

THE UNIVERSITY OF NORTH BENGAL



Syllabus of 3-Year Degree / 4 Year Honours in

Physical Education and Sports

Under curriculum & credit Framework for Under Graduate

Programmes (CCFUP) as per NEP- 2020

w.e.f.2023-2024

Total Credit: -160

***UG Certificate- 40 Credit (SEM-I & II)**

****UG Diploma – 82 Credit (SEM-III & IV)**

***** 3 Year Degree -124 Credit (SEM-V & VI)**

******4 Year UG Degree Honours -160 Credit (SEM-I to VIII)**

******* 4 Year UG Degree Honours with Research -160 Credit (SEM-I to VIII)**

PHYSICAL EDUCATION AND SPORTS

SEMESTER 1

PAPER:	MAJOR
PAPER DESCRIPTION:	HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS
PAPER CODE:	UPEDMAJ11001
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS

COURSE OUTCOMES-

- 1) Understand the meaning, definitions, scope, Aim, and objective of Physical Education.*
- 2) Understand the Misconception and modern concept of Physical Education and need and importance of Physical Education.*
- 3) To understand Biological, Psychological and Sociological factors that make foundation of Physical Education.*
- 4) To build up concept regarding Historical background and events of Physical Education and sports*

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

UNIT-I: INTRODUCTION

- 1.1 Meaning, Definition & Scope of Physical Education and Sports.
- 1.2 Aim, Objectives, Need & Importance of Physical Education and Sports.
- 1.3 Misconceptions and Modern concept of Physical Education.
- 1.4 Career Opportunities of Physical Education & Sports, Physical Education as an Arts & Science.

UNIT-II: HISTORICAL DEVELOPMENT

- 2.1 Historical Development of Physical Education and Sports in India - Pre and Post Independence periods.
- 2.2 Contribution of Akhadas, Vyayamshalas and National Institutes of Physical Education in India.

- 2.3 Historical background and concept of Asian Games, Commonwealth Games, SAF Games and National Sports Scheme.
- 2.4 Contribution of Eminent Physical Educationists: J.B. Basedow, J.F. Gustmuth, H.C. Buck, James Buchanan, Rabindranath Tagore, Swami Vivekananda & National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award, Maulana Abul Kalam Azad Trophy and Rashtriya Khel Protsahan Purushkar.

UNIT-III: OLYMPIC MOVEMENT

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath, Olympic medal and Olympic Village, Opening and Closing Ceremony.
- 3.3 Olympic Movement in India
- 3.4 Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.

UNIT -IV: SOCIOLOGICAL AND PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION & SPORTS

- 4.1 Sociological Foundation- Meaning and definition of Sociology, Society and Socialization.
- 4.2 Role of games and sports in National and International integration, Ethics of Sports.
- 4.3 Culture, Customs and Tradition in Physical Education.
- 4.4 Introduction to School of Philosophies- Naturalism, Pragmatism, Realism & Idealism

SUGGESTED READING:

1. Graham, G. (2001) **Teaching Children Physical Education: Becoming a Master Teacher**. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education** (Naveen Publications).
3. Lau, S.K. (1999), **Great Indian players**, New Delhi, Sports Publication
4. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
5. Siedentop, D. (2004) **Introduction to Physical Education, Fitness and Sport**, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) **Developmental Psychology: Childhood and Adolescence**. Thomson, Sydney, Australia
7. Shukla, (2000) **Mother on Education**, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) **Essentials of Physical Education**, Kalyani Publishers, Ludhiana, Punjab.

9. Wuest, D.A. & C.A. Bucher (2006) **Foundations of Physical Education, Exercise Science, and Sports**. McGraw Hill Companies, Inc., New York, USA.
10. Sharma, N.P.(2009), **Sports History**, KSK Publisher & Distributors, New Delhi – 110002
11. Bhattacharyya, A.K. (2012), **Dimensions of Physical Education: Principles, Foundations Interpretations**, Classique Books, Kolkata-12

PRACTICAL GUIDELINES: N.A.

QUESTION PATTERN:

S.No	Questions To Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

PHYSICAL EDUCATION AND SPORTS
SEMESTER 1

PAPER:	SKILL ENHANCEMENT COURSE
PAPER DESCRIPTION:	FORMAL AND RYTHMIC ACTIVITIES
PAPER CODE:	UPEDSEC11001
PAPER TYPE:	NON-LAB PRACTICAL (PNLB)
CREDITS:	03
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	NOT APPLICABLE

DETAILS OF SYLLABUS:

UNIT I Marching- Fall In, Attention, stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March. Salute, Right and Left salute.

UNIT II Calisthenics activities – With Apparatus (Any 5 with minimum 3 different apparatus) & Without Apparatus (Any 5)

UNIT III Aerobics activities / Bratachari

SUGGESTED READING:

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students.

