


CHAUDHARY RANBIR SINGH UNIVERSITY, JIND

Scheme of Examination Undergraduate Programme

Subject: Health Education and Physical Education

As per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry – Exit, Internships and Choice Based Credit System)

Sem	Types of Course	Course Code	Paper/Title	Theory	Practical	Total	Contact Hours	Max Marks				Total
								Theory		Practical		
								External	Internal	External	Internal	
1	CC – 1 MCC-1	B23-Phy.Ed.-101	History and Foundation of Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
	MCC - 2	B23-Phy.Ed.-102	Health Education	3	1	4	5 (3+2)	50	20	20	10	100
	CCM - 1	B23-Phy.Ed.-103	Olympic Movement	2	-	2	2	35	15	-	-	50
	CCM– 1 (Sch.-C)	B23-Phy.Ed.-104	Olympic Movement	3	1	4	5 (3+2)	50	20	20	10	100
	(MDC) – 1	B23-Phy.Ed.-105	Fundamental of Physical Education	2	1	3	4 (2+2)	35	15	20	5	75
2	CC – 2 MCC-3	B23-Phy.Ed.-/201	Basic Anatomy and Physiology	3	1	4	5 (3+2)	50	20	20	10	100
	CCM - 2	B23-Phy.Ed.-202	Asian and Commonwealth Games	2	-	2	2	35	15	-	-	50
	CCM – 2 (Sch.-C)	B23-Phy.Ed.-203	Asian and Commonwealth Games	3	1	4	5 (3+2)	50	20	20	10	100
	(MDC) – 2	B23-Phy.Ed.-204	Fundamental of Yoga	2	1	3	4 (2+2)	35	15	20	5	75
	DSEC-1	B23-Phy.Ed.-205	Athletic Track Events and Road races	3	1	4	5 (3+2)	50	20	20	10	100
		B23-Phy.Ed.-206	First Aid	3	1	4	5 (3+2)	50	20	20	10	100
Sem	Types of	Course Code	Paper/Title	Theory	Practical	Total	Contact	Max Marks				Total


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	Course						Hours	Theory		Practical		
								External	Internal	External	Internal	
3	CC – 3 MCC-4	B23-Phy.Ed.- 301	Exercise Physiology	3	1	4	5 (3+2)	50	20	20	10	100
	MCC - 5	B23-Phy.Ed.- 302	Sports Psychology	3	1	4	5 (3+2)	50	20	20	10	100
	(MDC) – 3	B23-Phy.Ed.- 303	Basics of Naturopathy	2	1	3	4 (2+2)	35	15	20	5	75
4	CC – 4 MCC-6	B23-Phy.Ed.- 401	Basics of Sports Fitness	3	1	4	5 (3+2)	50	20	20	10	100
	MCC -7	B23-Phy.Ed.- 402	Sports Injuries & Rehabilitation	3	1	4	5 (3+2)	50	20	20	10	100
	MCC - 8	B23-Phy.Ed.- 403	Sports Nutrition's	3	1	4	5 (3+2)	50	20	20	10	100
	DSEC-2	B23-Phy.Ed.- 404	Athletic Field Event	3	1	4	5 (3+2)	50	20	20	10	100
		B23-Phy.Ed.- 405	Cricket	3	1	4	5 (3+2)	50	20	20	10	100
5	CC – 5 MCC-9	B23-Phy.Ed.- 501	Sports Training	3	1	4	5 (3+2)	50	20	20	10	100
	MCC -10	B23-Phy.Ed.- 502	Sports Sociology	3	1	4	5 (3+2)	50	20	20	10	100
	DSEC-3	B23-Phy.Ed.- 503	Sports Journalism	3	1	4	5 (3+2)	50	20	20	10	100
		B23-Phy.Ed.- 504	Physical Literacy	3	1	4	5 (3+2)	50	20	20	10	100
	DSEC-4	B23-Phy.Ed.- 505	Wellness and Life Style	3	1	4	5 (3+2)	50	20	20	10	100
		B23-Phy.Ed.- 506	Kinesiology	3	1	4	5 (3+2)	50	20	20	10	100
Sem	Types of	Course Code	Paper/Title	Theory	Practical	Total	Contact	Max Marks				Total

	Course						Hours	Theory		Practical		
								External	Internal	External	Internal	
6	CC – 6 MCC-11	B23-Phy.Ed.- 601	Organisation and Administration	3	1	4	5 (3+2)	50	20	20	10	100
	MCC - 12	B23-Phy.Ed.- 602	Sports Medicine	3	1	4	5 (3+2)	50	20	20	10	100
	DSEC-5	B23-Phy.Ed.- 603	Stress Management	3	1	4	5 (3+2)	50	20	20	10	100
		B23-Phy.Ed.- 604	Bio-Mechanics	3	1	4	5 (3+2)	50	20	20	10	100
	DSEC-6	B23-Phy.Ed.- 605	Adapted Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
		B23-Phy.Ed.- 606	Test and Measurement in Physical Education	3	1	4	5 (3+2)	50	20	20	10	100

VOC, SEC and VAC under Department of Physical Education

Types of Course	Course Code	Paper/Title	Theory	Practical	Total	Contact Hours	Max Marks				Total
							Theory		Practical		
							External	Internal	External	Internal	
SEC-2	B23-SEC-207	Self Defence	2	1	3	4 (2+2)	35	15	20	5	75
VOC-1	B23-VOC-406	Basic Physiotherapy Technique	2	2	4	6 (2+4)	35	15	35	15	100
VOC-2	B23-VOC-507	Training in Yoga Asanas	2	2	4	6 (2+4)	35	15	35	15	100
VAC-3	B23-VAC-406	Yoga and Meditation	2	--	2	2	35	15	--	--	50
VOC-3	B23-VOC-607	Sports for life	2	2	4	6 (2+4)	35	15	35	15	100

CC- Core Course,CCM- Core Course Minor,MDC- Multidisciplinary Course,AEC- Ability Enhancement Course,SEC- Skill Enhancement Course,VAC- Value Addition Course,MCC- Major Core Course,DSEC- Discipline Specific Elective Core,VOC- Vocational Course


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Core Course – 1 & Major Core Course-1**B23-Phy.Ed.-101****History and Foundation of Physical Education****Max Marks: 100****Theory: 70** (Internal Assessment = 20 + 50 End Term Exam)**Practical: 30** (Internal Assessment = 10 + 20 End Term Exam)**Question Paper: 50 Marks****Time Allowed: 3 Hours*****Instructions for Question 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 – I(Contact Hours: 12 hours)***Introduction of Physical Education***

- 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

Unit – II (Contact Hours: 12 hours)***History of Physical Education in India:***


- 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

Unit – III (Contact Hours: 11 Hours)***Biological Basis of Physical Education:***

- 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.

Unit – IV (Contact Hours: 10 hours)***Career opportunities in Physical Education and Sports:***

- Qualifications and responsibilities of Physical Education and various levels of educational institutions.



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- 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

Learning Outcomes

After completing this course, the learner will be able to:

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.

Part – II Practical


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

Learning Resources


1. Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
2. BevinsonPerinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications.
3. Bucher A. Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
4. Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
5. Charles C. Cowell & William L. France. (1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
6. Singh Ajmer et.al. Modern Text Book of Physical Education, 7th Edition, Kalyani Publishers, Ludhiana, (2010).


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7. Sharma, V.K, Health & Physical Education, Saraswati House Pvt.Ltd .Daryagani, New Delhi. (2013).
8. Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
9. Kamlesh&Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana. (2000).
10. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014).
11. Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep.
12. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
13. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
14. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
15. Parveen Kumar, Awadhesh Kumar Shirotriya. (2024). A Textbook of Exercise Physiology. Indu Book Service Private Ltd. New Delhi
16. Parveen Kumar. (2025). Yoga and Stress Management. Ishika Publishing House. New Delhi
17. Parveen Kumar. (2025). Science of Yoga. Ishika Publishing House. New Delhi

Journals and Electronic Resources

1. 2. Sports Science and Health Advances, eISSN: 2583-8296
2. Khel Journal


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Major Core Course-2**B23-Phy.Ed.-102****Health Education****Max Marks: 100****Theory: 70** (Internal Assessment = 20 + 50 End Term Exam)**Practical: 30** (Internal Assessment = 10 + 20 End Term Exam)**Question Paper: 50 Marks****Time Allowed: 3 Hours*****Instructions for Question 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 – I(Contact Hours: 12 hours)***Introduction of Physical Education***

- 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

Unit – II (Contact Hours: 12 hours)***Occupational Health***


- 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

Unit – III (Contact Hours: 11 Hours)***Communicable Diseases***

- 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

Unit – IV (Contact Hours: 10 hours)***Non - Communicable Diseases:***

- Meaning of Non-Communicable Diseases
- Name of various Non-Communicable Diseases



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- 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

Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the concept of Health and Health Education.
2. Explain the concept of Occupational Health
3. Illustrate the basic knowledge of various Communicable Diseases
4. Acquire basic knowledge about the Communicable Diseases
5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level

Part – II Practical

Unit	Topics	Marks	Contact Hours
I	BMI: Calculation of BMI, Categories of BMI	5	7
II	Calculation of Peak Expiratory Flow with Spirometer, Analysis of Peak Expiratory Flow	5	8
III	Measurement of Pulse Rate and Blood Pressure	5	7
IV	Measurement of Oxygen Saturation level, its interpretation	5	8


Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

1. Sharma, V.K, Health & Physical Education Saraswati House Pvt.Ltd .Daryaganj, New Delhi.(2013).
2. Bucher Olsen and Willgoose; The Foundation of Health Prentice Hall inc. Englewood Cliffs, New Jersey,(1976).
3. Turner S and Smith, School Health and Health Education, The C.V. Mos by Company St.Loius (1961).
4. Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
5. Kang G.S. Deol N.S. An introduction to Health and Physical Education 21st century. Patiala (2008).
6. Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana, 2015

7. Parveen Kumar, Awadhesh Kumar Shirotriya. (2024). A Textbook of Exercise Physiology. Indu Book Service Private Ltd. New Delhi
8. Parveen Kumar. (2025). Yoga and Stress Management. Ishika Publishing House. New Delhi
9. Parveen Kumar. (2025). Science of Yoga. Ishika Publishing House. New Delhi



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B23-Phy.Ed.-103

Olympic Movement

Max Marks: 50

Theory: 35 (Internal Assessment = 15 + 35 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 3 Hours

Instructions for Question Paper Setter

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 – I (Contact Hours: 10 hours)

Origin of Olympic Movement

- 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

Unit – II (Contact Hours: 10 hours)

Modern Olympic Games

- 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

Unit – III (Contact Hours: 10 hours)

Different Olympic Games


- 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.

Learning Outcomes

After completing this course, the learner will be able to:


1. Describe the concept of Olympic Movement and Ancient Olympics.
2. Acquired basic knowledge about Modern Olympics.
3. Describe the various Types of Olympics.

Learning Resources



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- Ajmer Singh, Jagdish Bans, Jagtar Singh Gill , Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publishers.
- Burbank, J. M., Andranovich, G. D. & Heying 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.



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Minor Core Course – 1 (For Scheme –C)

B23-Phy.Ed.-104

Olympic Movement

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Origin of Olympic Movement

- 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

Unit – II (Contact Hours: 10 hours)

Modern Olympic Games

- 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.

Unit – III (Contact Hours: 10 Hours)

Different Olympic Games

- Paralympics Games: Brief History and symbols. Its relationship with other Olympics
- Winter Olympics: Brief History and symbols. Its relationship with other Olympics
- Youth Olympic Games: Brief History and symbols. Its relationship with other Olympics
- Indian Performance in Modern Paralympics, Winter and Youth Olympics.

