

ಮಂಗಳೂರು
MANGALORE



ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
UNIVERSITY

ಕ್ರಮಾಂಕ/ No. : MU/ACC/CR 22 /2022-23/A8

ಕುಲಸಚಿವರ ಕಛೇರಿ
ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199
Office of the Registrar
Mangalagangothri - 574 199
ದಿನಾಂಕ/Date: 07/12/2022

NOTIFICATION

Sub : Syllabus of Physical Education ,Sports & Yoga for I-IV semesters
B.A/B.Sc Degree Programmes (I-II sem Revised)under NEP 2020-reg.
Ref: Vice Chancellors approval Dated: 05/12/2022

Pursuant to the above, the syllabus of Physical Education ,Sports & Yoga as a core course for I-IV semesters B.A/B.Sc Degree Programmes (I-II sem Revised) under NEP 2020 is hereby notified for implementation with effect from the Academic year 2022-23 Onwards , subject to the ratification of the Academic council.

Copy of the Syllabus should be downloaded from the Mangalore University website. www.mangaloreuniversity.ac.in

FOR REGISTRAR 07/12/22

To:

- 1) The Principals of all the colleges affiliated to Mangalore University.
- 2) The Registrar (Evaluation), Mangalore University.
- 3) Dr. Gerald Santhosh D'Souza, Chairman, Composite BOS in U.G & P.G Physical Education & Sports, & Chairman, Dept. of Physical Education, Mangalore University.
- 4) The Assistant Registrar/The Superintendent, Academic Section, O/o the Registrar, Mangalore University.
- 5) The Director, DUIMS, Mangalore University - with a request to publish in the Website.
- 6) Guard File



MANGALORE UNIVERSITY

**NEP 2020 BASED CURRICULUM
FOR PHYSICAL EDUCATION, SPORTS AND YOGA
OCTOBER 2022
(SEMESTERS I TO IV)**

FACULTY OF EDUCATION

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

**IN ACCORDANCE WITH
NEP REGULATIONS 2021**

Name of the Degree Program	: BA/BCom/BBA/BCA & all other UG Courses
Discipline Core	: Physical Education, Sports and Yoga – BA/BSc
Total Credits for the Program (I to IV Semesters)	:
Discipline Core	: 24 Credits
Open Electives	: 12 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)
Skill Enhancement Courses	: 08 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)
Starting Year of Implementation	: 2021-22

PROGRAM OUTCOMES

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

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

SEMESTER-I

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

SEMESTER-II									
Discipline Specific Core-2 (BA/BSc programmes)									
Course	Title of the Course	Theory			Practical			Total Hours/ Credits	Total Marks
		Credits	No. of Teaching Hours/Week	Total Marks/ Assessment	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment		
DSC-2	Life Style Management	4	4	100 (60+40 IA)	---	---	---	6 / 8	150
DSC-2 Practical	Advanced Fitness, Asanas, Track & Field, Major Games	---	---	---	2	4	50 (25+25 IA)		
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)									
OE-3	Yoga and Fitness	2	2	60	1	2	40 (20 Prac+20 IA)	3 / 4	100
OE-4	Adventure Sports	2	2	60	1	2	40 (20 Prac+20 IA)	3 / 4	100
<i>Note: For Open Electives the No. of Credits for Practical & Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i>									
Skill Enhancement Courses (SEC) (BA/BSc/BCom/BBA/BCA & all other UG programmes)									
SEC-2	Sports – I	1	1	---	1	2	---	2 / 3	50 (Internal Assessment)
* SEC - Activity cum Theory based Practical paper									