QUESTION PATTERN: NOT APPLICABLE (FULLY FIELD BASED PRACTICAL)

PHYSICAL EDUCATION AND SPORTS

SEMESTER 2

PAPER-	MAJOR
PAPER DESCRIPTION:	MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS
PAPER CODE:	UPEDMAJ12002
PAPER TYPE:	THEORY (TH)
CREDIT:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS

COURSE OUTCOMES-

- 1) Know sports management and employ principles of strategic planning, and financial and human resource management.*
- 2) Assess marketing needs and formulate short term and long term solutions.*
- 3) Develop critical thinking in analysing sport management issues and in managerial planning and decision making.*
- 4) Able to organize recreational camp and activities.*

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

UNIT-I: INTRODUCTION

- 1.1 Meaning, Definition, Importance, Scope of Management of Physical Education and Sports.
- 1.2 Principles of Sports Management. Functions and purpose of Sports Management.
- 1.3 Management of Events, Store Room, Play Fields & Gymnasium in Physical Education and Sports.
- 1.4 Management of Indoor & Outdoor Activities.

UNIT-II: MANAGEMENT OF PHYSICAL EDUCATION & SPORTS PROGRAMS AND TOURNAMENTS

- 2.1 Method of calculation of Athletic Track and Field.
- 2.2 Meaning, Definition, Importance and types of Tournaments and Procedure of Drawing Fixture, merits, and demerits of Knock-out, League, Combination, and challenge Tournaments.

- 2.3 Meaning, Aims, Objective and Management of intramural and extramural competitions.
- 2.4 Time Table: Meaning, Importance and factors affecting time table.

UNIT-III: FINANCIAL MANAGEMENT

- 3.1 Financial Management in Physical Education and Sports in School, College, and University.
- 3.2 Meaning, Definition, Importance and criteria of good Budget in Physical Education and Sports.
- 3.3 Steps for preparing a good budget in Physical Education and Sports.
- 3.4 Sports Sponsorship: Meaning, Aim, Objective, Trends and Management process of Sports Sponsorship

UNIT-IV: LEADERSHIP IN PHYSICAL EDUCATION AND SPORTS

- 4.1 Meaning, Definition & Importance of Leadership.
- 4.2 Principles of Leadership Activities & Qualities of a good Leader in Physical Education & Sports.
- 4.3 Forms of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator.
- 4.4 Development of organizational leadership performance

SUGGESTED READING:

- Nanda, S.M. Sports Management, Friend Publications, New Delhi.
- Paul, A. Sarirsikshay Management, Classic Publishers, Kolkata.
- Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
- Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc
- Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
- Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication
- Kar, S. & Santra, D.C. (2018): Snatak Sarirs iksha Porichaya (Vol.-1), Santra Publication, Kolkata

PRACTICAL GUIDELINES: NIL

QUESTION PATTERN:

S.No	Questions To Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

PHYSICAL EDUCATION AND SPORTS

SEMESTER 2

PAPER:	SKILL ENHANCEMENT COURSE
PAPER DESCRIPTION:	EXERCISE AND SPORTS FOR ELEMENTARY STUDENTS
PAPER CODE:	UPEDSEC12002
PAPER TYPE:	NON-LAB PRACTICAL (PNLB)
CREDITS:	03
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	NOT APPLICABLE

Course Outcomes:

- I. Prepare the students to organize exercise & sports for elementary school children
- II. Students may develop self-confidence about nurturing elementary students.

Outcomes:

- I. Students may get job in nursery, kindergarten, play school and elementary school.
- II. Student may start their own play school in their area.

DETAILS OF SYLLABUS:

UNIT - I EXERCISE FOR ELEMENTARY STUDENTS

- 1.1 Rhymes Exercise
- 1.2 Mimicking Exercise
- 1.3 Partner Exercise

UNIT -II RECREATIONAL GAMES FOR ELEMENTARY STUDENTS

- 2.1. Recreational Games-Individual.
- 2.2 Recreational Games- Group
- 2.3 Recreational Games- with Teachers / Parents

UNIT - III SPORTS FOR ELEMENTARY STUDENTS

- 3.1 Fundamental Movement Sports

3.2 Low level Individual sports

3.3. Low Level Group sports

SUGGESTED READING:

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students.

QUESTION PATTERN: NOT APPLICABLE (FULLY FIELD BASED PRACTICAL)

PHYSICAL EDUCATION AND SPORTS

SEMESTER 1 & 2

PAPER:	MINOR
PAPER DESCRIPTION:	INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS
PAPER CODE:	UPEDMIN10001
PAPER TYPE:	THEORY (TH) + NON-LAB PRACTICAL (PNLB)
CREDITS:	3 + 1 = 4
CLASS HOURS:	05 HOURS PER WEEK
DURATION:	02 HOURS

DETAILS OF SYLLABUS:

THEORY

UNIT-I: INTRODUCTION

- 1.1 Meaning, Definition & Scope of Physical Education and Sports.
- 1.2 Aim, Objectives, Need & Importance of Physical Education and Sports.
- 1.3 Misconceptions and Modern concept of Physical Education.
- 1.4 Career Opportunities of Physical Education & Sports.