Unit – IV (Contact Hours: 10 Hours)

Impact and Legacy of the Olympic Games

- Role of the Olympics in promoting international sports culture
- Development of sports infrastructure and urban transformation
- Cultural exchange and inclusivity through the Games
- Doping, and ethical issues in the Olympics

Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the concept of Olympic Movement and Ancient Olympics.
2. Acquire basic knowledge about Modern Olympics.
3. Describe the various Types of Olympics.


Part – II Practical

Unit	Topics	Marks	Contact Hours
I-IV	Students create a poster/chart showcasing the different events, winners, and prizes in ancient Olympics. Students prepare a detailed report on India's achievements in the modern Olympics.	10+20	30

1. **Internal Assessment: 10 Marks** Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).
2. **End Term Exam: 20 Marks** Evaluation through Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

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


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Multidisciplinary Course – 1

B23-Phy.Ed.-105

Fundamental of Physical Education

Max Marks: 75

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Practical: 25 (Internal Assessment = 5 + 20 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 3 Hours

Instructions for Question Paper Setter

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 – I (Contact Hours: 10 hours)

Introduction of Physical Education:

- 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

Unit – II (Contact Hours: 10 hours)

Biological Basis of Physical Education:

- 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.

Unit – III (Contact Hours: 10 hours)

Career opportunities in Physical Education and Sports:

- 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 of 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.
- Entrepreneur opportunities in Physical Education and Sports.

Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the Aims, Objectives and scope of Physical Education.
2. Illustrate the basic knowledge biological aspects of Physical Education
3. Tell the various Carriers opportunities in Physical Education and Sports.
4. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton.

Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	10	15
II	Badminton: Court specifications, general rules and basic skills	10	15

Internal Assessment:05 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)


Learning Resources

1. Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
2. BevinsonPerinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications.
3. Bucher A. Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
4. Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
5. Charles C. Cowell & William L. France. (1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
6. Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana,(2010).

7. Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd .Daryagani, New Delhi. (2013).
8. Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
9. Kamlesh&Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana. (2000).
10. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014).
11. Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep.
12. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
13. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
14. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi

Journals and Electronic Resources

1. Sports Science and Health Advances, eISSN: 2583-8296
2. Khel Journal



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Core Course – 2 & Major Core Course-3

B23-Phy.Ed.-/201

Basic Anatomy and Physiology

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 12 hours)

Introduction of Anatomy and Physiology

- 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

Unit – II (Contact Hours: 12 hours)

Joints and Muscular System

- 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.

Unit – III (Contact Hours: 11 Hours)


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

Unit – IV (Contact Hours: 10 hours)

Respiratory System and Excretory System:

- 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



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- Structure and functions of Skin

Learning Outcomes

After completing this course, the learner will be able to:

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

Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Identification of Name and location of Human Bones on Skeleton and Chart	10	10
II	Identification of Name and location of Major Muscles of Human Body on Model and Chart	10	10
III	Identification of Name and Location of organs of various systems: Circulatory, Digestive, Respiratory and Excretory on Models and Charts	10	10

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).


End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

1. Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana, (2010).
2. Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
3. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
4. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
5. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
6. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
7. Moorthy, A. M. (2014). Anatomy physiology and Madalayam Publications.
8. Morehouse, L. E. & Miller, J. (1967). Physiology of Mosby Co.
9. Pearce, E. C. (1962). Anatomy and physiology for m Ltd.
10. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
11. Parveen Kumar, Awadhesh Kumar Shirotriya. (2024). A Textbook of Exercise Physiology. Indu Book Service Private Ltd. New Delhi

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12. Parveen Kumar. (2025). Yoga and Stress Management. Ishika Publishing House. New Delhi
13. Parveen Kumar. (2025). Science of Yoga. Ishika Publishing House. New Delhi



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Core Course Minor – 2

B23-Phy.Ed.-202

Asian and Commonwealth Games

Max Marks: 50

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 2

Hours

Instructions for Question Paper Setter

There will be total 7 question in the question paper. Two questions will be from each units carry 10 marks each and students have to attempt one question from each unit. Five questions will be from all three units and carry 1 mark for each.

Unit – I(Contact Hours: 10 hours)

Asian Games

- 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

Unit – II (Contact Hours: 10 hours)

Commonwealth Games

- 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.

Unit – III (Contact Hours: 10 Hours)

Indian performance in Asian Games and Commonwealth Games

- Organization of Asian Games in India
- Organization of Commonwealth Games in India
- Indian Performance in Asian Games
- Indian Performance in Commonwealth Games.


Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the Philosophy, development, and structure of Asian games.
2. Acquire knowledge the Philosophy, development, and structure of Commonwealth games.
3. Describe the Indian Performance in the Commonwealth and Asina Games.


Learning Resources

11. Singh Ajmer et.al. "Modern Text Book of Physical Edu Kalyani Publishers, Ludhiana,(2010).
12. Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit
13. Gupta, M. and Gupta, M. C. (1980). Body and anatomy Printing Press.
14. Guyton, A.C. (1996). Textbook of Medical Physiology, W.B. Saunders.
15. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
16. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
17. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
18. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.


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19. Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.

20. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.



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Core Course Minor – 2 (For Scheme-C)

B23-Phy.Ed.-203

Asian and Commonwealth Games

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Asian Games

- 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

Unit – II (Contact Hours: 10 hours)

Commonwealth Games

- 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

Unit – III (Contact Hours: 10 Hours)

Indian performance in Asian Games and Commonwealth Games

- Organization of Asian Games in India
- Organization of Commonwealth Games in India
- Indian Performance in Asian Games
- Indian Performance in Commonwealth Games

Unit – IV (Contact Hours: 10 Hours)

Economic and Social Impact of Hosting the Games

- Contribution to international sports culture
- Promotion of sportsmanship and unity among nations
- Economic benefits and challenges for host nations
- Development of sports infrastructure and employment opportunities

Learning Outcomes

After completing this course, the learner will be able to:

4. Describe the Philosophy, development, and structure of Asian games.
5. Acquire knowledge the Philosophy, development, and structure of Commonwealth games.
6. Describe the Indian Performance in the Commonwealth and Asina Games.

Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Prepare the list of Commonwealth Games held from its inception along with hosing nations, city, number of events, number of athletes, and medal tally.	10 + 5	15
II	Prepare the list of Asian Games held from its inception along with hosing nations, city, number of events, number of athletes, and medal tally.	10 + 5	15

1. **Internal Assessment: 10 Marks** Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)
2. **End Term Exam: 20 Marks** Evaluation through Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

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

B23-Phy.Ed.-204
Fundamental of Yoga

Max Marks: 75

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Practical: 25 (Internal Assessment = 5 + 20 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 3 Hours

Instructions for Question Paper Setter

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 – I(Contact Hours: 10 hours)

Introduction of Yoga

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Traditional & Historical Development of Yoga
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Modern Society
- Misconceptions about Yoga

Unit – II(Contact Hours: 10 hours)

Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga
- Brief introduction of Hath Yoga.

Unit – III(Contact Hours: 10 hours)


Asanas and Paranayam

- Meaning of Asanas, Classifications of Asanas
- Principles of Asanas
- Meaning of Paranayam, Different Types of Paranayams
- Principles of Paranayams.
- Meaning of Shatkarm and types of Shatkarms

Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the aims, objectives and principles of Yoga.
2. Illustrate the basic knowledge various types of yoga
3. Explain principles of various types of Asanas and Paranayams.
4. Perform various types of basic Asanas and Paranayams



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Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Asanas: Ten Basic Asanas	10	15
II	Paranayams: Anulomvilom, Suryabehadan, Bhastrika, Shitali and Shitkari.	10	15

Internal Assessment: 05 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)

Learning Resources

1. Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA. Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
2. Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
3. Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
4. Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
5. Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
6. Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
7. Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
8. Parveen Kumar, Awadhesh Kumar Shirotriya. (2024). A Textbook of Exercise Physiology. Indu Book Service Private Ltd. New Delhi
9. Parveen Kumar. (2025). Yoga and Stress Management. Ishika Publishing House. New Delhi
10. Parveen Kumar. (2025). Science of Yoga. Ishika Publishing House. New Delhi



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Discipline Specific Elective Course – 1

B23-Phy.Ed.-205

Athletic Track Events and Road races

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 12 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

Unit – II (Contact Hours: 11 hours)

Sprints, Hurdles and Relay race events

- 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 athletes in these events.
- Famous Indian Athletes of Sprint and Hurdle events

Unit – III (Contact Hours: 11 hours)


Middle and Long Distance races and 3,000m Steeplechase

- Basic Rules of Middle distance races: 800m and 1500m.
- Basic Rules of Long Distance Races: 3000m, 5000m and 10000m
- Basic Rules of Steeplechase: 3000m
- Specifications of Hurdle and water jumps in steeplechase
- Famous Indian Athletes of Middle & Long Distance races and 3,000m Steeplechase

Unit – IV (Contact Hours: 11 hours)

Marathon and Walking Events

- Distance of Marathon, Walking and other road races,
- Basic rules of Marathon Race
- Basic Rules of Walking Events: 20 km and 50 km
- Basic technique of walking.
- Basic rules of Cross-Country races organized at university level.
- Famous Indian Athletes of Marathon and walking events


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Learning Outcomes:

After completing this course, the learner will be able to:

1. Describe the Athletics Events and Governing Bodies of Athletics
2. Illustrate the basic knowledge about Sprints, Hurdles and Relay race events.
3. Describe the rules and regulations of Middle and Long Distance races and 3,000m Steeplechase.
4. Explain the rules and regulations of Marathon and Walking Events
5. Demonstrate the techniques of crouch start and Baton Exchange.

Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Technique Crouch Start	10	10
II	Techniques of Baton Exchange	10	10
III	Basics of Track Marking (200m/400m)	10	10

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Practical demonstration of skill of crouch start and Baton exchange: 5 Marks for each Evaluation through Viva Voce/ Practical Record File: 10 Marks

Learning Resources

- 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.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.
- ThaniLokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.

Discipline Specific Elective Course

B23-Phy.Ed.-206

First Aid

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

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Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 10 hours)

Introduction of First Aid

- Meaning and definition of First Aid
- Purpose of First Aid
- Prerequisite personal qualities of a First Aider
- Principles of First Aid
- Material/Articles of First Aid Box

Unit – II (Contact Hours: 11 hours)

Managing an Incident and Assessing the Casualty

- Action at an emergency: Traffic accidents, Fires, Electrical incidents, Water incidents, Major incident/Mass casualties.
- Assessing the Casualty: Primary survey, Secondary survey, Head-to-toe examination, Monitoring vital signs
- Meaning and Technique of Cardiopulmonary Resuscitation CPR

Unit – III (Contact Hours: 12 hours)

First Aid for Respiratory problem, Bone, Joint and Muscle Injuries

- First Aid for Respiratory Problems: Airway obstruction, Choking, Hanging and strangulation, Drowning and Asthma Attack.
- First Aid for Bone, Joint and Muscle Injuries: Fractures, Dislocated joint, Strains, Sprains and Cramps

Unit – IV (Contact Hours: 12 hours)

First Aid for Wounds, Foreign objects, poisoning, bites and Medical conditions:

- First Aid for Wounds: Simple Bleeding, Severe external bleeding and Blisters,
- First Aid for Foreign objects: Swallowed foreign object, foreign object in the eye, foreign object in the ear and foreign object in the nose.
- First Aid for poisoning and bites: Swallowed poisons, human bites, and Snake bite.
- First Aid for Medical conditions: Heart attack, Stroke, S

Learning outcomes

After completing this course, the learner will be able to:

- Understand the concept of First Aid and role of First Aider
- Manage an Incident and Assessing the Casualty
- Explain First Aid management for Respiratory problem, Bone, Joint and Muscle Injuries.

