:	Core Course - 5		
Level of the Course	100-199		
Pre-requisite (if any)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Aims, Objectives, scope and Principles of Sports Medicine and First Aid 2. Explain the Classification, symptoms and treatment of Common sports injuries. 3. Illustrate the Guiding principles, Scope, Techniques and Benefits of physiotherapy 4. Tell the Scope, Classification, Principles and Physiological Effects of Therapeutic Exercise 		
	5. Know the basic techniques of Bandages, CPR, Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy.		
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 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
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 V th 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	Introduction of Sports Medicine <ul style="list-style-type: none"> • Sports Medicine: Meaning, Aims, Objectives, Modern Concepts and Importance. • Brief history of Sports Medicine in India and Aboard • Qualifications of Sports Medicines Personals, Career opportunities in Sports Medicine • Meaning, Aims, Objectives and Principles of First Aid • First Aid for Burning, Electric shock, Snake Bite, Fracture, Drowning, Bleeding and Choking 		11

II	Sports Injuries: <ul style="list-style-type: none"> • Ways and methods for the prevention of injuries in sports • Meaning of Acute and Chronic Sports injuries • Classification of Sports injuries, their symptoms and treatment for sports injuries of Skin, Bone, Ligaments, Muscles, Joints and Nerves. • Massage: Meaning and Types of Massages, Brief History of Massage • Physiological Effects of Massage. 	12	
III	Introduction of Physiotherapy <ul style="list-style-type: none"> • Meaning and Definition of Physiotherapy and Rehabilitation • Guiding principles, Scope and Benefits of physiotherapy • Technique and Physiological Effect of Electrotherapy, infrared rays, Ultraviolet rays, short wave diathermy and Ultrasonic rays. • Technique and Physiological Effect of Steam Bath, Sauna Bath and Hot Water Fomentation 	12	
IV	Therapeutic Exercise: <ul style="list-style-type: none"> • Meaning and definition of Therapeutic Exercise • Scope and Principles of Therapeutic Exercise • Therapeutic exercise: Classification and Physiological Effects • Meaning and Types of Free Mobility Exercise • Therapeutic Exercises for Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, Ankle and Foot joints, Trunk, Head and Neck. 	11	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.	
Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Sports Medicine Kit, Techniques of tying various types of Bandages, Assessment Technique of various types of injuries	15 Marks	15
II	Cardiopulmonary resuscitation (CPR) Technique, Procedure of operating Electrotherapy, infrared rays, Ultraviolet rays, Short wave Diathermy and Ultrasonic Rays	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	

Part C-Learning Resources

Suggested Readings:

- Christopher M. Norris. (2012). Sports Injuries Diagnosis and Management for Physiotherapists. Thomson Litho Ltd, East Kilbride.
- James, A. Gould & George J. Davies. (1999). Physical Therapy C.V. Mosby Company, Toronto
- William Prentice, (2020). Essentials of Athletic Injury Management, 11th Edition. William Prentice.
- Morris B. Million. (1998). Sports Injuries and Athletic Problem Surjeet Publication, New Delhi
- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning Champaign, IL: Human Kinetics.
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education Philadelphia: Lea & Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia:W.B. Saunders Co.
- Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.
- Pande R. S. (1998) Sports Medicine. Khel Sahitya Kendra, New Delhi

**2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Core Course - 6

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Officiating and Coaching		
Course Code	23-BPE-203		
Course Type	Core Course - 6		
Level of the Course	100-199		
Pre-requisite (if any)			
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> Describe the Meaning, Concept and Principles of Officiating and Coaching Explain the Philosophy, Duties and Latest technological Advancement in Officiating Illustrate the Philosophy, Duties, Latest technological Advancements and Awards in Coaching. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kabaddi and Football 		
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 - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> 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 V th 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	Introduction of Officiating and Coaching: <ul style="list-style-type: none"> Meaning, definition and concept of Officiating and Coaching Principles of Officiating and Principles of Coaching Measures for improving the standards of Officiating and Coaching Relation of official and coach with management, players/teams and spectators. Ethics for Officiating and Coaching 		11
II	Officiating <ul style="list-style-type: none"> Philosophy of Officiating Duties of official in general, pre, during and post-game Duties of official for various major games and sports. Dress Codes of officials for various major games and sports Numbers of officials, Officiating positions, Signals and Movement of Officials during officiating for various major games and sports. Latest technological advancements in the Officiating in various games and sports 		12