UNIT-II: HISTORICAL DEVELOPMENT

- 2.1 Historical Development of Physical Education and Sports in India - Pre and Post Independence periods.
- 2.2 Contribution of Akhadas, Vyayamshalas and National Institutes of Physical Education in India.
- 2.3 Historical background and concept of Ancient & Modern Olympic Games, Asian Games, Commonwealth Games and SAF Games and National Sports Scheme.
- 2.4 Contribution of Eminent Physical Educationists: H.C. Buck & James Buchanan National Sports Awards- Arjuna Award, Dronacharya Award & Dhyanchand Award.

UNIT -III: SOCIOLOGICAL AND PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION & SPORTS

- 3.1 Sociological Foundation- Meaning and definition of Sociology, Society and Socialization.

- 3.2 Role of games and sports in National and International integration, Ethics of Sports.
- 3.3 Culture, Customs and Tradition in Physical Education.
- 3.4 Introduction to School Philosophies- naturalism, pragmatism, realism, idealism

FIELD PRACTICAL

UNIT – IV FORMAL & RYTHEMIC ACTIVITIES

- 4.1 March Past - Fall In, Attention, stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March. Salute, Right and Left salute.
- 4.2 Calisthenics activities – With Apparatus (Any 2) & Without Apparatus (Any 2)

SUGGESTED READING:

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia
7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.
10. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002
11. Bhattacharyya, A.K. (2012), Dimensions of Physical Education: Principles, Foundations Interpretations, Classique Books, Kolkata-12

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students

QUESTION PATTERN:

S.No	Questions To Be Answered	Out Of	Marks of each question	Total Marks
1.	5	8	1	5 x 1 = 5
2.	3	5	5	3 x 5 = 15
3.	2	4	10	2 x 10 = 20

PHYSICAL EDUCATION AND SPORTS

SEMESTER 1

PAPER:	MULTI DISCIPLINARY COURSE
PAPER DESCRIPTION:	FITNESS, RECREATION AND SPORTS MANAGEMENT
PAPER CODE:	PDMDC101
PAPER TYPE:	THEORY (TH)
CREDITS:	03
CLASS HOURS:	3 HOURS PER WEEK
DURATION:	2.5 HOURS

COURSE OUTCOMES-

- 1) A variety of motor skills and abilities related to lifetime leisure activities*
- 2) Improved understanding of the importance of maintaining a healthy lifestyle*
- 3) Improved understanding of movement and the human body*
- 4) Self-confidence and self-worth as they relate to physical education recreation programs.*

DETAILS OF SYLLABUS:

UNIT-I: INTRODUCTION TO FITNESS

- 1.1. Meaning, Definition, Types, and Importance of fitness
- 1.2. Concept of the components of health and performance/skill related physical fitness
- 1.3. Assessment and Maintenance techniques of health and skill related physical fitness components.
- 1.4. Factors influencing Fitness.

UNIT-II: RECREATION AND RECREATIONAL ACTIVITIES

- 2.1. Meaning, Definition, Importance & Types of Recreation
- 2.2. Types of recreational activities in different age groups & Therapeutic aspects of recreational activities
- 2.3. Agencies providing recreational activities in our society.
- 2.4. Study of recreation as a social phenomenon.

UNIT-III: SPORTS MANAGEMENT

- 3.1. Meaning, Definition, Importance, Scope of Management of Physical Education and Sports.
- 3.2 Principles of Sports Management. Functions and purpose of Sports Management.
- 3.3 Concept of Planning for Management and Factors affecting Planning
- 3.4 Financial Management in Physical Education and Sports in School, College, and University.

SUGGESTED READING:

- Jensen C. and Naylor J. (2005). “Opportunities in Recreation and Leisure Sports” McGraw Hill. Publishers. New York.U.S.A.
- V.V. Hunt, “Recreation for the Handicapped” Prentice Hall inc., 1974
- Chelladurai. P (1999) “Human Resource Management in sport and Recreation”, Human kinetics.
- K. Chandrashekar “Sports Administration” ,VinekThaniKnelSahitya Kendra pub., (2004)
- Willgoose, C.E. (1979). “Curriculum in Physical Education” 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc
- “Greenbelt Recreation Activity Guide-Fall 2018” (Aug 17, 2018), City of Greenbelt
- Mood Dale, Frank Musker, Judith Rink, (February 23, 2011), “Sports and Recreational Activities” McGraw-Hill Education; 15 edition, ISBN-10: 0078022487
- Nanda, S.M. Sports Management, Friend Publications, New Delhi.
- Paul, A. Sarirsikshay Management, Classic Publishers, Kolkata.
- Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
- Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc