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- Describe First Aid measures for Wounds, Foreign objects, poisoning, bites and medical conditions.
- Provide First Aid through CPR and Dressings.


Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Technique of CPR	15	15
II	Technique of Dressings, Roller bandages, Tubular gauze bandages, square knots and Arm sling,	15	15

- **Internal Assessment: 10 Marks** Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).
- **End Term Exam: 20 Marks** Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)

Learning Resources

- The authorized manual of St. John Ambulance, St. Andrew's Ambulance association and the British red cross society, First Aid manual, 9th edition, Dorling Kindersley, London
- American college of emergency physicians, First Aid manual, 5th edition, Dorling Kindersley, London
- Clement Text book on First Aid & Emergency Nursing, First edition, JP brothers, 2012
- Philip Jevon, Emergency care and First Aid for Nurses, A practical guide, Churchill Living Stone, 2007
- Parveen Kumar, Awadhesh Kumar Shirottriya. (2024). A Textbook of Exercise Physiology. Indu Book Service Private Ltd. New Delhi



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Core Course – 3 & Major Core Course – 4

B23-Phy.Ed.-301

Exercise Physiology**Max Marks: 100****Theory: 70** (Internal Assessment = 20 + 50 End Term Exam)**Practical: 30** (Internal Assessment = 10 + 20 End Term Exam)**Question Paper: 50 Marks****Time Allowed: 3 Hours****Instructions for Question 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 – I(Contact Hours: 11 hours)

Introduction of Exercise Physiology

- Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism
- Importance of Exercise Physiology in Physical Education
- Types of muscular Contractions: Isometric, Isotonic and Isokinetic
- Meaning of Body Composition, Components of Body Composition
- Effect of Exercises on the body composition.

Unit – II (Contact Hours: 11 hours)

Muscular System and Exercise

- Gross Structure of the Skeletal Muscle
- Functions of Muscular system
- Properties of slow-twitch and fast-twitch muscle fibers
- Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy.
- Effect of exercises and training on the muscular system

Unit – III (Contact Hours: 12 Hours)

Cardiovascular System and Exercise

- Meaning and functions of Cardiovascular System
- Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood pressure and Cardiac Hypertrophy
- Conduction System of the Heart
- Blood circulation in the Heart, Blood Supply to the Heart
- Effect of exercises and training on the Cardio vascular system.

Unit – IV (Contact Hours: 11 hours)


Respiratory System and Exercise:

- Meaning of Lung Volumes: Inspiratory Reserve Volume, Expiratory reserve volume, Tidal Volume and Residual Volume
- Meaning of Lung capacities: Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity.
- Mechanism of Breathing
- Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues
- Effect of exercises and training on the respiratory system.

Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the Exercise Physiology, Body Composition and types of
2. Explain the effect of exercise on the various aspects of Skelton m
3. Illustrate the effects of various aspects of circulatory system
4. Tell the various Effects of exercise on the various capacities and volumes of lung.


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Part – II Practical

Unit	Topics	Marks	Contact Hours
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I to IV	Football: Court specifications, general rules and basic skills. Wrestling: Mat specifications, General rules and basic skills	15+15	15+15
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Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

1. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
2. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
3. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
4. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
5. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
6. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
7. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
8. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
9. William, D. McAradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance.
10. Philadelphia: Lippincott Williams and Wilkins Company.
11. Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.
12. N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
13. Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
14. N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
15. Parveen Kumar, Awadhesh Kumar Shirotriya. (2024). A Textbook of Exercise Physiology. Indu Book Service Private Ltd. New Delhi

Major Core Course – 5


B23-Phy.Ed.-302

Sports Psychology

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)


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Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Introduction of Sports Psychology

- 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

Unit – II (Contact Hours: 10 hours)

Learning

- 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
- Characteristics of Learning Curve
- Implications of learning Curve in Physical Education and Sports.

Unit – III (Contact Hours: 10 Hours)

Motivation

- 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.

Unit – IV (Contact Hours: 10 hours)


Personality:

- 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

Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the Sports Psychology and explain various dir
2. Explain the laws of learning and its implications in mot
3. Illustrate the concept of motivation and its implication i
4. Tell the various dimensions of personality and its implication in sports


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Part – II Practical

Unit	Topics	Marks	Contact Hours
I to IV	Kabaddi: Court specifications, general rules and basic skills.	30	15


	Table tennis: Table & Racket specifications General rules and basic Skills		
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Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

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



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Multidisciplinary Course – 3

B23-Phy.Ed.-303
Basics of Naturopathy

Max Marks: 75

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Practical: 25 (Internal Assessment = 5 + 20 End Term Exam)

Question Paper: 35 Marks
Time Allowed: 3 Hours

Instructions for Question Paper Setter

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 – I(Contact Hours: 10 hours)

Introduction of Naturopathy

- Meaning and Definition of Naturopathy
- Philosophy of Naturopathy
- Principles of Naturopathy
- Misconceptions about Naturopathy,
- Relationship of Naturopathy with Yoga

Unit – II(Contact Hours: 10 hours)

Mudtherapy

- Meaning and Definition of PrithviTatva.
- Principles of Mudtherapy.
- Importance of PrithviTatva.
- Different techniques of Mudtherapy and their benefits.
- Uses of Mudtherapy in different illness.

Unit – III(Contact Hours: 10 hours)


Hydrotherapy

- Meaning and Definition of Jal Tatva. □
- General Principles of Hydro-therapy
- Importance of Jal Tatva.
- Different techniques of Hydrotherapy and their benefits
- Uses of Hydrotherapy in different illness

Learning outcomes:

After completing this course, the learner will be able to:

- Describe the meaning and principles of Basics of Naturopathy
- Illustrate the basic knowledge of various types of yoga
- Explain the basic knowledge of various types of Hydrotherapy.
- Able to Perform Surya Namaskar, Jal Neti and Rubber Neti.


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Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Surya Namaskar : 12 Counts	10	15
II	Shatkarma: Rubber Neti and Jal Neti	10	15

Internal Assessment:05 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)

Learning Resources

- History & Philosophy of Naturophaty – Dr. S. J. Singh
- Philosophy of Nature Cure – Dr. Henri Lindlhai.
- Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic
- Procedures, and the Technique of their Application in the Treatment of Disease Hardcover – 9 Sep. 2004 by John Harvey Kellogg (Author), Publisher: TEACH Services, Inc. (9 September 2004), ISBN-13: 978-1572582095
- Mud Therapy: Healing Through One of the Five Elements Paperback – 13 Sep 2013 by
- Ashish Indani (Author), Publisher: B Jain Publishers Pvt. Ltd. (13 September 2013), ISBN-
- 13:978-8131908457. Rational Fasting (Ehret's Health Literature) Mass Market Paperback – Import, Jun 1971 by
- Arnold Ehret (Author), Publisher: Benedict Lust Publications (1 June 1971), ISBN-13:978
- Parveen Kumar, Awadhesh Kumar Shirotriya. (2024). A Textbook of Exercise Physiology. Indu Book Service Private Ltd. New Delhi
- Parveen Kumar. (2025). Yoga and Stress Management. Ishika Publishing House. New Delhi
- Parveen Kumar. (2025). Science of Yoga. Ishika Publishing House. New Delhi



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Core Course – 4 & Major Core Course – 6

B23-Phy.Ed.-401

Basics of Sports Fitness

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 11 hours)

Introduction of Physical Fitness

- Meaning and Definition of Physical Fitness
- Benefits of Physical Fitness in Sports and daily life
- Meaning and Types of Aerobic and Anaerobic activities
- Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities
- WHO guidelines and recommendations of Physical Activities for children under 5 years of age, Children and adolescents aged 5-17 years and Adults aged 18–64 years.

Unit – II(Contact Hours: 11 hours)

Warming Up

- Meaning and definition of Warming up
- Principles of Warming up
- Physiological and Psychological benefits of Warming up
- Types of warming up
- Methods of Warming up

Unit – III(Contact Hours: 11 hours)

Cooling Down

- Meaning and definition of Cooling Down
- Principles of Cooling Down
- Physiological and Psychological Benefits of Cooling Down
- Procedure for Cooling Down
- Types of Cooling Down

Unit – IV(Contact Hours: 12 hours)


Components of Physical Fitness:

- Meaning of Health-related components of Physical fitness: (i)Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance, (iv) Body Composition (v) Flexibility.
- Meaning of Skill Related Fitness Components: (i) Agility, (ii) Balance, (iii) Neuro Muscular Adaptations and Coordinative abilities, (iv) Speed, (v) Strength (vi) Reaction Time.

Learning Output:

After completing this course, the learner will be able to:

- Describe meaning, importance and norms of Physical Fitness.
- Illustrate meaning, principles and methods of warming up.
- Explain meaning, principles and methods of cooling down.
- Describe the health related and skill related components of fitness


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Part – II Practical

Unit	Topics	Marks	Contact Hours
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I	i) Measuring Hand Grip and Leg & Back Strength by Dynamometer ii) Measuring Flexibility by Sit and Reach Test	(5+5)10	10
II	i) Hand eye Coordination Test	10	10
III	Measuring Agility by LUS Agility Obstacle Course	10	10

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Demonstration of technique/ Viva Voce/ Practical Record File/ score of test

Learning Resources

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- David K. Miller & T. Earl Allen(1989), Fitness, A life time commitment, Surjeet Publication Delhi.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. Bedford row, London 1998
- Uppal A.K (1992), Physical Fitness, Friends Publications (India),
- Warner W.K. Oeger & Sharon A. Hoeger(1990) Fitness and Wellness, Morton Publishing Company.
- Elizabeth & Ken day (1986), Sports fitness for women, B.T. Batsford Ltd, London.
- Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.
- <https://www.who.int/news-room/fact-sheets/detail/physical-activity>.


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Major Core Course – 7

B23-Phy.Ed.-402

Sports Injuries & Rehabilitation

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 11 hours)

Sports Injuries and Their Management

- Types of sports injuries: Acute and chronic injuries.
- Common injuries in sports: Sprains, strains, fractures, and dislocations.
- Mechanism of injury and risk factors.
- Importance of sports injury management in athlete performance.

Unit – II (Contact Hours: 11 hours)

Injury Prevention and First Aid

- Principles of injury prevention: Warm-up, cool-down, stretching, and strengthening exercises.
- Use of protective equipment and proper techniques in sports.
- Importance of biomechanics and technique correction in preventing injuries.
- Basics of first aid: R.I.C.E. principle (Rest, Ice, Compression, Elevation).

Unit – III (Contact Hours: 12 Hours)

Assessment and Diagnosis of Sports Injuries

- Principles of injury assessment: HOPS (History, Observation, Palpation, Special tests).
- Diagnostic tools: imaging (X-ray, MRI, CT scans) and functional tests.
- Recognizing signs and symptoms of common injuries.
- Use of taping, strapping, and bracing in acute injury management.

Unit – IV (Contact Hours: 11 hours)


Rehabilitation and Recovery

- Goals and phases of rehabilitation: Acute, subacute, and chronic stages.
- Guidelines for sport-specific rehabilitation and RTP progression.
- Nutrition and hydration for recovery.
- Psychological aspects of injury and recovery

Learning Outcomes

After completing this course, the learner will be able to:

1. To provide students with knowledge of common sports injuries and their mechanisms.
2. To equip students with skills for injury prevention, assessment, and immediate care.
3. To understand the principles and methods of rehabilitation.
4. To enable students to design rehabilitation programs tailored to specific injuries.