SEMESTER-III									
Discipline Specific Core-3 (BA/BSc programmes)									
Course	Title of the Course	Theory			Practical			Total Credits / Hours	Total Marks
		Credits	No. of Teaching Hours/Week	Total Marks/ Assessment	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment		
DSC-3 Theory	Sports Training and Coaching	4	4	100 (60+40 IA)	---	---	---	6 / 8	150
DSC-3 Practical	Sports Proficiency	---	---	---	2	4	50 (25+25 IA)		
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)									
OE-5	Physical Fitness for Careers	2	2	60	1	2	40 (20 Prac+20 IA)	3 / 4	100
OE-6	Sports and Recreation	2	2	60	1	2	40 (20 Prac+20 IA)	3 / 4	100
<i>Note: For Open Electives the No. of Credits for Practical & Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i>									
*Skill Enhancement Courses (SEC) (BA/BSc/BCom/BBA/BCA & all other UG programmes)									
SEC-3	Sports - II	1	1	---	1	2	---	2 / 3	50 (Internal Assessment)
* SEC - Activity cum Theory based Practical paper									

SEMESTER-IV									
Discipline Specific Core-4 (BA/BSc programmes)									
Course	Title of the Course	Theory			Practical			Total Credits / Hours	Total Marks
		Credits	No. of Teaching Hours/Week	Total Marks/ Assessment	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment		
DSC-4 Theory	Sports Injuries and Management	4	4	100 (60+40 IA)	---	---	---	6 / 8	150
DSC-4 Practical	First Aid and Athletic Care	---	---	---	2	4	50 (25+25 IA)		
Open Electives (BA/BSc/BCom/BBA/BCA & all other UG Courses)									
OE-7		2	2	60	1	2	40 (20 Prac+20 IA)	3 / 4	100
OE-8		2	2	60	1	2	40 (20 Prac+20 IA)	3 / 4	100
<i>Note: For Open Electives the No. of Credits for Practical & Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i>									
*Skill Enhancement Courses (SEC) (BA/BSc/BCom/BBA/BCA & all other UG programmes)									
SEC-4	Sports - III	1	1	---	1	2	---	2 / 3	50 (Internal Assessment)
* SEC - Activity cum Theory based Practical paper									

PHYSICAL EDUCATION, SPORTS AND YOGA

BA/BSC SEMESTER I to IV

Aim of the Course

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

Objectives of the Course

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

Learning Outcome/ Skills:

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

Employability/ Entrepreneurship abilities:

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

Curriculum Structure for Undergraduate Degree Program

BA / BSc Courses in Physical Education, Sports & Yoga

Total Credits for the Program (I to IV Semester): 6+6+6+6=24 Credits

Starting year of implementation: 2021-22

Name of the Degree Program: BA/B.Sc

Discipline/Subject: Physical Education, Sports & Yoga Program

Articulation Matrix:

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

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

3	Sports Training and Coaching (6 Credits)	<ul style="list-style-type: none"> To understand the basic principles of training. To know about the various performing influencing motor abilities and the methods of developing them. To understand the meaning and philosophy of coaching and its requirements. To know about periodization and how to improve performance through various training cycles. To be able to practice methods to improve motor abilities. 	Students with Arts/Science/Commerce streams at 12 th / +2 level preferable with Sports Background	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals	Theory 100 (60+40) Practical 50 (25+25)
4	Sports Injuries and Management (6 Credits)	<ul style="list-style-type: none"> To know the various common sports injuries and their cause. To know the various first aid measures and prevention of sports injuries. To know the various procedures of treating injuries. To know the rehabilitative techniques through various modalities. To be able to practice first aid techniques and rehabilitative measures while treating sports injuries. 		The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramurals	Theory 100 (60+40) Practicals 50 (25+25)

I SEMESTER

Semester I
DISCIPLINE SPECIFIC CORE - 1

Title of the Course:

Introduction to Physical Education, Sports and Yoga

Course outcomes

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

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

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

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

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

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

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

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

Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Theory	Test	20	40	60
	Assignment	10		
	Seminar	10		
Practical	Test	15	25	50
	Assignment	10		
Total				150

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

Reference Books

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

- Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
- Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
- IAAF Manual
- Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications(India), Ist Edition, Daryaganj, New Delhi
- Officiating, Coaching, Training Methods and Recreation in Physical Education,
- Dr. Md. Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi.