PRACTICAL GUIDELINES: NIL

QUESTION PATTERN:

S.No	Questions To Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

PHYSICAL EDUCATION AND SPORTS

SEMESTER III

PAPER:	MAJOR
PAPER DESCRIPTION:	ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY
PAPER CODE:	UPEDMAJ23003
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS
TOTAL MARKS	60

Course Outcomes:-

- 1. Explain the anatomy, physiology and functions of various Tissues and cell, organization of cellular system.*
- 2. Classify different types of tissue and explain anatomy and physiology of skeletal system and joints.*
- 3. Explain the anatomy and Physiology of cardiovascular and respiratory system and its disorders.*
- 4. Explain the anatomy and Physiology of digestive, nervous system and its disorders.*
- 5. Explain the Anatomy and Physiology of endocrine system and sense of organs and its disorders.*

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

Unit – I Introduction:

- 1.1 Meaning, Definition of Anatomy, Physiology and Exercise Physiology. Need and Importance of Anatomy and Physiology in the field of Physical Education and Sports.
- 1.2 Definition, Structure and function of Human Cell.
- 1.3 Tissue: Classification, structure and function of tissue (Epithelial, Connective, muscular, nervous).
- 1.4 Basic concept and definition of different organs and systems of human body.

UNIT II –Skeletal and Muscular System.

- 2.1 Skeletal System: Structure, classification, location and function of Skeletal system, bones and joints.
- 2.2 Anatomical and Physiological differences between male and female. Age-Chronological age, Anatomical age, Physiological age and Mental age.

- 2.3 Types and function of Muscle, muscle fibre, and Muscle Contraction.
- 2.4 Effect of exercise and training on Muscular system.

UNIT III – Circulatory System & Respiratory System

- 3.1 Heart- Location, structure and function of heart. Athletic Heart, Stroke volume, Cardiac output.
- 3.2 Blood- Composition, function and Mechanism of blood circulation, Blood Pressure.
- 3.3 Structure and function of Respiratory system. Mechanism of Respiration. Vital Capacity, O₂ Debt and Second Wind.
- 3.4 Effect of exercise and training on Circulatory and Respiratory system.

UNIT IV – Nervous System, excretory system & Endocrine System

- 4.1 Nervous System: structure, classification and function of nervous system.
- 4.2 Excretory System: Structure and function of excretory system.
- 4.3 Endocrine System: Location and secretion of Hormones form different glands.
- 4.4 Effect of exercise and training on Nervous and Endocrine system.

PRACTICAL GUIDELINES: N.A.

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

REFERENCE:

1. Chaurasia B.D (2020) B D Chaurasias Handbook of General Anatomy, 6 th edition, CBS Publisher.
2. Dr. A. Chandra Sekhar (2014) Handbook of Anatomy & Physiology, All India Publishers & Distributors; 2ndEdition
3. Elaine Marieb and Suzanne Keller (2017) Essentials of Human Anatomy & Physiology, GlobalEdition,Publisher-Pearson; 12th edition.
- 4 Fredric H. Martini, Michael J. Timmons Human Anatomy Prentice Hall, New Zealand 2000. 5
- Garg K. (2020) Essentials of Anatomy and Physiology for GNM with Clinical Importance, Publisher -CBSNursing.
- 6 Jamet Parker The Human Body Atlas Om Books Publication Comp. Inc. 2006.
- 7 Ken Ashwell The Student Anatomy of Exercise Manual Medtec an Imprint of Scientific International Pvt. Ltd., Australia 2012.
- 8 Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi:Madalayam Publications.
- 9 Richard L. Drake Grays Anatomy for Students Elsevier Churchill Livingstone Comp. Inc., Philadelphia 2005.
- 10 Gerard J. Tortora and Bryan H. Derrickson (2017) “Tortora&39’s Principles of Anatomy and Physiology”Publisher : Wiley 15th edition.

PHYSICAL EDUCATION AND SPORTS

SEMESTER III

PAPER:	MAJOR
PAPER DESCRIPTION:	YOGA EDUCATION
PAPER CODE:	UPEDMAJ23004
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS
TOTAL MARKS	60

Course Outcomes:-

- Understand Historical development of Yoga and science behind it.
- Relate Yoga with health and wellness.
- Demonstrate and apply variations benefit of Yoga in the physical, mental spiritual body.

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

Unit I : Introduction of Yoga Education

- 1.1 Meaning, Definition, Aim and Objective of Yoga.
- 1.2 History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga).
- 1.3 Need and importance of Yoga in Physical Education and Sports in modern era.
- 1.4 Differences between Yogic Practice and Physical Exercise.