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Part – II Practical


Unit	Topics	N	
I to IV	Injury Assessment: Perform HOPS evaluation for mock injury cases. Rehabilitation Techniques: Demonstrate stretching, strengthening, and proprioceptive exercises. Taping and Strapping: Hands-on application for different joints and body parts.	30	30

Internal Assessment:10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

1. Peggy A. Houglum, Kristine L. Boyle-Walker & Daniel E. Houglum (2022). Rehabilitation of Musculoskeletal Injuries, Human Kinetics; Fifth edition
2. Brukner & Khan's Clinical Sports Medicine injuries, Volume 1, McGraw Hill / Australia
3. Arvinen-Barrow, Monna, (2024) The Psychology of Sport Injury and Rehabilitation, T&F Routledge
4. Swapan Kumar Dey (2022) A Textbook of Sports & Exercise Physiology, Jaypee Brothers Medical Publishers; Second edition
5. Shyamal Koley (2018), Essentials of Exercise Physiology, Jaypee Brothers Medical Publishers; First Edition
6. Dr. S. Narayan Murthy (2019), Khel Chikitsa, Sports Publication; 1st edition



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Major Core Course – 8
B23-Phy.Ed.-403
Sports Nutrition's

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks
Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Introduction of Sports Nutrition

- 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

Unit – II (Contact Hours: 10 hours)

Macro Nutrients

- 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.

Unit – III (Contact Hours: 10 Hours)

Micro Nutrients: Vitamins

- 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.

Unit – IV (Contact Hours: 10 hours)


Micro Nutrients: Minerals:

- 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

Learning Outcomes

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 various dimensions of personality and its implication in sports.
5. Calculate BMR and design diet plan


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Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Calculation of BMR for Men and Women	15	15
II	Designing of Basic Diet Plan: ratio of Carbohydrate, fat and protein in various meals	15	15

Internal Assessment:10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. Jeukendrup, A., & Gleeson, M. (2019). Sport nutrition: An introduction to energy production and performance (3rd ed.). Human Kinetics.
2. McArdle, W. D., Katch, F. I., & Katch, V. L. (2015). Sports and exercise nutrition (4th ed.). Wolters Kluwer Health/Lippincott Williams & Wilkins.
3. Dunford, M., & Doyle, J. A. (2021). Nutrition for sport and exercise (4th ed.). Cengage Learning.
4. Bean, A. (2017). The complete guide to sports nutrition (9th ed.). Bloomsbury Sport.
5. Burke, L. M., & Deakin, V. (Eds.). (2020). Clinical sports nutrition (6th ed.). McGraw-Hill Education.
6. Lanham-New, S. A., Stear, S. J., Shirreffs, S. M., & Collins, A. L. (Eds.). (2011). Sport and exercise nutrition. Wiley-Blackwell.
7. Antonio, J., Kalman, D. S., Stout, J. R., Greenwood, M., Willoughby, D., & Haff, G. G. (Eds.). (2023). Essentials of sports nutrition and supplements (2nd ed.). Humana Press.
8. Thomas, D. T., Erdman, K. A., & Burke, L. M. (Eds.). (2016). Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. Journal of the Academy of Nutrition and Dietetics, 116(3), 501-528. (Note: While not a book, it is a key reference in the field.)
9. Kerksick, C., Wilborn, C., Roberts, M., et al. (2018). International society of sports nutrition position stand: Nutrient timing. Journal of the International Society of Sports Nutrition, 15(1), 21. (Similar caveat as above)
10. Reimers, K. J. (2012). Sports nutrition for endurance athletes. VeloPress.


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Discipline Specific Elective Course – 2

B23-Phy.Ed.-404
 Athletic Field Event

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 11 hours)

Introduction of Athletics Field Events and Javelin throw:

- 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.

Unit – II (Contact Hours: 11 hours)

- 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.

Unit – III (Contact Hours: 11 hours)

Long Jump and triple Jump

- Dimensions of long Jump and triple Jump: Landing Pit, runway and takeoff board.
- Basic rules of Long Jump and triple Jump, Basic rules of conduction Long Jump and triple Jump event.
- Basic technique of Long Jump and triple Jump
- National, Olympics and World records in Long Jump and triple Jump Men & Women.

Unit – IV (Contact Hours: 11 hours)


High Jump

- Dimensions of High Jump: Landing Pit, Runway, and Cross bar
- Basic rules of High Jump, Basic rules of conduction High Jump event.
- Basic technique of High Jump, Technique of resolving tie in high jump
- National, Olympics and World records in High Jump Men & Women.

Learning Output:

After completing this course, the learner will be able to:

- Describe the about Athletics field events and rules, Javelin throw event.
- Illustrate the basic rules, technique and specification of Discus Throw and Shot-put events.
- Describe the rules, technique and specification of Long Jump and Triple Jump events.
- Describe the rules, technique and specification of High Jump.
- Demonstrate the techniques of Long Jump, shot-put and javelin throw.


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Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Techniques of Shot-put	10	10
II	Techniques of Long Jump	10	10
III	Techniques of Javelin throw	10	10

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Demonstration of technique/ Viva Voce/ Practical Record File:

Learning Resources

- 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.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 Athletic
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub.,

Discipline Specific Elective Co
B23-Phy.Ed.-405
Cricket

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Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 11 hours)

Introduction of Cricket:

- Brief history of Cricket
- Dimensions of Cricket Ground, Pitch, Bowling crease, Return crease and Popping crease
- Preparation and maintenance of Cricket Pitches: Turf and Cemented
- Famous Cricket Ground around the World and in India
- Famous International Cups, Trophies, Championship at International and National Level

Unit – II (Contact Hours: 11 hours)

Rules and Regulations

- Dimensions of Cricket Bat, Ball, Wicket, Stumps, and Bails
- Brief explanation of Follow – on, Innings, LBW, Appeal, Off side, On side, Minimum Hours of play in different formats, Leg bye, Bye, Intervals
- Brief explanation of Over, Numbers of Ball, Validity of Ball, Dead Ball, Wide ball and No Ball
- Brief explanation of Types of Outs, Types of Scoring Runs, Protective equipments used in cricket

Unit – III (Contact Hours: 11 hours)

Techniques of Balling and Batting

- Techniques of different types of balling
- Different types of Shots in Cricket: Defensive Shots, Shots Played to the On side and Off Side, Shots Played to the Leg Side, Other Innovative Shots
- Meaning of different types of balls: Fast Balling - Bouncer, Outswinger, Inswingers, Reverse Swing, Leg and Off Cutter, Yorker and Slower Ball
- Spin Bowling: Leg Break and Off Break, Googly, Doosra, Top spinner, Carrom Ball, Slider and Arm Ball

Unit – IV (Contact Hours: 11 hours)


General Rules :

- General Rules of Test match, One day and 20 – 20 Match
- Kit of players and umpires in different formats of Mat
- Use of technology in the cricket
- Duties of Umpire and match referee
- Criteria for Selection of a Cricket Team

Learning Outcomes:

After completing this course, the learner will be able to:

- Describe the dimension of cricket ground, famous grounds and championships. .
- Explain the various basic rules and their interpretations
- Explain various batting and balling techniques
- Select a cricket team, explain different rules applicable in various types of cricket formats.


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- Demonstrate different cricketing shorts and balling technique

Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Technique of Defensive Shots, Off Side & Onside Shots, Shots Played to the Leg Side, Other Innovative Shots Shorts in Cricket	10	10
II	Technique of Fast and Spin Bowling,	10	10
III	Technique of Fielding and throwing	10	10


Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Demonstration of technique/ Viva Voce/ Practical Record File:

Learning Resources

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
- Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, New Delhi.
- Hobbs, J. (2008). The Game of Cricket As it should be Played. Jepson Press, USA.
- Jain R. (2003). Fielding Drills in Cricket. Khel Sahitya Kendra. New Delhi.
- Rachna (2002). Coaching Successfully: Cricket. Khel Sahitya Kendra. New Delhi.
- Sharma P. (2003). Cricket. Shyam Parkashan. Jaipur.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Core Course – 5 & Major Core C
B23-Phy.Ed.-501
Sports Training


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Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks
Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Sports Training

- Meaning and Definition.
- Need for and importance of Sports Training.
- Scope of Sports Training and its types.
- Principles of Sports Training.
- Training load meaning, Load and Adaptation, Types of Training Load, Principles of training Load.

Unit – II (Contact Hours: 10 hours)

Method of Sports training

- Principles of Sports Training: overload, specificity, progression, and individuality.
- Stretching: Types (static, dynamic,) and principles.
- Warming-up and cooling Down: Meaning and Definition and its Importance.
- Weight Training, Circuit Training, interval Training, Fartlek training polymetric training, continues method training.

Unit – III (Contact Hours: 10 Hours)

Planning

- Introduction, Principles and types of training plan
- Periodization: Introduction, types their aim and Contents
- Talent Identification: pre requisites and Conditions for Developing suitable Young Athlete,
- Principles of early recognition of Athlete Talent

Unit – IV (Contact Hours: 10 hours)

Psychological Preparation

- Introduction, Psychological preparation of teams and individual sports.
- Technical training: Introduction of Technique, Tactics, Strategy, Skill Style, Development of Technique, and Tactics
- Environmental Factors: importance and role of Environmental factors for Sports performance.
- Recovery: Introduction, Phase, mean of recovery and performance

Learning Outcomes

After completing this course, the learner will be able to:

1. Comprehend the principles, scope, and importance of sports training in health and rehabilitation.
2. Apply Sports training techniques effectively for improve the physically fitness level.
3. Assessments of performance of the muscle strength, and conditioning.
4. Set up and use equipment like advance GYM, with latest technology.

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Part – II Practical

Unit	Topics	Marks	Contact Hours
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I to IV	<ul style="list-style-type: none"> ● Assess the training load with pulse rate. ● Assess the physical fitness components with the test. ● Demonstration of Training method. ● Understanding of sports training principles and their indications/contraindications. 	30	30
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Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. Bompa, T. O., & Buzzichelli, C. (2021). Periodization of strength training for sports. Human Kinetics Publishers.
2. Nicholls, A. R. (2021). Psychology in sports coaching: Theory and practice. Routledge.
3. Appelbaum, L. G., & Erickson, G. (2018). Sports vision training: A review of the state-of-the-art in digital training techniques. International Review of Sport and Exercise Psychology, 11(1), 160-189.
4. Human kinetic Publisher inc. (USA) (2000)
5. Dick W. Frank. "Sports Training Principals" Lepus Bricks (London) 1980.
6. Mathew, D. K. and Fox, E. L. 'the physiological basis of Physical education and athletics' W.B. Saunders Company (Philadelphia)
7. Singh, Hardyal, "Science of Sports Training" DVS Publications, New Delhi. 1991.
8. Baechle, Thomas R. and Earle Roger W. "Essential Strength Training and Conditioning.
9. Harre, Dietrich. "Principles of sports training" Sportulag (Beslin) 1982.
10. Bompa, Tudor, O "Periodisations training for sports": Human Kinetics (U.S.A.) 1999


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Major Core Course – 10

B23-Phy.Ed.-502

Sports Sociology

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Introduction of sports sociology

- Meaning and importance of sports sociology
- Scope and features sports sociology
- Nature of sports sociology- Art or Science
- Suggestions for development and evolution of sports sociology
- Method of investigation and significance of sports sociology

Unit – II (Contact Hours: 10 hours)

Culture and sports

- Meaning of culture and sports
- Sports and culture of Man
- The interrelationship of culture and sports
- Difference between ancient and modern culture and sports