Semester I
OPEN ELECTIVE PAPER - 1

Title of the Course:

Self Defense

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

Course outcomes

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

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

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course 2 – 0 – 1			
Theory <ul style="list-style-type: none"> • Meaning and Importance of Self Defense • Principles of Self Defense • Meaning and Characteristics of combative sports – Karate, Kick boxing, Judo, Wrestling • Fitness requirements for self defense • Ethical considerations of applications of self-defensive skills 			28
Practical <ul style="list-style-type: none"> • General conditioning and self-defense specific conditioning • Basic techniques of karate, kickboxing, judo and wrestling • Applications of techniques of combative sports for self-defense. • Self-defense techniques for specific situations: chain snatching, knife or stick attack, holding from back or front etc. • Self-defense using equipment such as stick (lathi), nanchaku etc. • Record and report preparation. 			28

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

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

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

Semester I
OPEN ELECTIVE PAPER - 2

Title of the Course:

Sport Event Management

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

Course outcomes

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

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

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

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

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

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

II SEMESTER

Semester II
DISCIPLINE SPECIFIC CORE - 2

Title of the Course:

Lifestyle Management

Course outcomes

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

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

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/ semester
4	56	2	56
Contents of the Course 4 – 0 – 2			
Unit – 1 INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS <ul style="list-style-type: none"> • Meaning and Definitions of Physical Fitness and Life Style • Need and Benefits of Physical Fitness • Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition • Skill Related Physical Fitness Components: - Agility, Balance, Co- ordination, Power, Reaction Time, Speed 			12
Unit – 2 YOGIC PRINCIPLES AND LIFESTYLE MANAGEMENT <ul style="list-style-type: none"> • Yogic principles and lifestyle management <ul style="list-style-type: none"> ○ Jnana Yoga ○ Karma Yoga ○ Bhakthi Yoga ○ Raja Yoga / Astanga Yoga • Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara 			14
Unit - 3 NUTRITION AND LIFE STYLE MANAGEMENT <ul style="list-style-type: none"> • Nutrition and Diet: Meaning, Balanced diet. • Components of Balance Diet and its importance – Macro nutrients: Carbohydrates, Protein, Fat Micro nutrients: Vitamins & Minerals, Water • Healthy Lifestyle through Diet and Fitness 			16

<p>Unit - 4 PHYSICAL LITERACY</p> <ul style="list-style-type: none"> • Meaning, Definition and Importance of Physical Literacy. • Core Elements of Physical Literacy • Fundamental Movements - Art of Walking, Running, Jumping and Throwing. • Contribution of physical activity towards adopting Healthy lifestyle 	14
CONTENT OF PRACTICAL COURSE 2: Practical (2 credits/56 hours)	
<p>A. Specific warm-up / Lead up Activities. Training and Assessment of Skill related fitness: Agility, Balance, Speed, Co-ordination, Power, Reaction Time.</p>	56 Hrs
<p>B. Advanced Asanas (as per the reference books)- 2 asanas from each.</p> <ul style="list-style-type: none"> • Standing Asanas • Sitting Asanas • Prone Asanas • Supine Asanas 	
<p>C. Advanced Pranayamas (Any two)</p> <ul style="list-style-type: none"> • Surya Anuloma Viloma/Surya Bhedana Pranayama • Chandra Anuloma Viloma/Chandra Bhedana Pranayama • Ujjayi Pranayama • Kumbhaka Pranayama 	
<p>D. GAMES /TRACK & FIELD</p> <ul style="list-style-type: none"> • One Game: Rules and Regulations of the Game and Officiating. • Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating. • Records and Report Preparation 	
<p>E. Preparation of Records and Reports</p>	

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

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

Formative Assessment					
Assessment Type	Internal Assessment			Semester Exam	Total
Theory	Test	20	40	60	100
	Assignment	10			
	Seminar	10			
Practical	Test	15	25	25	50
	Assignment	10			
Total					150

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

Reference Books:

- Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
- Fit to be Well, Alton L.Thygerson, Karl L.Larson, Jones and Bartlett Publishers, Sudbury
- Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuch scaris brick Publishers, Arizona
- Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
- Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0ISBN
- Physical Fitness and Wellness, Dr. Sanjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
- Fit & Well, 4th Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London
- Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
- Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K,Struder, 2021, Meyer & Meyer Sport(UK) publishers, Germany
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
- “Nutrition Education”, Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
- A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition,Barrow.M.Harold, Rosemary.Mc.Gee, Lea & Febiger, Phildelphia
- Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
- Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rdEdition, Mayfield Publishing Company.
- Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
- “Asana, Pranayama, Mudra, Bandha”, 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
- “Four Yoga of Swamy Vivekananda”, 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta
- New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
- Pranic Energization Technique, 2005, Dr. H. R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
- Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore.