III	Coaching <ul style="list-style-type: none"> • Philosophy of Coaching • Duties of coach in general, pre-game, during-game and post-game duties of coach for various major games and sports. • Latest technological advancements in the coaching for various major games and sports • Awards for coaches at State and National level. • Famous Coaches of various major games and sports 	12
IV	Career opportunities in Coaching and Officiating <ul style="list-style-type: none"> • Academic and Technical Qualifications of officials for various major games and sports. • Academic and Technical Qualifications of coaches for various major games and sports • Famous Institutes that offer technical qualifications in Officiating and Coaching for Sports and Game • Career opportunities in Officiating and Coaching: Government, Clubs, Private Sectors etc. • Qualities of an ideal coach and official 	10

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

**Part II – Practical
 (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Kabaddi: Court specifications, general rules and basic skills	15 - Marks	15
II	Football: Court specifications, general rules and basic skills	15 - Marks	15
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	University Exam (UE): 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	

Part C-Learning Resources

Suggested Readings:

- John Bunn. (2010). Scientific principles of Officiating. Englewood Cliffs N.J. prentice Hall
- Bunn, J. W. (2012). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1992). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.
- Rees, Roy. (2010). Coaching Soccer Successfully Human Kinetics Windsor.
- Cavendish, Marshall. (2012). The Sportsman's World of Soccer" Marshal Cavendish London

- Worthington, Eric. (2011). Teaching Soccer Skill Lepus Books
- Taylor, Hugh. (2016). The Scottish Football Book No19 Stanley Paul, London
- Lawson P. (2001). "Soccer" National Westminster Bank Sport Coaching Series Training and Education Associates Ltd, London
- Reilly T. & Williams Mark. (2014). Science & Soccer" Routledge, London.
- John W. Dann. (2002). Scientific Principle of Coaching WCB, Brown and benchmark Publisher, U.S.A.
- VN.Rao. (2008). Art of Kabaddi. Sports Publication.

**2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Minor Core Course - 2

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Asian and Commonwealth Games		
Course Code	23-BPE-204		
Course Type	Minor Core Course - 2		
Level of the Course	100-199		
Pre-requisite (if any)	Course only for students studying Physical Education, Health Education and Sports Science as Major subject		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> Describe the Philosophy, development and structure of Asian games. Acquire knowledge the Philosophy, development and structure of Commonwealth games. Describe the Indian Performance in the Commonwealth and Asina Games. 		
Credits	Theory	Practical	Total
	2	Nil	2
Contact Hours	2 hours per week	Nil	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)		Time: 3 Hours For	
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Asian games <ul style="list-style-type: none"> Philosophy of Asian games. Brief history of the development of the Asian Games. Reorganization and expansion of the Asian Games Symbols and Mascots of Asian Games Countries participating in the Asian Games Numbers of Events conducted in Asian games 		8
II	Commonwealth Games <ul style="list-style-type: none"> Philosophy of Commonwealth Games. Brief history of the development of the Commonwealth Games Structure of Commonwealth Games Federation Queen's baton Relay, Opening and Closing Ceremony of Commonwealth Games Countries participating in the Commonwealth Games Numbers of Events conducted in Commonwealth Games 		8
III	Indian performance in Asian Games and Commonwealth Games <ul style="list-style-type: none"> Organization of Asian Games in India Organization of Commonwealth Games in India Indian Performance in Asian Games Indian Performance in Commonwealth Games 		7

Suggested Evaluation Methods:**Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)****Internal Assessment:**

Continuous Comprehensive Evaluation (CCE): 15 Marks
Class presentation = 4
Seminar/ Assignment/Quiz/class test, etc. = 4
Mid Term Test = 7

End Term Exam: 35 Marks Time = 2 hrs

One question of 10 marks from each Units I to III = 30 Marks.
Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.

Part B - Learning Resources**Suggested Readings:**

- Ajmeer Sing, Jagdish Bans, Jagtar Sing Gill , Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publisheres.
- <https://www.commonwealthsport.com/commonwealth-games>.
- https://oca.asia/media/oca_files/OCA_CONSTITUTION_AND_RULE.pdf
- <https://oca.asia>

3rd Semester Subject:
Bachelor of Physical Education, Health Education and Sports Sciences
(According to NEP2020 implemented from Session 2023 – 24