UNIT II – Foundation of Yoga

- 2.1 Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- 2.2 Yoga Sutra: Classification of Asanas with special reference to Physical Education and Sports.

- 2.3 Meaning and definition of Kriya, types and its benefits. (Kapalbahati, Neti, Dhauti, Nauli and Trataka).
- 2.4 Common Yogic practice protocol referred by AYUSH.

Unit –III Principles, Mechanism and Effects

- 3.1. Aim, Objectives, Principles and types of Asana, Bandhas and Mudras.
- 3.2. Mechanism and Effects of Asanas on various system of the body.
- 3.3. Mechanism and Effects of Bandhas & Mudras describe in Hatha yoga.
- 3.4. Pranayama: Mechanism and its effects on various system of the body and on mind.

Unit –IV Application of Yoga:

- 4.1. Yogic therapies and modern concept of Yoga.
- 4.2. Meditation: Meaning, types and principles of Meditation.
- 4.3. Yoga for prevention, cure and Rehabilitation of sedentary disease and illness.
- 4.4. Yoga for Stress, anxiety and depression Management.

PRACTICAL GUIDELINES: N.A.

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

Reference Book

1. Muktibodhananda S. (2013). *Hatha Yoga Pradipika*, Munger, Bihar School of Yoga Publication (3rd ed.). ISBN-10:9788185787381
2. Niranjananda S. S. *GherandaSamhita*. (2012).Munger, Bihar School of Yoga. Publication ISBN-9789381620199
3. Maheshananda S, Sharma B.R., Sahay GS, BodhaR.K, Jha B.L, Bharadwaj C.L. (2009).*Siva Samhita*.Lonavalla,Kaivalyadhama Publication. ISBN: 9788189485535
4. Maheshananda S, Sharma B.R, Sahay G.S. (2005). *VasisthaSamhita*. LonavallaKaivalyadhama Publication. ISBN:8189485377
5. Kuvalayananda S. (1993). *Asanas*. Lonavala,KaivalyadhamaPublication, India.

6. Satyananda S.S. (2004). *Asana Pranayama Mudra Bandha*, Munger, Yoga Publications Trust, Bihar, India. ISBN: 8186336141
7. Nagarathna R, Nagendra H.R. (2008). *Yoga for Promotion of Positive Health*. Vivekananda Yoga Research Foundation Swami Vivekananda Yoga Prakashana. ISBN:9788187313083
8. Iyengar B.K.S. (2003). *Light on Yoga*, USA, HarperCollins. ISBN: 8172235011
9. Mondal S. (2013). Science of exercise: ancient Indian origin. *J Assoc Physicians India* . 61: 40-42.

PHYSICAL EDUCATION AND SPORTS
SEMESTER III & IV

PAPER:	MINOR
PAPER DESCRIPTION:	YOGA IN MODERN LIFE
PAPER CODE:	UPEDMIN20002
PAPER TYPE:	THEORY & PRACTICAL
CREDITS:	03+01=4
CLASS HOURS:	05 HOURS PER WEEK
DURATION:	2 HOURS
TOTAL MARKS	60 (THEORY 40 PRACTICAL 20)

Course Outcomes:-

- Understand Historical development of Yoga and science behind it.
- Relate Yoga with health and wellness.
- Demonstrate and apply variations benefit of Yoga in the physical, mental spiritual body.

DETAILS OF SYLLABUS:

THEORY MARKS - 40

Unit I : Introduction of Yoga Education

- 1.1 Meaning, Definition, Aim and Objective of Yoga.
- 1.2 History of Yoga: Types of Yoga (Karma Yoga, Raj Yoga, Jnana Yoga and Bhakti Yoga).
- 1.3 Need and importance of Yoga in Physical Education and Sports in modern era.
- 1.4 Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

UNIT II – Foundation of Yoga

- 2.1 Meaning and definition of Kriya, types and its benefits. (Kapalbahati, Neti, Dhauti, Nauli and Trataka).
- 2.2 Yoga for prevention, cure and Rehabilitation of sedentary disease and illness.

2.3 Meditation: Meaning, types and principles of Meditation.

2.4 Common Yogic practice protocol referred by AYUSH.

Unit –III Principles, Mechanism and Effects

3.1. Aim, Objectives, Principles and types of Asana, Bandhas and Mudras.

3.2. Mechanism and Effects of Asanas on various system of the body.

3.3. Mechanism and Effects of Bandhas & Mudras describe in Hatha yoga.

3.4. Pranayama: Mechanism and its effects on various system of the body and on mind.

PRACTICAL

MARKS 20

1. SURYA NAMASKAR WITH MUSIC
2. ASANA: MINIMUM THREE ASANA FROM EACH POSITION
3. PRANAYAMA: ANY THREE PRANAYAMA
- PREPARE A PRACTICAL NOTE BOOK WITH SUITABLE DIAGRAM.