Semester II
OPEN ELECTIVE PAPER - 3

Title of the Course:

Yoga and Fitness

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

Course outcomes

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

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

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course 2 – 0 – 1			
Theory <ul style="list-style-type: none"> • Meaning and Importance of Yoga and Fitness • Types and Principles of Asanas • Types of Fitness and their components • General and Specific Conditioning and their importance • Methods of developing Strength, Speed, Agility, Flexibility, coordinative abilities • Nutrition for Fitness 			28
Practical <ul style="list-style-type: none"> • General and Specific Warm up • Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities • Aerobics/Zumba/Dance/Pilates/Resistance training/Swiss balls/Fitness activities using varied equipment • Yogasanas – Sitting, standing, supine and prone position • Fitness through recreational activities • Preparation of records and reports 			28

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

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

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

Semester II OPEN ELECTIVE PAPER - 4

Title of the Course:

Adventure Sports

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

Course outcomes

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

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

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course 2 – 0 – 1			
Theory <ul style="list-style-type: none"> • Definition, Meaning and Importance of Adventure Sports • History- Development, Scope, and Objectives • Water sports – Canoeing, rafting, kayaking, scuba diving, snorkeling, surfing, paddling. • Aero sports: Ballooning, Hang gliding, Paragliding, Parasailing, skydiving • Mountaineering – Trekking, Rock Climbing, Wall climbing, Bouldering. • Safety measures and first aid • Recent Trends in Adventure Sports • Job Opportunities in Adventure Sports 			28
Practical <ul style="list-style-type: none"> • Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down • Practical, teaching, demonstration, training, technical training. • Planning and Organising-Mountaineering, Trekking, Rock Climbing, Para Sailing, Water Sports, etc. • Records and Report Preparation 			28

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

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

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

III SEMESTER

Semester III**DISCIPLINE SPECIFIC CORE - 3**

Title of the Course:

Sports Training and Coaching**Course outcomes**

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

- Learn the meaning and principles of Sports Training
- Understand the components of fitness and methods of training.
- Learn the meaning of Periodization and the characteristics of training plans.
- Implement basic training plans for fitness and performance.
- Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/ semester
4	56	2	56
Contents of the Course 4 – 0 – 2			
Unit – 1 INTRODUCTION			12
<ul style="list-style-type: none"> • Introduction to Sports Training • Meaning, Definition, Aims and Objectives of Sports Training • Need and Importance of Sports Training • Principles of Sports Training 			
Unit – 2 MOTOR ABILITIES AND METHODS OF TRAINING			
<p>Motor Abilities and their Development</p> <ul style="list-style-type: none"> • Strength • Speed • Endurance • Flexibility • Agility & Coordinative abilities <p>Methods of Sports Training</p> <ul style="list-style-type: none"> • Continuous Training • Interval Training • Fartlek Training • Circuit Training • Weight Training 			
Unit - 3 COACHING			16
<ul style="list-style-type: none"> • Meaning, Definition and Importance of Coaching • Principles of Coaching 			

<ul style="list-style-type: none"> Qualities and Qualifications of a Coach Responsibilities and Duties of a Coach 	
Unit - 4 TRAINING PROGRAMME AND PLANNING <ul style="list-style-type: none"> Periodization- Meaning, Importance and types Phases of Periodisation – Preparation phase, Competition phase, Transition phase Cycles of Training- Micro, Meso and Macro 	14
CONTENT OF PRACTICAL COURSE: SPORTS PROFICIENCY Practical (2 credits/56 hours)	56 Hrs
<ol style="list-style-type: none"> Brief Introduction of Particular Sport/Game (Among the list of IOA, AIU, SGFI) Play Field Technology- Construction, Marking and Equipment Specific Fitness for specific Sport/Game Basic Skill, Drills and Techniques of the Game Officiating of the Specific Game Preparation of Records and Reports 	

Practical classes will be conducted in any two games depending on the facilities available in the college.