Major Core Course - 7

PartA - Introduction			
Subject:	Bachelor of Physical Education, Health Education and Sports Sciences		
Semester	3 rd Semester		
Name of the Course	Sports Psychology		
CourseCode	23-B.Sc.-Phy.Ed.-301		
CourseType:	Major Core Course - 7		
Level of the Course			
Pre-requisite(ifany)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Sports Psychology and explain various dimensions of sports psychology. 2. Explain the laws of learning and its implications in motor learning 3. Illustrate the concept of motivation and its implication in sports 4. Tell the various dimensions of personality and its implication in sports. 		
	<ol style="list-style-type: none"> 5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kabaddi and table tennis. 		
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 - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
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 V th 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	Introduction of Sports Psychology <ul style="list-style-type: none"> • Meaning and definition of Psychology and Sports Psychology • Importance of Sports Psychology in Physical Education and sports • Branches of Sports Psychology • Psychological factors effecting sports performance • Brief History of Sports Psychology. 		11
II	Leaning <ul style="list-style-type: none"> • Meaning and definition of Learning • Laws of learning and its implications in sports • Meaning of Motor Skill learning, Principles of Motor Skill Learning • Meaning of Learning Curve, Types of Learning Curve 		11

	<ul style="list-style-type: none"> • Characteristics of Learning Curve • Implications of learning Curve in Physical Education and Sports. 	
III	Motivation <ul style="list-style-type: none"> • Meaning and definition of Motivation • Importance of Motivation in Physical Education and Sports • Types of Motivations: Intrinsic and Extrinsic • Methods of motivation applicable in Physical Education and Sports • Drive theory of Motivation 	11
IV	Personality: <ul style="list-style-type: none"> • Meaning and definition of Personality • Characteristics of Personality • Dimensions of Personality • Meaning of Personality traits and Its effects on sports performance • Factors affecting development of personality 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment -20 Marks + End Term Exam – 50 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Kabaddi: Court specifications, general rules and basic skills	15 Marks	15
II	Table tennis: General rules and basic skills	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Sports/Game)	End Term Exam: 20 Marks Evaluation through performance in Skill / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Sports/Game)	

Part C-Learning Resources

- John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prentice Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Miroslaw Vauks & Bryant Cratty (1999) . Psychology and the Superior Athlete. London: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi. Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
- Verma V (1999). Sport Psychology & All Round Development. Sport Pub. New Delhi.
- Wann DL (1997). Sport Psychology. Prentice Hall. New Jersey.
- Kumar, Dharmander. (2018). Kabaddi and Its Playing Techniques. Writers Choice, New Delhi.
- Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S. Pub

3rd Semester Subject:

Bachelor of Physical Education, Health Education and Sports Sciences (According to NEP2020 implemented from Session 2023 – 24)

Major Core Course - 8PartA - Introduction			
Subject:	Bachelor of Physical Education, Health Education and Sports Sciences		
Semester	3rd Semester		
Name of the Course	Sports Nutrition		
CourseCode	23-B.Sc-Phy.Edu-302		
CourseType:	Major Core Course - 8		
Level of the Course			
Pre-requisite (if any)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe basic concept of Balanced diet. 2. Illustrate basic concept of Macro Nutrients. 3. Explain basic requirement and sources of vitamins. 4. Describe basic requirement and sources of Minerals. 5. Calculate BMR and design diet plan. 		
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 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Part B - Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV & V. Unit I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V 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	Introduction of Sports Nutrition <ul style="list-style-type: none"> • Meaning and Definition of Nutrition and Sports Nutrition • Meaning of Calories, Macro Nutrients, Micro Nutrients • Meaning of Basal Metabolic Rate (BMR) and its role in body • Meaning of Balanced diet, Components of Balanced diet • Factor affecting Balanced diet 		10
II	Macro Nutrients: <ul style="list-style-type: none"> • Carbohydrate: Meaning, Sources and Functions in Body • Fat: Meaning, Sources and Functions in Body • Protein: Meaning, Sources and Functions in Body • Ratio of Carbohydrate, Fat and Protein required in Balanced diet for Normal Adult. • Ratio of Carbohydrate, Fat and Protein required in Balanced diet for Sports persons of different categories. 		11

III	Micro Nutrients: Vitamins <ul style="list-style-type: none"> • Meaning of Vitamins, Types of Vitamins: Fat soluble and water Soluble • Sources, Functions in body and Daily requirements: Fat soluble Vitamins: A, D, E, and K • Sources, Functions in body and Daily requirements: Water soluble Vitamins: Vitamin C and B vitamins (B₁, B₂, B₃, B₅, B₆, B₇, B₉ and B₁₂) • Disorders in body due to the deficiencies of different Vitamins. 	12
IV	Micro Nutrients: Minerals <ul style="list-style-type: none"> • Sources, Functions in body and Daily requirements of Calcium, Phosphorus, Potassium, Sodium, Chloride, Magnesium, Iron, Zinc and Iodine. • Disorders in body due to the deficiencies of Minerals • Dietary requirements before and after exercise 	12