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	5	8	1	5 x 1 = 5
2.	3	5	5	3 x 5 = 15
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1. Muktibodhananda S. (2013). *Hatha Yoga Pradipika*, Munger, Bihar School of Yoga Publication (3rd ed.). ISBN-10:9788185787381
2. Niranjananda S. S. *GherandaSamhita*. (2012).Munger, Bihar School of Yoga. Publication ISBN-9789381620199
3. Maheshananda S, Sharma B.R., Sahay GS, BodhaR.K, Jha B.L, Bharadwaj C.L. (2009).*Siva Samhita*.Lonavalla,Kaivalyadhama Publication. ISBN: 9788189485535
4. Maheshananda S, Sharma B.R, Sahay G.S. (2005). *VasisthaSamhita*. LonavallaKaivalyadhama Publication. ISBN:8189485377
5. Kuvalayananda S. (1993). *Asanas*. Lonavalla,KaivalyadhamaPublication, India.
6. Satyananda S.S. (2004). *Asana Pranayama Mudra Bandha*,Munger,Yoga Publications Trust, Bihar,India. ISBN: 8186336141
7. Nagarathna R, Nagendra H.R. (2008).*Yoga for Promotion of Positive Health*. Vivekananda Yoga Research Foundation Swami Vivekananda Yoga Prakashana. ISBN:9788187313083
8. Iyengar B.K.S. (2003). *Light on Yoga*, USA, HarperCollins. ISBN: 8172235011

PHYSICAL EDUCATION AND SPORTS

SEMESTER III

PAPER:	SKILL ENHANCEMENT COURSE
PAPER DESCRIPTION:	TRACK AND FIELD
EVENTS PAPER CODE:	UPEDSEC23003
PAPER TYPE:	PRACTICAL
CREDITS:	03
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	NOT APPLICABLE
TOTAL MARKS	60

Course Outcomes:-

1. Appraise the rules & regulation and learning skills.
2. Demonstrate and assess various techniques of starts and finish.
3. Interpret the rules, regulations and officiating and coaching.

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

UNIT-I **RUNNING EVENTS**

- 1.1. Starting techniques: Standing start, Crouch start and its variations (use of starting block).
- 1.2. Acceleration with proper running technique – arm action, knee action and stride length.
Finishing Techniques: Run Through, Forward lunging, Shoulder Shrug.
- 1.3. Relay race: starting, baton holding/carry, exchange between the zone and finishing.

UNIT-II **JUMPING EVENT (Any two)**

- 2.1. Long Jump: Approach Run, Take off, Flight in the air, Landing and dispatch from jumping pit (Hang Style/Hitch kick).
- 2.2. Triple Jump: Approach Run, Take off, landing for hop, steps and flight in the air, Landing and dispatch from jumping pit.

- 2.3. High Jump : Approach Run, Take off, Clearance over the bar and landing (Straddle Roll/Fosbury Flop).

UNIT – III THROWING EVENTS (Any two)

- 3.1. Putting the Shot: Grip, placement, initial stance, throwing stance, release and recovery (Perri O'Brien/Disco Put technique).
- 3.2. Discus Throw: Grip, Stance, wind up, Starting the throw, Bringing the turn to the center of the ring, complete the turn to the center of the ring, turn to power position, release and recovery. (Rotation in the circle).
- 3.3. Javelin Throw: Grip, initial stance, carrying Javelin, impulse stride, release and recovery.

PHYSICAL EDUCATION AND SPORTS
SEMESTER III

PAPER:	PRACTICAL
PAPER CODE:	UPEDMAJ23005
PAPER DESCRIPTION:	BALL GAME 1
PAPER TYPE:	PRACTICAL
CREDITS:	03
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	NOT APPLICABLE
TOTAL MARKS	60

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

Any Two Ball game from following

Marks (30+30) = 60

FOOTBALL

1. Dribbling: With instep, inside and outer instep of the foot.
2. Trapping: Trapping, rolling the ball and bouncing ball with sole.
3. Kicks-Inside kick, Instep kick, outer instep kick and lofted kick.
4. Heading: from standing, running and jumping.
5. Receiving: Thigh, chest and head.
6. Tackling: simple tackling and slide.
7. Throw-in skills.

BASKETBALL

1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.
2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.
3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.
4. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.
5. Rebounding: Defensive rebound and Offensive rebound.
6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting.

VOLLEYBALL

1. Service: Under arm service, Side arm service, Tennis service, Floating service.
2. Pass: Under arm pass, Overhead pass.

3. Spiking: straight arm spike (Approach run, take off, body in the air, contact in the ball and landing).
4. Blocking technique and game practice.
5. Rotation and movement of libero.