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

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

Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Theory	Test	20	60	100
	Assignment	10		
	Seminar	10		
Practical	Test	15	25	50
	Assignment	10		
Total				150

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

Reference Books:

- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- Cart, E. Klafs & Daniel, D. Arnhem (1999) Modern Principles of Athletic Training St. Louis C.V. Mosby Company

- Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
- Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics.
- Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
- Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
- YograjThani (2003), Sports Training, Delhi : Sports Publications.
- Thomas Kurz Science of Sports Training: How to Plan and Control Training for Peak Performance.

Semester III**OPEN ELECTIVE PAPER - 5**

Title of the Course:

Physical Fitness for Careers*(BA/BSc/BCom/BBA/BCA & all other UG Courses)***Course outcomes**

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

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

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course 2 – 0 – 1			
Theory			28
<ul style="list-style-type: none"> • Meaning, Types and Importance of careers requiring physical fitness. • Physical Fitness Standards for Men and Women: Tests for Speed, Endurance, Strength, Agility and Flexibility. • Career specific Fitness Tests: Fitness Tests for Defense Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education • General and Specific Conditioning and its importance • Specific Tests for Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, etc • Mode of Selections and Qualifying Standards 			
Practical			28
<ul style="list-style-type: none"> • General and Specific conditioning exercises • Training for Endurance, Speed, Strength, Agility, Flexibility. • Assessment of career specific fitness abilities (fitness tests): Defense Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education • Records and Report Preparation 			

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

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

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

Semester III
OPEN ELECTIVE PAPER - 6

Title of the Course:

Sports and Recreation

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

Course outcomes

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

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

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course 2 – 0 – 1			
Theory <ul style="list-style-type: none"> • Meaning, Definition and Concept of Recreation • Objectives, Characteristics and Principles of Recreation • Importance, Purpose, Benefits of Recreation • Types of Recreation • Recreation through Sports and Games • Use of Leisure Time Activities and their educational values 			28
Practical <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games • Outdoor camp activities • Cycling, hiking, trekking activities • Organisation of Recreational activities • Records and Report Preparation 			28

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

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

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

IV SEMESTER

Semester IV**DISCIPLINE SPECIFIC CORE - 4**

Title of the Course:

Sports Injuries and Management**Course outcomes**

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

- Understand the meaning of Sports Injuries.
- Understand the common injuries occurring in sports and their immediate management.
- Know the causes of sports injuries and methods to treat them.
- Understand the methods of Rehabilitation of sports injuries
- Get an insight into the first aid measures to treat sports injuries
- Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/ semester
4	52 - 56	2	52 - 56
Contents of the Course			
4 – 0 – 2			
Unit – 1 INTRODUCTION TO SPORTS INJURIES			
<ul style="list-style-type: none"> • Meaning, Definition & Concept of Sports Injuries • Classification of Sports Injuries - <ul style="list-style-type: none"> ○ Acute Injuries and ○ Over Use Injuries • Common Sports Injuries: <ul style="list-style-type: none"> ○ Sprain, Strain and Cramps ○ Fractures and Dislocation ○ Abrasion and Contusion ○ Cuts and Bruise 			12
Unit – 2 CAUSES AND PREVENTION OF SPORTS INJURIES			
Causes <ul style="list-style-type: none"> • Accident • Poor Training Practice • Improper Equipments and Surfaces • Lack of Conditioning • Use of Supplements for Sports Performance Prevention <ul style="list-style-type: none"> • Good Conditioning • Scientific and Systematic Training • Specified Equipment, Surfaces and Sports Wears • Misconceptions of Sports Injuries 			14