Unit – III (Contact Hours: 10 Hours)

Socialization in sports

- Introduction and mechanism
- Internalization, Agencies of socialization
- Factors of socialization, sports are a social experience, collective efforts
- Sports as an institutionalized game

Unit – IV (Contact Hours: 10 hours)


Violence in Sports

- Meaning and types of Violence
- Sociological perspectives of violence
- Reason and remedies of sports violence
- Stress and anxiety:- The meaning of stress and anxiety and their effects of sports performance

Learning Outcomes

After completing this course, the learner will be able to:

1. Analyze how social structures, institutions, and culture are shaped by sports.
2. Examining Social Issues in Sports
3. Explore critical issues such as gender equity, race and ethnicity, class, and inclusion in the context of sports.
4. Exploring the Role of Sports in Identity Formation
5. Understand how sports contribute to individual and group identity, including aspects like nationalism, community, and personal identity.
6. Critical Thinking on Power and Inequality in Sports


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Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Hockey: Field & Equipment specifications, general rules and basic skills.	15	15


II	Softball: Field & Equipment specification, General rules and basic skills	15	15
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Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

1. Coakley, J. J. (2021). Sports in society: Issues and controversies (13th ed.). McGraw-Hill Education.
2. Eitzen, D. S., & Sage, G. H. (2019). Sociology of North American sport (11th ed.). Oxford University Press.
3. Maguire, J., Jarvie, G., Mansfield, L., & Bradley, J. (2002). Sport worlds: A sociological perspective. Human Kinetics.
4. Giulianotti, R. (2005). Sport: A critical sociology. Polity Press.
5. Jarvie, G. (2006). Sport, culture, and society: An introduction. Routledge.
6. Carrington, B. (2010). Race, sport, and politics: The sporting black diaspora. SAGE Publications.
7. Horne, J., Tomlinson, A., & Whannel, G. (1999). Understanding sport: An introduction to the sociological and cultural analysis of sport. Routledge.
8. Collins, T. (2013). Sport in capitalist society: A short history. Routledge.
9. Andrews, D. L., & Silk, M. L. (2011). Sport and neoliberalism: Politics, consumption, and culture. Temple University Press.
10. Bairner, A. (2001). Sport, nationalism, and globalization: European and North American perspectives. SUNY Press.


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Discipline Specific Elective Course – 3

B23-Phy.Ed.-503

Sports Journalism

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 11 hours)

Introduction to Sports Journalism

- Meaning and Definition of Sports Journalism and mass communication.
- Historical aspect of Sports Journalism and mass communication,
- Mode of Sports Journalism, mass media, print, electronic and informal and its Importance.
- News, basic news elements, news story, Heading in News.
- Fact checking in journalism

Unit – II (Contact Hours: 11 hours)


- Role of Information Technology in Sports Journalism.
- Type of News: Quality and Qualification of news reporters.
- News desk and its importance in the sports journalism.
- Duties and responsibilities: sports editor, sub editor, photo journalist in the sports era.

Unit – III (Contact Hours: 11 Hours)

- Sports news feature: type of sports feature, exclusive features,
- Fearless writing in sports news.
- Invention in private life, sports charity.
- Reviewing sports book/ journals and its relevance in sports

Unit – IV (Contact Hours: 12 hours)

- Writing sports editorials, writing weekly or fortnightly column and its relevance in sports promotion.
- Covering local/ national sports competitions, writing of press release.
- Commentating of the sport events for radio and television channels.
- Interviewing process of outstanding sports person and its publication/Broadcasting for development the sports culture in society.


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Learning Outcomes

After completing this course, the learner will be able to:

1. Comprehend about News Writing, and Sports Journalism.
2. Mode of Mass- Communication.
3. Understand the role of IT in Mass Communication.
4. Information Technology and Mass Media.
- 5.

Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Volleyball: Court specifications, general rules and basic skills	15	15
II	Swimming/Water polo: Pool specifications, general rules and basic skills		

Internal Assessment:10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. Hoshino, Atsushi (2009) The Origin of indoor Track and field meets IAAF. Retrieved on 2011-4-09
2. Waldo E. Sweet, Segal E. (1987) sports and recreation in ancient Greece . oxford University press p 37 retrieved on 03 August 2009
3. Mishra S. (2007) Text book of sports Journalism. New Delhi; House Ansari Road, Darya Ganj.
4. Sita R . Text. (2004) Book of sports Journalism Nagar , Delhi friend publication ,06, mukerjee Tower, Mukerjee Nagar Delhi
5. Keveal J. Kumar, (2004) Mass Communication in India Mumbai: Jaico Publishing House.
6. Bell, Daniel 2003 Encyclopedia of international Games MC Farland and company, Inc. publication, Jefferson north Carolina ISBN0-7864-1026-04
7. Human kinetic Publisher inc. (USA) (2000)
8. Singh, Hardy, "Science of Sports Training" DVS Publications, New Delhi. 1991.
9. Bompa,Tudor,O " Periodisations training for sports" :Human Kinetics (U.S.A.)1999.
10. Ahuja , B.N. and Chhabra. "Principles and Technology of Journalism" surjeet publication, 7 Kholapur Road, Kamala Nager,Delhi.


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Discipline Specific Elective Course – 3

B23-Phy.Ed.-504

Physical Literacy

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 11 Hours)

Introduction to Physical Literacy

- Meaning, definition, and concept of physical literacy.
- Importance and benefits of physical literacy in modern society.
- Relationship between physical literacy, health, and education.

- Core principles of physical literacy: motivation, confidence, physical competence, knowledge, and understanding.
- Role of physical literacy in promoting lifelong physical activity and well-being.

Unit – II (Contact Hours: 11 Hours)

Foundations of Physical Literacy

- Historical development of physical literacy.
- Physical literacy in different age groups (children, adolescents, adults, and elderly).
- The role of parents, teachers, and community in developing physical literacy.
- Physical literacy frameworks and models: Whitehead's perspective and other global approaches.
- Challenges and barriers to achieving physical literacy in individuals.

Unit – III (Contact Hours: 11 Hours)

Physical Literacy and Movement Competence

- Fundamental movement skills (FMS): locomotor, non-locomotor, and manipulative skills.
- Development of motor skills and coordination.
- Physical literacy and its role in sports and physical education.
- Inclusive approaches in developing physical literacy for differently-abled individuals.
- Technology and innovations in teaching physical literacy (e.g., apps and games).

Unit – IV (Contact Hours: 12 Hours)


Assessment and Promotion of Physical Literacy

- Methods of assessing physical literacy: qualitative and quantitative approaches.
- Strategies for promoting physical literacy in schools, colleges, and communities.
- Policies and programs for enhancing physical literacy at national and international levels.
- Role of physical literacy in achieving Sustainable Development Goals (SDGs).

Learning Outcomes

After completing this course, students will be able to:

- Understand the Concept and Importance of Physical Literacy
- Analyze the Foundations and Development of Physical Literacy
- Apply Movement Competence in Physical Literacy
- Assess and Promote Physical Literacy


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Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Fundamental Movement Skills	10	10
II	Designing creative movement sequences incorporating FMS.	10	10
III	Presentation of the project or case study findings	10	10

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

- Mandigo, J., Francis, N., Lodewyk, K., & Lopez, R. (2012). Physical Literacy for Educators. 2nd Edition, published by the Canadian Sport for Life Society.
- Higgs, C., & Balyi, I. (2012). Developing Physical Literacy: A Guide for Parents of Children Aged 0 to 12. Published by Human Kinetics.
- Gallahue, D. L., Ozmun, J. C., & Goodway, J. D. (2012). Understanding Motor Development: Infants, Children, Adolescents, Adults. 7th Edition, published by McGraw Hill Education.
- Hardman, K., & Green, K. (2011). Contemporary Issues in Physical Education: International Perspectives. Published by Meyer & Meyer Sport.
- Chen, A., & Ennis, C. (2004). Teaching Physical Education for Learning. 5th Edition, published by McGraw Hill Education.
- Armour, K. (2011). Sport Pedagogy: An Introduction for Teaching and Coaching. Published by Pearson Education Limited.
- Lund, J., & Tannehill, D. (2014). Standards-Based Physical Education Curriculum Development. 3rd Edition, published by Jones & Bartlett Learning.
- Howells, K., & Fletcher, D. (2015). Engagement and Positive Psychology in Sport: A Review. Published in International Review of Sport and Exercise Psychology.
- McLennan, N., & Thompson, J. (2015). Quality Physical Education (QPE): Guidelines for Policy Makers. Published by UNESCO.


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Discipline Specific Elective Course – 4

B23-Phy.Ed.-505

Wellness and Lifestyle

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 10 hours)

Introduction to Wellness and Lifestyle

- Definition and Dimensions of Wellness (Physical, Mental, Emotional, Social, Environmental, Spiritual)
- Concepts of Lifestyle: Active vs. Sedentary Lifestyle
- Importance of Work-Life Balance

- Determinants of Health and Wellness

Unit – II (Contact Hours: 10 hours)

Physical Activity and Wellness

- Benefits of Regular Physical Activity on Health
- Role of Exercise in Stress Management
- Fitness Components: Cardiorespiratory Endurance, Muscular Strength, Flexibility, and Body Composition
- Designing Personal Fitness Plans.

Unit – III (Contact Hours: 10 Hours)

Nutrition and Lifestyle

- Essentials of Balanced Nutrition and Dietary Guidelines
- Impact of Diet on Lifestyle Diseases (Obesity, Diabetes, Cardiovascular Diseases)
- Role of Hydration and Nutritional Supplements
- Developing Healthy Eating Habits

Unit – IV (Contact Hours: 10 hours)


Stress Management and Mental Health

- Understanding Stress: Causes and Effects
- Techniques for Stress Management: Meditation, Yoga, and Relaxation Strategies
- Mental Health Disorders and Coping Mechanisms
- Building Resilience and Emotional Intelligence

Learning Outcomes

After completing this course, the learner will be able to:

1. To understand the fundamental concepts of wellness and a healthy lifestyle.
2. To explore the role of physical activity, nutrition, and mental health in improving overall well-being.
3. To develop strategies for maintaining wellness across
4. To equip students with skills to evaluate and adopt a


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Part – II Practical


Unit	Topics	Marks	Contact Hours
I to IV	<ul style="list-style-type: none"> ● Calculate BMI and waist-to-hip ratio. ● Use a wellness questionnaire to assess emotional, social, and mental well-being. ● Measure flexibility and endurance using basic fitness tests (e.g., sit-and-reach test, step test). ● Analyze macronutrient and micronutrient consumption using nutrition software or manual calculations. ● Participate in guided meditation sessions. 	30	30

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. Fahey, T. D., Insel, P. M., & Roth, W. T. (2023). *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*. McGraw-Hill Education.
2. Donatelle, R. J. (2022). *Health: The Basics*. Pearson.
3. Greenberg, J. S., Dintiman, G. B., & Oakes, B. M. (2022). *Physical Fitness and Wellness: Changing the Way You Look, Feel, and Perform*. Human Kinetics.
4. Hales, D. (2021). *An Invitation to Health: Your Life, Your Future*. Cengage Learning.
5. Hoeger, W. W. K., & Hoeger, S. A. (2021). *Lifetime Physical Fitness and Wellness: A Personalized Program*. Cengage Learning.
6. Powers, S. K., & Howley, E. T. (2022). *Exercise Physiology: Theory and Application to Fitness and Performance*. McGraw-Hill Education.
7. Nieman, D. C. (2022). *Exercise Testing and Prescription*. McGraw-Hill Education.
8. Insel, P. M., & Roth, W. T. (2021). *Core Concepts in Health*. McGraw-Hill Education.
9. ACSM (2021). *ACSM's Guidelines for Exercise Testing and Prescription*. Wolters Kluwer Health.
- 10.Sizer, F., Whitney, E., & Piche, L. (2021). *Nutrition: Concepts and Controversies*. Cengage Learning.