NETBALL

A. Fundamental skills

1. Catching: one handed, two handed, with feet grounded and in flight.
2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce).
3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass.
4. Shooting: One hand forward step shot and backward step shot.
5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed.
6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing.

Note: Content of Practical Notebook

1. History
2. Dimension of Play field/ Court
3. Rules and regulation of the game.
4. Description of skill with diagram
5. Indian performance respecting this game.

PHYSICAL EDUCATION AND SPORTS

SEMESTER IV

PAPER:	MAJOR
PAPER DESCRIPTION:	HEALTH EDUCATION, FITNESS AND WELLNESS
PAPER CODE:	UPEDMAJ24006
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS

Course Outcomes:-

- 1. Students will be able to demonstrate an understanding of one's health issues/conditions, including prevention approaches, self-care practices, and appropriate intervention and treatment when needed.*
- 2. Students will be able to describe Health & Wellness programs and services offered, how to access them, and their value to their well-being.*
- 3. Conduct an assessment of the physical fitness, activity level and lifestyle of the Students, to build an individualized exercise program.*
- 4. Provide nutrition counseling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies*
- 5. Implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities.*

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

Unit - I Health and Health Education

- 1.1 Concept, Definition, Dimensions, Determinants and factor affecting of Health.
- 1.2 Definition of Health Education, aim, objective and Principles of Health Education.
- 1.3 Importance of Health Education in Physical Education and Sports.
- 1.4 School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.

Unit - II Health Problems in India & Hygiene

- 2.1 Recent health problem in India and healthy lifestyle management.
- 2.2 Causes, prevention and control: Hepatitis, Dengue, Thalassemia, Hypertension, Obesity, Diabetes and Covid-19

- 2.3 Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knee, Bow Leg and Flat Foot.
- 2.4 Meaning of Hygiene, Type of Hygiene. Personal hygiene: care of skin, eye, teeth. Environmental Hygiene for home and educational Institutions.

Unit- III – Nutrition and Weight Management

- 3.1 Meaning and Definition of Nutrition, Sports Nutrition & Types of Nutrition.
- 3.2 Basic nutritious Gradients and guidelines. Source and function of Carbohydrates, Protein, Fat, Vitamins, Minerals and Water.
- 3.3 Nutrition: Daily calorie intake and expenditure, balance diet and athletic diet.
- 3.4 Weight Management: Meaning, Concepts and procedure of weight management. Factors affecting weight management. Assessment procedure of weight management.

Unit IV – Fitness and Wellness

- 4.1 Meaning, Definition, importance and factors affecting fitness, physical fitness and wellness.
- 4.2 Components of Physical Fitness and Wellness.
- 4.3 Relationship between Physical activities and Wellness.
- 4.4 Ageing- Physical activities and its importance.

PRACTICAL GUIDELINES: N.A.

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
4.	4	6	3	4 x 3 = 12
5.	4	6	6	4 x 6 = 24
6.	2	4	12	2 x 12 = 24

REFERENCES

1. Park J.E. & Park K. (2002). Textbook of preventive and social medicine. Jabalpur: Banarasi Das Bhanot Publication.
2. K. Tones, Y.K. Robinson's, S. Tilfor (2013). Health Education, Springer.
3. UGC (2005). Textbook of Environmental Studies, University Press.
4. A.C. Pandey (2013). "Ozone" Academic Excellence, New Delhi.
5. L.B. Lave, E.P. Seskin (2013). Air Pollution and Human Health, Ref. Press, New York.
6. P.K. Gupta (2001) Methods in Environmental Analysis, Water, Soil and Air, AGROBIOS
7. (India).
8. WHO (2006) Preventing diseases through healthy environment.
9. P. Elliot, J.C. Wakefield, N.G. Best, D.J. Biggs (2000). Spatial Epidemiology: Methods and Application.
10. W.P. Cummingham, B.W. Saigo (2001). A Global Concern, Cummingham

PHYSICAL EDUCATION AND SPORTS

SEMESTER IV

PAPER:	MAJOR
PAPER DESCRIPTION:	TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION AND SPORTS
PAPER CODE:	UPEDMAJ24007
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS
TOTAL MARKS	60

Course Outcomes:-

1. *Describe assessment and evaluation definitions and related terminologies and discuss their relationship.*
2. *Indicate and organise the steps of programme development and discuss the role of measurement and evaluation in this process.*
3. *Illustrate valid and reliable tests that measure various components of physical fitness and sport.*
4. *Create appropriate assessments for formative and summative evaluation of student/athlete achievement.*
5. *Demonstrate thorough planning for test administration to ensure collection of valid data in physical education and sport.*

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

UNIT I – Introduction

- 1.1 Meaning and definition of Test, Measurement and Evaluation.
- 1.2 Need and Importance of Test, Measurement and Evaluation in Physical Education and Sports.
- 1.3 Classification of Test, Criteria for Selecting good test.
- 1.4 Principles of Evaluation.