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical

Maximum Marks: 30 (Internal Assessment - 10 Marks + End Term Exam - 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Calculation of BMR for Men and Women	15 Marks	15
II	Designing of Basic Diet Plan: ratio of Carbohydrate, fat and protein in various meals	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks Evaluation through Viva Voce/ Practical Record File (10 Marks for Each)	

Part C - Learning Resources

- Asker Jeukendrup and Michael Gleeson (2004) Sports nutrition Human Kinetics, inc
- Nieman, D.C., and B.K. Pederson (2000) Nutrition and Exercise Immunology. CRC press: Boca Raton, FL.
- Kathleen.c. Niedert, Nutrition care of the older adult, A handbook for nutrition throughout the continuum of care; third edition.
- Lal PR (2009) Handbook of Sports Nutrition, Friends Publication.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.
- Heather Hedrick fink, Lisa A. Burgoon, Alan E. Mikesy, (2006), Practical Application in sports Nutrition, Jones and Barlett.
- Ronni Chernoff, Geriatric Nutrition : The health professionals hand book; 4th edition.
- Wardlaw, Smith. Contemporary Nutrition: A Functional Approach. 2nd ed: 2012. McGraw Hill.
- Williams, Melvin. Nutrition for health, fitness and sports. 2004. McGraw Hill

3rd Semester
Bachelor of Physical Education, Health Education, and Sports Sciences
 (According to NEP2020 implemented from Session 2023 – 24)

Major Core Course – 9 Part A - Introduction			
Subject	Bachelor of Physical Education, Health Education and Sports Sciences		
Semester	3 rd Semester		
Name of the Course	Fundamental of Sports Training		
Course Code	23-B.Sc.-Phy.Edu-303		
Course Type	Major Core Course - 9		
Level of the course			
Pre-requisite (if any)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Describe basic concept of Balanced diet. 2. Illustrate basic concept of Macro Nutrients. 3. Explain basic requirement and sources of vitamins. 4. Describe basic requirement and sources of Minerals.		
Credit	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 (20 Internal + 50 End Term Exam) Part II - Practical = 30 (10 Internal + 20 End Term Exam)		Time: 3 Hours For End Term Exam	

Part – B Content of the Course		
Instructions for Paper-Setter: The question paper will consist of Five Units I, II, III, IV & V. Unit I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.		
Unit	Topic	Contact Hours
I	Introduction to Sports Training <ul style="list-style-type: none"> • Importance, Meaning and Nature of Sports Training • Aim and Objective of Sports Training - • Principles of Sports Training • Characteristics of Sports Training. 	10
II	Training Component <ul style="list-style-type: none"> • Strength (Meaning, Types, Factors affecting strength, Importance) • Speed (Meaning, Types, Factors affecting speed, Importance) • Endurance (Meaning, Types, Factors affecting endurance, Importance) • Flexibility (Meaning, Types, Factors affecting flexibility, Importance) • Coordinative abilities (Meaning, Types, Factors affecting coordinative abilities, Importance) 	11
III	Training Load <ul style="list-style-type: none"> • Principles of load and its components • Determination of Optimum load • Overload its causes and identification - Tackling Overload. 	12

	<ul style="list-style-type: none"> Relationship training load and performance 	
IV	Training programming and planning <ul style="list-style-type: none"> Periodization and types of Periodization Aim and Content of Periods (Preparatory, Competition, Transitional period) Planning: Meaning, types, and Principles of Planning. 	12
Suggested Evaluation Methods: (Internal Assessment: 20 Marks + End Term Exam: 50 Marks)		
Internal Assessment: 20 Marks <ul style="list-style-type: none"> Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10 		End Term Exam: 50 Marks Time = 3 Hours <ul style="list-style-type: none"> One question of 10 marks from each unit I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical			
Maximum Marks: 30 (Internal Assessment: 10 Marks + End Term Exam: 20 Marks)			
Unit	Topic	Marks	Contact Hours
I to IV	<ul style="list-style-type: none"> Measurement of the strength of the upper and lower body Measurement of Speed, endurance, and flexibility Methods to Assess overload Hypothetical Preparation of training plan 	30 Marks	30
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks. Evaluation through (10 Marks for Each)	