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Discipline Specific Elective Course – 4

B23-Phy.Ed.-506

Kinesiology

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Introduction to Kinesiology

- Meaning and definition of Kinesiology
- Importance of Kinesiology in Physical Education and Sports.
- Aim and objectives of the Kinesiology

Unit – II (Contact Hours: 10 hours)***Fundamental Concepts of Kinesiology***

- Axis
- Planes
- Center of Gravity
- Line of Gravity.

Unit – III (Contact Hours: 10 Hours)***Muscles and Joints***

- Functions of muscles
- Types of muscles
- Identification of major muscle
- Types and importance of joints


Unit – IV (Contact Hours: 10 hours)***Posture***

- Concept of balance posture
- Cause of poor posture
- Bad posture
- Postural deformities

Learning Outcomes

After completing this course, the learner will be able to:

1. Understand the fundamentals of kinesiology
2. Apply basic concepts of kinesiology in practice
3. Understand the structure and function of muscles and joints
4. Evaluate and improve posture
5. Develop analytical skills in human movement
6. Demonstrate academic and practical skills.


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Part – II Practical

Unit	Topics	Marks	Contact Hours
I to IV	<ul style="list-style-type: none"> ● Measuring body deformities ● Preparing models of planes and axis ● Identification of muscle through charts ● Study of joints through skeleton model. 	30	30


Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. Muscolino, J. E. (2023). Kinesiology: The skeletal system and muscle function (4th ed.). Elsevier.

2. Weinberg, R. S., & Gould, D. (2023). Foundations of sport and exercise psychology (8th ed.). Human Kinetics.
3. Baghurst, T., & DeFreitas, J. (2017). Research in kinesiology, health, and sport science. Routledge.
4. Houghlum, P. A., & Houghlum, R. J. (2012). Brunnstrom's clinical kinesiology. F.A. Davis Company.
5. Jaimez, A. (2021). Kinesiology: The complete guide: Exploring the body language of wellness. Independently Published.
6. La Tourelle, M. (2013). Principles of kinesiology. Singing Dragon.
7. Diamond, J. (2012). Your body doesn't lie. Warner Books.
8. Diamond, J. (2013). Life energy: Using the meridians to unlock the hidden power of your emotions. Warner Books.
9. Eden, D. (2014). Energy medicine. TarcherPerigee.
10. Eden, D. (2015). Energy medicine for women: Aligning your body's energies to boost your health and vitality. TarcherPerigee.



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Core Course – 6 & Major Core Course – 11

B23-Phy.Ed.-601

Organization and Administration

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Organization and Administration

- Meaning and importance of Organization and Administration in Physical Education
- Qualification and Responsibilities of Physical education Teacher and pupil Leader
- Planning and their Basic Principles

- Programme Planning: Meaning, Importance, Principles of Programme Planning in Physical Education
- Function of Planning Organization, Staffing, Direction, Communication, Co-ordination, Controlling and innovation

Unit – II (Contact Hours: 10 hours)

Office Management, Record, Register and Budget

- Office Management: Meaning, Definition, Function and kinds of Office management
- Records and Registers: Maintenance of Attendance Register, Stock Register, cash Register, Physical Efficiency Record, Medical Examination Record
- Budget: Meaning, Importance of Budget making
- Criteria of a Good Budget, Source of Income, Expenditure, Preparation of Budget

Unit – III (Contact Hours: 10 Hours)

Facilities and Time-Table Management

- Facilities and Equipment Management: Types of facilities infrastructures- in-door, Out-door
- Care of School Building, Gymnasium, Swimming Pool, Play Fields, Playgrounds
- Equipment: Need, Importance, Purchase, Care and Maintenance
- Time-Table Management: Meaning. Need, Importance and factor Affecting Timetable

Unit – IV (Contact Hours: 10 hours)


Competition Organization:

- Importance of Tournament
- Types of Tournaments and its Organization Structure-Knock-out Tournaments, Leagues of Round Robin Tournaments, Combination Tournaments and Challenge Tournament
- Organization Structure of Athletic Meet
- Sports Event Intramural and Extramural Tournament Planning.

Learning Outcomes

After completing this course, the learner will be able to:

1. Describe the Sports Psychology and explain psychology.
2. Explain the laws of learning and its implications in
3. Illustrate the concept of motivation and its implication in sports
4. Tell the various dimensions of personality and its implication in sports


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Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Rugby: Field specifications, general rules and basic skills.	15	15


II	Shooting: Area/Range specifications, General rules and basic skills	15	15
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Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

1. Bucher, C. A., & Krotee, M. L. (2002). Management of physical education and sport (12th ed.). McGraw-Hill.
2. Chelladurai, P. (2006). Human resource management in sport and recreation (2nd ed.). Human Kinetics.
3. Covey, S. R. (2004). The 7 habits of highly effective people: Powerful lessons in personal change. Free Press.
4. Drucker, P. F. (2006). The effective executive: The definitive guide to getting the right things done. Harper Business.
5. Greenberg, J., & Baron, R. A. (2008). Behavior in organizations (9th ed.). Pearson Prentice Hall.
6. Koontz, H., & Weihrich, H. (2010). Essentials of management: An international perspective (9th ed.). Tata McGraw-Hill Education.
7. Mintzberg, H. (2009). Managing. Berrett-Koehler Publishers.
8. Robbins, S. P., Coulter, M., & DeCenzo, D. A. (2020). Fundamentals of management: Essential concepts and applications (11th ed.). Pearson.
9. Singh, B. D. (2009). Managing change in organizations. Excel Books India.
10. Stoner, J. A. F., Freeman, R. E., & Gilbert, D. R. (2009). Management (6th ed.). Pearson Education



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Major Core Course – 12

B23-Phy.Ed.-602

Sports Medicine

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 30 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Introduction to Sports Medicine

- Definition, scope, and importance of sports medicine.
- Historical development and current trends in sports medicine.
- Interdisciplinary approach: Collaboration with physiotherapists, trainers, and doctors.
- Role of sports medicine in enhancing athletic performance.

Unit – II (Contact Hours: 10 hours)

Drugs and Doping

- History of doping and anti-doping
- Role of IOC and WADA
- World Anti-doping code
- Definition- Classes and Methods of Doping
- Harmful effect of Doping

Unit – III (Contact Hours: 10 Hours)

Thermoregulation and Environmental Physiology

- Body temperature regulation during exercise.
- Heat stress, cold stress, and altitude effects on performance.
- Hydration and electrolyte balance during exercise.
- Acclimatization to environmental conditions.

Unit – IV (Contact Hours: 10 hours)

Energy Systems and Metabolism

- ATP: structure, function, and role in energy production.
- Anaerobic energy systems: phosphagen system and glycolysis.
- Aerobic energy systems: Krebs cycle and oxidative phosphorylation.
- Energy production during rest, submaximal, and maximal exercise.
- Factors affecting metabolism: diet, exercise intensity, and duration.

Learning Outcomes

After completing this course, the learner will be able to:

1. Understand the principles of sports medicine and its applications.
2. Familiarize with anti-doping regulations and their importance.
3. Explain thermoregulatory mechanisms during physical activity.
4. Analyze energy demands for various types of physical activity.

Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Basketball: Court specifications, general rules and basic skills	15	15
II	Judo: Mat specifications, general rules and basic skills	15	15

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit).

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)

Learning Resources

1. Brukner, P., & Khan, K. (2017). Brukner & Khan's Clinical Sports Medicine (5th ed.). McGraw-Hill Education.
2. Sherry, E., & Warby, S. (2016). Sports Medicine: Principles of Primary Care. Elsevier.
3. Frounfelter, G., & Kurtz, C. A. (2014). Introduction to Sports Medicine and Athletic Training. Cengage Learning.
4. Prentice, W. E. (2021). Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice (17th ed.). McGraw-Hill Education.
5. Miller, M. D., & Thompson, S. R. (2019). DeLee, Drez, and Miller's orthopaedic sports medicine: Principles and practice (5th ed.). Elsevier.
6. Magee, D. J., Manske, R. C., Zachazewski, J. E., & Quillen, W. S. (2021). Athletic and sport issues in musculoskeletal rehabilitation (2nd ed.). Elsevier.
7. Norris, C. M. (2019). Managing sports injuries: A guide for students and clinicians (5th ed.). Elsevier.
8. Hunter, G., & Speed, C. (2019). Sports physiotherapy: Applied science and practice. Elsevier.
9. Bahr, R., & Engebretsen, L. (2019). Sports injury prevention: A team approach (2nd ed.). Wiley-Blackwell.
10. Micheli, L. J. (2018). The handbook of pediatric sports medicine. Oxford University Press.


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Stress Management

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 10 hours)

- Understanding Stress
- Stress: Concept and Symptoms.
- Types of stress: Eustress and distress.
- Stressors: Environmental, Social, Psychological and Physiological. Digital exhaustion, Stressors unique to different age groups and gender

Unit – II (Contact Hours: 10 hours)

- Impact of Stress
- Impact of stress: Physical, Psychological and Social domains Relation between Stress and Physiological state: General Adaptation Syndrome

Unit – III (Contact Hours: 10 Hours)

- Assessment and Management of Stress Assessment: Academic stress, Family stress, Examination Anxiety, Stressful Life events.
- Stress Management Techniques: Yoga, Meditation, Relaxation, Self-Affirmation


Unit – IV (Contact Hours: 10 hours)

- Stress Management and Coping Counseling for stress management. Cognitive Appraisal and Restructuring.
- Managing stress through Diet, Exercise, and Social Support. Developing Coping Skills: Problem-focused and Emotion-focused.

Learning Outcomes

After completing this course, the learner will be able to:

1. To understand the nature, symptoms, and types of stress and its effect on the physical, psychological, and social domains of an individual.
2. To understand various types of stressors on academic, family, and work fronts.
3. To develop skills to manage stress by learning yoga, meditation, cognitive appraisal, relaxation, and deep breathing techniques


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Part – II Practical


Unit	Topics	Marks	Contact Hours
I to IV	<ul style="list-style-type: none"> Stress Self-Assessment Tools: Conducting stress level assessments using tools like the Perceived Stress Scale or Academic Stress Scale. Yoga, Meditation and Relaxation: Practicing stress-reducing asanas (Savasana), pranayama, and mindfulness meditation techniques, Progressive Muscle Relaxation. 	30	15

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

- Sharma, S. K. (2019) Health and Physical Education. Khel Sahitya Kendra.
- Greenberg, J. S. (2016) Comprehensive Stress Management. McGraw-Hill Education, 14th Edition.
- NIMHANS (2015). Self-Help Strategies for Managing Stress. NIMHANS Publications.
- Kabat-Zinn, J. (2013) Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Bantam Books, Revised Edition.
- Girdano, D., Everly, G. S., & Dusek, D. E. (2012) Controlling Stress and Tension. Pearson Education, 9th Edition.
- Nagendra, H. R., & Nagarathna, R. (2009) Yoga for Stress Management. Swami Vivekananda Yoga Prakashana.
- Singh, Ajmer, et al. (2004) Essentials of Physical Education. Kalyani Publishers.
- Sapolsky, R. M. (2004) Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping. W. H. Freeman, 3rd Edition.
- Lazarus, R. S., & Folkman, S. (1984) Stress, Appraisal, and Coping. Springer Publishing Company.
- Hans Selye. (1976) The Stress of Life. McGraw-Hill Education, Revised Edition.