Unit - 3 MANAGEMENT OF SPORTS INJURIES		16
<ul style="list-style-type: none"> • First Aid - Meaning and Definition First Aid • Principles of First Aid, • First Aid Kit and its Importance • Diagnosis and Treatment • CPR for Sudden Cardiac Arrest in Sports • RICE Treatment – Rest, Ice, Compression and Elevation 		
Unit - 4 REHABILITATION OF SPORTS INJURIES		14
<ul style="list-style-type: none"> • Physical and Psychological Preparation • Sports Therapy, Yoga, Pranayama, Meditation • Massage and Relaxation Techniques • Appropriate Measures to restart sports activities 		
CONTENT OF PRACTICAL COURSE: FIRST AID AND ATHLETIC CARE		56 Hrs
Practical (2 credits/56 hours)		
1.	Usage of First Aid Kit	
2.	Management Techniques of Injuries	
•	Taping and Wrapping	
•	Bandages	
3.	Rehabilitation Exercises	
•	Active and Passive Exercises	
•	Resistance and Assisted Exercise	
•	Asanas and Pranayama	
4.	CPR Training	
5.	Modalities of therapy	
•	Cryotherapy	
•	Hydrotherapy	
•	Electro therapy	
•	Massage	
6.	Preparation of related records and reports	

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

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

Formative Assessment				
Assessment Type	Internal Assessment		Semester Exam	Total
Theory	Test	20	40	60
	Assignment	10		
	Seminar	10		
Practical	Test	15	25	50
	Assignment	10		
Total				150

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

REFERENCES:

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, Sublime Publications, Jaipur, ISBN:978-81-8192-209
2. Sports Injuries,2013, Bhushan Kumar Mishra, Sports Publications, Darya Ganj, New Delhi, ISBN:978-81-7879-743-4
3. Sports Injuries and Rehabilitation, 2017, Dr.Sinku Kumar Singh, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-590-5
4. Prevention And Treatment of Sports Injuries, 2000, Anju Ambast, Khel Sahitya Kendra, Shiv Market, Ashok Vihar, Delhi, ISBN: 81-7524-047-4
5. Sports Injuries, 2016, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81- 7524-862-5
6. Sports Injuries and Athletic Problems, 1996, 2nd Edition, Morris B.Mellion, MD, Surjeet Publications, Kamalanagar, Delhi

Semester IV
OPEN ELECTIVE PAPER - 7

Title of the Course:

Sports Nutrition

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

Course outcomes

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

- Be Understand the meaning and importance of nutrition.
- Understand the principles and components of nutrition and its importance in weight management.
- Learn the specific physical nutritional requirements of sportspersons.
- Learn the practical requirements of fitness and weight management with respect to exercise.
- Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course 2 – 0 – 1			
<u>THEORY</u>			
UNIT-1-INTRODUCTION <ul style="list-style-type: none"> • Meaning and definition of Sports Nutrition. • Role of Nutrition in health promotion and Sports • Concept of diet • Balanced Diet: Components, factors affecting Balanced Diet and Malnutrition 			28
UNIT 2- NUTRIENTS <ul style="list-style-type: none"> • Meaning, Classification, Sources, functions of nutrients • Micro Nutrients: Vitamins, Minerals, Water • Macro Nutrients: Carbohydrates, Protein, Fat • Role of macro nutrients as fuel for muscular activities. 			
UNIT 3-Nutrition in sports and Weight Management <ul style="list-style-type: none"> • Nutrients for Sportsmen - Calories and diet for Games, Sports, Sprints, Endurance and Power Events. • Nutritional intake before, during and after sports activity. • Meaning, Definition and Importance of Weight Management • Causes of Obesity and its prevention strategies 			
Practical <ul style="list-style-type: none"> • Aerobic and resistance training activities. 			28

<ul style="list-style-type: none"> • Calculation of BMI and Body composition • Physical Activities for Weight Loss • Assessment of Energy expenditure and caloric values of common food. • Prescription of exercise for weight reduction. • Records and Report Preparation 	
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* The practical classes shall be adapted to the physically challenged students as per requirement.