Learning Resources: <ul style="list-style-type: none"> Dick, W. F. (1980). Sports training principles. London: Lepus Books. Harre, D. (1982). Principles of sports training. Berlin: Speculated. Jensen, R. C. & Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn. Mathyew, L.P. (1981). Fundamental of sports training. Moscow: Progress Publishers. Singh, H. (1984). Sports training, general theory, and methods. Patiala: NSNIS. Uppal, A.K., (1999). Science of Sports Training. New Delhi: Friends Publication. Schlich Monfred (2003), Circuit Training for all sports, sports book publisher Toronto.
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3rd Semester
Bachelor of Physical Education, Health Education, and Sports Sciences
 (According to NEP2020 implemented from Session 2023 – 24)

Core Course Minor – 3

Core Course Minor – 3 Part A - Introduction			
Subject	Bachelor of Physical Education, Health Education and Sports Sciences		
Semester	3 rd Semester		
Name of the Course	Athletic – Track Events and Field Events		
Course Code	23-B.Sc.-Phy.Edu-304		
Course Type	Core Course Minor - 3		
Level of the course			
Pre-requisite (if any)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Understand and Explain the Fundamental Concepts of Athletic Track Events and Field Events 2. Demonstrate Proficiency in Track Events 3. Demonstrate Proficiency in Field Events 4. Assess and Improve Athletic Performance 		
Credit	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 (20 Internal + 50 End Term Exam) Part II - Practical = 30 (10 Internal + 20 End Term Exam)		Time: 3 Hours For End Term Exam	

Part – B Content of the Course

Instructions for Paper-Setter:

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

Unit	Topic	Contact Hours
I	Introduction to Athletic <ul style="list-style-type: none"> • Brief History of Athletics • National and International Governing bodies of Athletics • Events of Athletics for Men and Women • Marking of Athletics track 200m • <input type="checkbox"/> Marking of Athletics Track 400m 	10
II	Sprints, Hurdles and Relay race events <ul style="list-style-type: none"> • Basic Rules of Sprints events: 100m, 200m and 400m • Basic Rules of Hurdle events: 100m, 110m and 400m • Basic Rules of Relay races: (4×100) and (4×400) • Specification of starting blocks, Baton and Shoes used by athletes in these events. • Famous Indian Athletes of Sprint and Hurdle events 	11

III	Introduction of Athletics Field Events and Javelin throw: <ul style="list-style-type: none"> • Various Categories of Field events • Dimensions of Javelin throw sector, Specifications of Javelin in various categories • Basic rules of Javelin throw, Basic rules of conduction Javelin throw event. • Basic technique of Javelin throw • National, Olympics, and World records in Javelin throw Men & Women. 	12
IV	Discus Throw and shot put <ul style="list-style-type: none"> • Dimensions of Discus Throw and Shot-put sector, Specifications of Discus and Shot-put for various categories • Basic rules of Discus Throw and Shot-put, Basic rules of conduction Discus Throw and Shot-put event. • Basic technique of Discus Throw and Shot-put • National, Olympics and World records in Discus Throw and Shot-put Men & Women.. 	12
Suggested Evaluation Methods: (Internal Assessment: 20 Marks + End Term Exam: 50 Marks)		
Internal Assessment: 20 Marks <ul style="list-style-type: none"> • Continuous Comprehensive Evaluation (CCE): 20 Marks • Class presentation = 5 • Seminar/ Assignment/Quiz/class test, etc. = 5 • Mid Term Test = 10 		End Term Exam: 50 Marks Time = 3 Hours <ul style="list-style-type: none"> • One question of 10 marks from each unit I to IV = 40 Marks. • Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical			
Maximum Marks: 30 (Internal Assessment:10 Marks + End Term Exam: 20 Marks)			
Unit	Topic	Marks	Contact Hours
I	Basics of Track Marking (200m/400m) and Technique Crouch Start	10 Marks	10
II	Techniques of Shot-put	10 Marks	10
III	Techniques of Javelin	10 Marks	10
	InternalAssessment:10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks. Evaluation through (10 Marks for Each)	
Learning Resources: <ul style="list-style-type: none"> • Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book. • Arnheim D., & William E Prentice. (1978). Athletic Training. St. Louis: Mosby Year Book. • Authors Guide (2018) IAAF Competition Rules 2018-2019, Monaco Cedex: IAAF Publishing. • George Immanuel. (1997).Track and Field Event layout and Marking. Chennai • Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar. • Evans DA (1984). Teaching Athletics. Hodder, London • Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub. 			

- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Josse, P, Moprtensen., & John, M,Copper. (1998). Track and Field for Coach and Athlete. St. Louis: C.V. Mosphe 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