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Bio-Mechanics**Max Marks: 100****Theory: 70** (Internal Assessment = 20 + 50 End Term Exam)**Practical: 25** (Internal Assessment = 10 + 20 End Term Exam)**Question Paper: 50 Marks****Time Allowed: 3 Hours*****Instructions for Question 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 – I(Contact Hours: 10 hours)***Introduction of Fundamentals of Biomechanics***

- Definition of Biomechanics & Sports Biomechanics
- Importance of Biomechanics for Sports technique
- Goals of Sports Biomechanics – Performance Enhancement, Technique, Equipment, Training, Injury Prevention and Rehabilitation

Unit – II (Contact Hours: 10 hours)***Linear and Angular Kinematics***

- Linear Kinematic Quantities: Distance and Displacement, Speed and velocity, Acceleration, Vectors and scalars,
- Angular Kinematics
- Angular Distance and Displacement
- Angular Speed and Velocity

Unit – III (Contact Hours: 10 Hours)***Linear Kinetics***

- Inertia, Mass, Force (Internal and External), Momentum, Friction and its types
- Angular Kinetics of Human Movement:
- Eccentric force, Moment of force, Moment of Inertia and Center of gravity and its uses


Unit – IV (Contact Hours: 10 hours)***Basic Concept***

- Forms of Motion
- Linear Motion
- Angular Motion
- General Motion
- Concept of Relative Motion
- Newton's Law of Linear Motion.

Learning Outcomes

After completing this course, the learner will be able to:

1. Know the concept and purpose of Biomechanics
2. Able to differentiate Kinematic and Kinetic Parameters
3. Knowledge about basic mechanics applied in sports

Part – II Practical


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Unit	Topics	Marks	Contact Hours
I	<ul style="list-style-type: none"> Archery: Target & Area specifications, general rules and basic skills. 	15	15
II	<ul style="list-style-type: none"> Fencing: Piste specifications, general rules and basic skills 	15	15

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. McGinnis, Peter M. Biomechanics of Sport and Exercise, Second Edition (Champaign: Human kinetics publishers, 2005)
2. Robertson, D. Gordon E. et. Al. Research Methods in Biomechanics. (Champaign etc: Human kinetics publishers, 2004)
3. Hall, Susan J. Basic Biomechanics, Fourth Edition (Boston etc.: WCB/MC Graw-Hill Companies, 2004)
4. Rai Ramesh, Biomechanics – Mechanical Aspects of human motion (Mohali Punjab: Agrim Publication, 2003)
5. Hay, James G. The Biomechanics of Sports Techniques, Fourth Edition (Englewood cliffs, New Jersey; Prentice Hall, 1993)
6. Kreighbaum, Ellen and Barthels. Biomechanics – A qualitative Approach for studying Human movement. Third edition (New York: MCmillan publishing company, 1990)
7. Hay, James G. and Raid J. Gavin, Anatomy, Mechanics and Human motion, Second Edition (Englewood cliffs, New Jersey: Prentice Hall, 1988).
8. Bunn, John W. Scientific Principles of Coaching, Second Edition. (Englewood cliffs, New Jersey: Prentice Hall, Inc. 1972)



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Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I(Contact Hours: 10 hours)

Introduction to adapted physical education

- Meaning, definition, and scope of adapted physical education.
- Need for and importance of adapted physical education.
- Objectives and principles of adapted physical education
- Role and responsibilities of an adapted physical educator
- Provisions of special rights and privileges for differently abled through legislations
- Social welfare programmes for differently abled
- Mass public educations/awareness programmes

Unit – II (Contact Hours: 10 hours)

Understanding Disabilities

- Types of disabilities: Physical, intellectual, sensory, and behavioral.
- Characteristics and needs of individuals with disabilities.
- Common conditions: autism spectrum disorder, cerebral palsy, Down syndrome, visual and hearing impairments, etc.
- Barriers to physical activity and strategies to overcome them.
- Social Determination, Social Rejection

Unit – III (Contact Hours: 10 Hours)

Adapted physical education programme


- Guiding Principles for Adapted Physical Education Programme (AAHPER Principle)
- Physical Education Programme for Differently abled school children:
- Co-Curricular activities for differently abled children
- Aquatic activity programmes for differently abled
- Rehabilitative role & importance of aquatic activity

Unit – IV (Contact Hours: 10 hours)

Assessment and Evaluation in Adapted Physical Education

- Purpose and importance of assessment in APE.
- Tools and techniques for assessing motor skills, physical fitness, and functional abilities.
- Monitoring progress and providing feedback.
- Case studies and real-world applications.

Learning Outcomes


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After completing this course, the learner will be able to:

1. Define and explain the principles of adapted physical education.
2. Identify and classify different types of disabilities.
3. Design inclusive physical education programs for individuals with special needs.
4. Apply assessment tools to evaluate motor skills and physical fitness in individuals with disabilities.

Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Chess: Board specifications, general rules and basic skills	15	15
II	Tennis: Court specifications, general rules and basic skills	15	15

Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. Winnick, J. P., & Porretta, D. L. (2016). Adapted Physical Education and Sport (6th ed.). Human Kinetics.
2. Sherrill, C. (2004). Adapted Physical Activity, Recreation, and Sport: Cross disciplinary and Lifespan (6th ed.). McGraw-Hill.
3. Auxter, D., Pyfer, J., & Huettig, C. (2010). Principles and Methods of Adapted Physical Education and Recreation (11th ed.). McGraw-Hill.
4. Lieberman, L. J., & Houston-Wilson, C. (2017). Strategies for Inclusion: A Handbook for Physical Educators (3rd ed.). Human Kinetics.
5. DePauw, K. P., & Gavron, S. J. (2005). Disability and Sport (2nd ed.). Human Kinetics.


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Discipline Specific Elective Course – 6

B23-Phy.Ed.-606

Test and Measurement in Physical Education

Max Marks: 100

Theory: 70 (Internal Assessment = 20 + 50 End Term Exam)

Practical: 25 (Internal Assessment = 10 + 20 End Term Exam)

Question Paper: 50 Marks

Time Allowed: 3 Hours

Instructions for Question 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 – I (Contact Hours: 11 hours)

Introduction to Measurements and Evaluation

- Meaning and Definition.
- Importance of Measurements and Evaluation in sports.
- Principles of Measurements and Evaluation.
- Scope of Measurements and Evaluation

Unit – II (Contact Hours: 11 hours)

Introduction to Test

- Meaning and Definition of test
- Classification test: statistical test, Physical test.
- Psychomotor test, written test.
- Contraction of knowledge test and sports skill test

Unit – III (Contact Hours: 11 Hours)

Introduction to Test administration

- Advance preparation.
- Duties during the test
- Duties after test.
- Test record, report, construction of table, graphs and profiles


Unit – IV (Contact Hours: 12 hours)

- AAHPER Health related Physical Fitness Test.
- Borrow motor ability test.
- Scoot Motor ability test.
- Harvard step test.

Learning Outcomes

After completing this course, the learner will be able to:

1. Asses the fitness level of the athlete.
2. Administration the test


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Part – II Practical

Unit	Topics	rs
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I to IV	<ul style="list-style-type: none"> ● Record test, re-test result. ● Administration of physical test. ● Demonstration of Harvard step test. ● Understanding of physical fitness. 	30	30
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Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File. (05 Marks for Each Unit)

End Term Exam: 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Unit)

Learning Resources

1. Kansal, D.K. (1996) Test and measurement in sports and physical education, New Delhi DVS Publication.
2. Barrow, H.M. and McGee, R and Tritschler, K.A. (1989) practical measurement in physical education and sports (14 ed.) Landon: Lea &Febiger
3. Marrow, J R & Jackson AW (1995) Measurement and Evaluation in human performance USA Human Kinetic Publisher, Urban champaign Illinois
4. Lipman, H.A.(2009) Measurement and Evaluation in physical education. India : Friend Publication
5. Human kinetic Publisher inc. (USA) (2000)
6. Kansal D.K., (2012) A practical approaches to test measurement & evaluation. New Delhi: sports and spiritual science publication.
7. Singh, Hardy, "Science of Sports Training" DVS Publications, New Delhi. 1991.
8. Bompa, Tudor, O "Periodisations training for sports" :Human Kinetics (U.S.A.)1999



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Skill Enhancement Course - 2

B23-SEC-207

Self Defence

Max Marks: 75

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Practical: 25 (Internal Assessment = 5 + 20 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 3 Hours

Instructions for Question Paper Setter

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 – I (Contact Hours: 10 hours)

Introduction of Self Defence:

- Meaning of self-defence & personal safety and its significance in everyday life.
- Basic principles of Self-defence and mindset required for effective self-defence.
- Meaning of Situational Awareness, Techniques of observing and assessing one's surroundings, recognizing potential threats and techniques of avoiding dangerous situations

Unit – II (Contact Hours: 10 hours)

Practical aspects of Self Defence:

- Meaning of Self-defence Tools, everyday objects as improvised self-defence tools.
- Fundamental strikes: Punches, Kicks, Knee strikes and Elbow Strikes.
- Meaning of Defensive Maneuvers
- Meaning and Techniques for blocking, parrying and evading attacks to neutralize threats.

Unit – III (Contact Hours: 11 hours)

Techniques of Locks and Self Defence against Holds:

- Meaning of Joint Locks, Chokes and Escapes, types of joint Locking and choking techniques.
- Meaning and techniques of escaping from holds.
- Basics of self-defence when on the ground and defending against ground attacks.


Learning outcomes:

After completing this course, the learner will be able to:

- Learn the principles of Self Defence and analyzes of various situations
- Acquire the knowledge of everyday objects as improvised self-defense tools, Fundamental strikes and Meaning of Defensive Maneuvers.
- Describe the various techniques of Joint Locks, Chokes, Escapes and holds.

Part – II Practical

Unit	Topics	Hours


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I	Improvised Self-Defence Tools: Technique of utilizing everyday objects as improvised self-defence tools and understanding their effectiveness.	10	15
II	Scenario-based Techniques: Techniques for defending against grabs, chokes, and bear hugs.	10	15
III	Defence against weapons Techniques of self defence against common weapons such as Knife, sticks, and firearms.	5	10

Internal Assessment: 05 Marks (Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File)

End Term Exam: 20 Marks Evaluation through demonstration of technique = 15 Marks
Viva Voce/ Practical Record File = 5 Marks

Learning Resources:

- Steve Collins (2012) Self Defence: Techniques and Tactics. Kindle Edition.
- <https://ymaa.com/sites/default/files/book/sample/FightBack.9781594394935.pdf>
- <https://www.kravmaga-women-protect.fr/images/Techniques-de-Self-Defense-Special-Femmes-anglais.pdf>
- Ducep J. Singh, (2015) Self Defence for Women: Tips, Techniques and Methods to Protect Yourself. Mendon Cottage Books.



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Vocational Course – 1

B23-VOC-406

Basic Physiotherapy Technique

Max Marks: 100

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Practical: 50 (Internal Assessment = 15 + 35 End Term Exam)

Question Paper: 35 Marks
Time Allowed: 3 Hours

Instructions for Question Paper Setter

The question paper will consist of five Units I, II, III and IV. Units I, II & 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 marks for each question.