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab*.93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.
- Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston: Allyn and Bacon, 1999.
- Bamji, M. S., Krishnaswamy, K., & Brahman, G. N. V. (Eds.). (2009). Textbook of human nutrition. Oxford & IBH. 2. Gilchrist, J. M. (2003).
- Introduction to Human Nutrition. Blackwell Science Ltd, Oxford, United Kingdom.
- Driskell, J. A., & Wolinsky, I. (Eds.). (2016). Nutritional assessment of athletes. CRC press.
- ACSM's Health-Related Physical Fitness Assessment Manual
- Bamji, M. S., Krishnaswamy, K., & Brahman, G. N. V. (Eds.). (2009).
- Textbook of human nutrition. Oxford & IBH. Gilchrist, J. M. (2003).
- Introduction to Human Nutrition. Blackwell Science Ltd, Oxford, United Kingdom. Geissler, C., & Powers, H. (2009).
- Fundamentals of Human Nutrition E-Book: for Students and Practitioners in the Health Sciences. Elsevier Health Sciences.

Semester IV
OPEN ELECTIVE PAPER - 8

Title of the Course:

Health and Safety Education

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

Course outcomes

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

- Know the meaning of health and factors influencing it.
- Learn causes and prevention of communicable diseases.
- Learn the safety measures to be taken in playgrounds, schools and at home.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Contents of the Course			
2 – 0 – 1			
THEORY			
<p>UNIT 1 - DEFINITION OF HEALTH</p> <ul style="list-style-type: none"> • Factors influencing health: heredity, environment and habits • Physical and mental health- meaning and dimensions • Personal Hygiene – Skin, Mouth, Teeth, Nails, Clothing, Shoes, Food, Exercises, • Sleep and Relaxation <p>UNIT 2- COMMUNICABLE DISEASE</p> <ul style="list-style-type: none"> • Meaning and Definition of Communicable Disease • Causes of Communicable diseases • Spread of Infections • Preventive measures of Malaria, Filariasis, Typhoid, Cholera, Dysentery, Small Pox, whooping Cough, Tuberculosis and AIDS. <p>UNIT 3- PUBLIC HEALTH AND SAFETY</p> <ul style="list-style-type: none"> • General methods of sanitation • Supply of drinking water and methods of water purification • Safety measures and precaution: at home, street, play ground 			28
<p>Practical</p> <ul style="list-style-type: none"> • First Aid • First aid requirements during Sports Competition • First aid during emergencies: SCA, Fractures, Breathlessness, Cramps, Sprains, Strain. • Preparation of reports 			28

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

Formative Assessment			
Assessment Type	Internal Assessment	Semester Exam	Total
Theory	20	60	
Practical	20*	---	
Total	40	60	100

*Internal marks can be assigned for field work, projects, written tasks, practical tasks etc.

References

- Bucher. C. A (1979) Foundations of Physical Education (5th edition Missouri CV Mosby Co.)
- Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
- Puri. K. Chandra S.S (2005) "Health and Physical Education" New Delhi: Surjeet Publications.
- Thomas D Fahey and others. Fit and well: 6th Edition New York : McGraw Hill Publishers, 2005
- Wellgoose. (1977). Health Teaching in secondary Carl. E. Schools: W.B. Saunders.
- Wilson, Kathleen J. W. (1987). Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh.
- Anderson.T. Mc. Clerg, (1961). Human Kinetics and Analyzing Body Movements, London: William Heinman Medical Books Ltd.
- Frank, H. &Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). The school health education. New York: Harber and Brothers. 6. Prarce, J.W. (1984). Anatomy for students and Teachers of Physical Education, Edward Arnold & Co.

SCHEME / PATTERN OF EXAMINATION

DISCIPLINE SPECIFIC CORE - THEORY

Max. marks: 60

Time: 02 Hours

Instructions:

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

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

DISCIPLINE SPECIFIC CORE – PRACTICAL

Max marks: 25

- | | |
|---|----|
| 1. Assessment of various practical activities/fitness tests (4 activities x 5 marks each) | 20 |
| 2. Record Book | 5 |

OPEN ELECTIVE - THEORY

Max. marks: 60

Time: 02 Hours

Instructions:

1. Answer all questions

I. Answer any five of the following questions in not exceeding one page 5 x 6 = 30 marks

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

II. Answer any three of the following questions in not exceeding two pages 3x10=30 marks

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