Unit – I(Contact Hours: 10 hours)

Introduction of First Aid

- Meaning and definition of Physiotherapy
- Purpose of Physiotherapy, Principles of Physiotherapy
- Meaning of Anatomy and Physiology
- Gross and Microscopic Structure of Skelton muscle
- Basic Anatomy of Bones, Name and location of various bones present in the human body.
- Types of bones present in human body.
- Meaning of Joint, Types of joints,
- Types of Synovial joint, Structure of Synovial Joint

Unit – II(Contact Hours: 10 hours)

Important Muscles and Joints

- Name and locations of various muscles: Sternocleidomastoid muscle Latissimus Dorsi, Deltoid, Biceps, Triceps and Pectoralis Major Trapezius, Rhomboid Major, Rectus Abdominal, Hamstrings group of Muscles, Quadriceps group of Muscles, Gastrocnemius Muscle.
- Ligaments of Shoulder, Hip, Elbow and Knee, joints


Unit – III(Contact Hours: 10 hours)

Introduction to Rehabilitation and Therapeutic Exercises:

- Meaning of rehabilitation, Guiding principles of rehabilitation of injuries
- Description of Thermo therapy: Hot bag, Contrast bath and Whirlpool bath.
- Description of Hydrotherapy: Cryotherapy, Ice pack, Ice wrap and Ice massage
- Description of Electro therapy: Short wave diathermy, Infrared therapy and Ultrasound therapy.
- Meaning and principles of therapeutic Exercises
- Meaning of PRICE, Physiology of PRICE
- Mechanism of healing: Nervous tissue, Muscle and Bones

After completing this course, the learner will be able to:

- Understand the concept and principles of Physiotherapy and Gross and Microscopic Structure of Skelton muscle
- Acquire knowledge about the major muscles and main j
- Develop an understanding about the nervous system and healing. Explain concept of injuries Rehabilitation and
- Assess the Range of motion on all joints.
- Manually test muscle. Apply basic electrical components in electrotherapeutic equipments on various muscles.
- Give massage to various muscles of upper limb, lower limb and back.


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Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Range of motion (PROM, AROM, AAROM) exercises to all joints, Measurement of joint range using goniometer, Manual muscle testing of individual muscles	15	20
II	Identify basic electrical components in electrotherapeutic equipments, Stimulation of motor points, stimulation of individual muscle and group muscle,	10	20
III	Coordination exercises, balancing exercises, General and local Relaxation techniques, Suspension exercise to all major joints. Massage – upper limb, lower limb, back and neck.	10	20

- **Internal Assessment:15 Marks** (Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File)


End Term Exam: 35 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File

Learning Resources:

- The authorized manual of St. John Ambulance, St. Andrew's Ambulance association and the British red cross society, First Aid manual, 9th edition, Dorling Kindersley, London
- American college of emergency physicians, First Aid manual, 5th edition, Dorling Kindersley, London
- B.D. Chaurasia, Human Anatomy-Volume 1, 2, 3 CBS Publishers & Distributors.
- Philip Jevon, Emergency care and First Aid for Nurses, A practical guide, Churchill Living Stone, 2007
- Snell RS. Neuroanatomy: a review with questions and explanations. Little, Brown; 1992 Jan.
- Chaurasia BD. Human anatomy Volume- I, II & III, CBS Publisher; 2004. Singh Vishram Textbook of Anatomy Head, Neck, and Brain; Volume III;2014
- Gardiner MD. The principles of exercise therapy. G. Bell;1957.
- Kisner C, Colby LA, Borstad J. Therapeutic exercise: Foundations and techniques. Fa Davis; 2017 Oct18
- Hollis M. Massage for therapists: a guide to soft tissue. 2009.
- Hollis M, Cook PF, editors. Practical exercise therapy
- Practical Exercise therapy, Margaret Hollis, Phyllis
- Norkin CC, White DJ. Measurement of joint motion
- Levangie PK, Norkin CC. Joint Structure and function: a comprehensive analysis. 3rd. Philadelphia: FA. Davis Company.2000.
- Houghlum PA, Bertoti DB. Brunnstrom's clinical kinesiology. FA Davis;2011.
- World Health Organization; Global Strategy on Diet, Physical Activity and Health


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- McArdle WD, Katch FI, Katch VL. Exercise physiology: nutrition, energy, and human performance. Lippincott Williams & Wilkins;2010.
- Kennedy-Armbruster C, Yoke M. Methods of group exercise instruction. Human Kinetics; 2014.



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Vocational Course – 2

B23-VOC-507

Training in Yoga Asanas

Max Marks: 100

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Practical: 50 (Internal Assessment = 15 + 35 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 3 Hours

Instructions for Question Paper Setter

The question paper will consist of five Units I, II, III and IV. Units I, II & 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 marks for each question.

Unit – I(Contact Hours: 10 hours)

Introduction of Yoga

- Meaning and Definitions of Yoga
- Philosophical aspect of Yoga,
- Aim and Objectives of Yoga.
- Principles of Yoga, Misconceptions and clarifications of Yoga
- Relationship of yoga with Education and Sports

Unit –II(Contact Hours: 10 hours)

Schools of Yoga and its brief Introduction.

- Meaning of Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga and Yantra Yoga,
- Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi,
- Contributions to yoga by Swami Ramakrishna, Swami Vivekananda, Maharishi Mahesh yogi, Swami Dayanand Saraswathi and B.K.S Iyengar

Unit –III(Contact Hours: 10 hours)

Parts of Yoga:

- Asana: Meaning, types and Principles.
- Pranayama: Meaning, types and principles.
- Shatkarmas: Meaning, types and principles.
- Bandh & Mudra: Meaning, types and principles.


Learning Outcomes:

After completing this course, the learner will be able to:

- Describe the aims, objectives and philosophy of yoga.
- Explain the philosophy behind various schools of yoga
- Explain the various types of yoga, pranayama, Shatkarmas, Bandhas and Mudras.
- Demonstrate various simple and advance asanas.
- Able to perform Rubber and Jal Neti
- Able to perform various types of Paranayamas

Part – II Practical

Unit	Topics	Marks	Contact Hours
I	Basic Asanas = At least 15 Advance asanas = 5	10+5	20
II	Rubber Nati , Jal Neti	10	20
III	Pranayamas: Anulom-vilom , Bhramari, Ujjayi , Kapalbhati and Bhastrika	10	20



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- **Internal Assessment:15 Marks** (Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File)

End Term Exam: 35 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File

Learning Resources:

- AnandOmprakash (2001). Yog Dawra Kaya Kalp, Kanpur. SewasthSahityaPerkashan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA
- Sarin N (2003). Yoga DawaraRogoonKaUpchhar. Khel Sahitya Kendra □
- Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust


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Value Added Course – 3

B23-VAC-406

Yoga and Meditation

Max Marks: 50

Theory: 35 (Internal Assessment = 15 + 35 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 3 Hours

Instructions for Question Paper Setter

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 – I (Contact Hours: 10 hours)

Introduction of Yoga

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Traditional & Historical Development of Yoga
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Modern Society
- Misconceptions about Yoga

Unit – II (Contact Hours: 10 hours)

Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga
- Brief introduction of Hath Yoga.

Unit – II (Contact Hours: 10 hours)

Meditation:

- Introduction to Meditation
- Basic principles of meditation
- Benefits of Meditation, Obstacles in Meditation
- Relationship of Concentration and meditation
- Meaning and Techniques of Trataka, Ujjayi and OM Meditation


Learning Outcomes:


After completing this course, the learner will be able to:

- Describe the aims, objectives and principles of Yoga.
- Illustrate the basic knowledge various types of yoga
- Explain principles of various types of Asanas and Paranayamas

Learning Resources

- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yo New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Con Company, USA
- Sarin N (2003). Yoga DawaraRogoonKaUpchhar. Khel
- Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust


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Vocational Course – 3

B23-VOC-607

Sports for life

Max Marks: 100

Theory: 50 (Internal Assessment = 15 + 35 End Term Exam)

Practical: 50 (Internal Assessment = 15 + 35 End Term Exam)

Question Paper: 35 Marks

Time Allowed: 3 Hours

Instructions for Question Paper Setter

The question paper will consist of five Units I, II, III and IV. Units I, II & 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 marks for each question.

Unit – I(Contact Hours: 10 hours)

Introduction to Sports and Physical Activity

- Concept of "Sports for Life" and its role in lifelong health and well-being.
- Physical, psychological, and social benefits of sports participation.
- Types of lifelong sports: recreational, competitive, and adaptive sports.
- Relationship between sports, fitness, and a healthy lifestyle.

Unit – II(Contact Hours: 10 hours)*Foundations of Physical Fitness for Lifelong Sports*

- Components of physical fitness: cardiovascular endurance, strength, flexibility, and body composition.
- Principles of exercise: warming up, cooling down, and injury prevention.
- Role of sports in managing lifestyle diseases like obesity, diabetes, and hypertension.
- Importance of nutrition, hydration, and recovery in maintaining fitness

Unit – III(Contact Hours: 10 hours)*Skills and Techniques for Sports and Physical Activities*

- Fundamental skills and sport-specific techniques for lifelong sports (e.g., swimming, badminton, tennis).
- Basic rules, regulations, and safety measures in recreational and competitive sports.
- Importance of fair play, ethics, and inclusion in sports.
- Adaptations of sports for differently-abled and elderly individuals.


Unit – IV(Contact Hours: 10 hours)*Promotion and Sustainability of Sports for Life*

- Strategies to promote sports culture in schools, colleges, and communities.
- Role of sports in achieving Sustainable Development Goals (SDGs).
- Careers in sports: coaching, fitness training, event management, and officiating.
- Use of technology and digital platforms to enhance sports participation.

Learning Outcomes:

After completing this course, the learner will be able to:

- Understand the concept and benefits of Sports for Life
- Identify the principles of exercise for maintaining a healthy lifestyle
- Demonstrate inclusive practices in sports with a focus on participation
- Develop strategies to promote sports culture.
- Perform and evaluate skills, fitness components, and event management to demonstrate practical knowledge of lifelong sports.


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Part – II Practical


Unit	Topics	Marks	Contact Hours
I	Handball: Court specifications, general rules and basic skills	15	30
II	Gymnastic: Area/Equipment specifications, general rules and basic skills	20	30

Internal Assessment:15 Marks (Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File)

End Term Exam: 35 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File

Learning Resources:

1. **Whitehead, M. (2010).***Physical Literacy: Throughout the Lifecourse*. Routledge.
2. **Bailey, R., & Kirk, D. (2009).***The Routledge Physical Education Reader*. Routledge.
3. **Ajmeer Singh, Gill, J. S., Bans, J., Brar, R. S., & Rathee, N. (2004).***Essentials of Physical Education*. Kalyani Publishers.
4. **Gallahue, D. L., & Ozmun, J. C. (2012).***Understanding Motor Development: Infants, Children, Adolescents, Adults (7th Edition)*. McGraw Hill.
5. **Higgs, C., & Balyi, I. (2012).***Developing Physical Literacy: A Guide for Parents of Children Aged 0 to 12*. Human Kinetics.
6. **Armour, K. M. (2011).***Sport Pedagogy: An Introduction for Teaching and Coaching*. Pearson Education.
7. **Hardman, K., & Green, K. (2011).***Contemporary Issues in Physical Education: International Perspectives*. Meyer & Meyer Sport.
8. **Mandigo, J., Francis, N., Lodewyk, K., & Lopez, R. (2012).***Physical Literacy for Educators*. Canadian Sport for Life Society.
9. **UNESCO. (2015).***Quality Physical Education (QPE): Guidelines for Policy-Makers*. UNESCO Publishing.
10. **Lund, J., & Tannehill, D. (2014).***Standards-Based Physical Education Curriculum Development (3rd Edition)*. Jones & Bartlett Learning.


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