UNIT II – Measurement of Body Composition and Somatotype.

- 2.1 Body Mass Index: Concept and Method of measurement.

- 2.2 Body fat : Concept and Method of measurement.
- 2.3 Lean Body Mass (LBM) : Concept and method of measurement.
- 2.4 Somatotype: Meaning, definition, types and its importance.

UNIT III – Fitness Tests

- 3.1 AAHPERD youth physical fitness test.
- 3.2 JCR test and Indiana Motor Fitness Test.
- 3.3 Kraus Weber Minimum Muscular Fitness Test.
- 3.4 Harvard Step Test and Queens College Step Test.

UNIT IV – Sports Skill Tests

- 4.1 Badminton: Miller Wall Volley Test and Lockhart and Mc Pherson Badminton Skill Test.
- 4.2 Basketball: Johnson Basketball Test and Knox Basket Ball Test.
- 4.3 Volleyball: Russel Lange Volleyball Test and Brady Volleyball Test.
- 4.4 Soccer: SAI Football Skill Test and Mc Donal Soccer Test.

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

Reference:

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark.
2. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
4. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: W.B. Sounders Compnay.
5. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: Taylor & Francis, New York.
6. Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons.
7. Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House. D.V.S. Publications.

PHYSICAL EDUCATION AND SPORTS
SEMESTER IV

PAPER:	Yoga
PAPER DESCRIPTION:	Yoga, Pranayama and Kriya
PAPER CODE:	UPEDMAJ24008
PAPER TYPE:	PRACTICAL
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	NA
TOTAL MARKS	60

YOGA

Marks: 10

1. **Suryanamaskar** (With Music).
2. **Asanas** [Note: Two Asana is compulsory from each position] Marks 20
 - 2.1. Standing Position: Ardhashandrasana, Bhikshasana, Padahasthasana, Natarajasana.
 - 2.2. Sitting Position: Ardhamasana, Paschimottanasana, Gomukhasana, Suptavajrasana.
 - 2.3. Supine Position: . Setubandhasana, Halasana, Matsyasana, Naukasana.
 - 2.4. Prone Position: Bhujangasana, Salvasana, Dhanurasana, Mayurasana.
 - 2.5. Inverted Position: Sarvangasana, Shirsasana, Bhagrasana, Bakasana.

3. Pranayama (any two)

Marks 10

- 3.1. Anulom Vilom.
- 3.2. Bhramri
- 3.3. Shitali
- 3.4. Sheetkari
- 3.5. Bhastrika

4.Kriya : (any two)

Marks: 10

- 4.1 Kapalbhati
- 4.2 Neti
- 4.3 Dhauti
- 4.4 Nauli
- 4.5 Trataka

Preparation of Note Book

Preparation for Yoga Practice, Place, time, food, dress, contradiction and procedure with suitable diagram.

PHYSICAL EDUCATION AND SPORTS

SEMESTER V

PAPER:	MAJOR
PAPER DESCRIPTION:	Psychology in Physical Education & Sports
PAPER CODE:	UPEDMAJ35009
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS
TOTAL MARKS	60

Course Outcomes:-

1. Understanding the concept of psychology.
2. Describe the concept of personality and motivation and sports performance.
3. Describe the concept of Growth and Development.

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

UNIT I - Introduction

- 1.1 Meaning and Definition of Psychology and Sports Psychology.
- 1.2 Need and Importance of Psychology and Sports Psychology in Physical Education and sports.
- 1.3 Psychological factors affecting sports performances.
- 1.4 Motor Learning: Basic Considerations in Motor Learning – Motor Perception, Factors affecting Perception.

Unit II Growth & Development and Learning

- 2.1 Growth and Development: meaning, definition, Stages and differences between Growth and Development.
- 2.2 Factors affecting and Principles of growth and Development.

- 2.3 Meaning, definition, types and principles of Learning, Theories (Trial and Error Learning, Learning by Insight, Classical & Operant Conditioning) and laws of learning, Transfer of learning.
- 2.4 Factors affecting learning, Learning Curve, Plateau.

UNIT III - Personality and Motivation in Sports:

- 3.1 Personality: Meaning, Definition, Types ,Traits and Dimensions of personality.
- 3.2 Role of Physical activities and Sports in the development of Personality.
- 3.3 Motivation: Meaning, Definition and Types of Motivation.
- 3.4 Importance of Motivation in the field of Physical Education and Sports.

UNIT IV – Anxiety and Stress in Sports

- 4.1 Anxiety: Meaning, Definition, Types and Nature.
- 4.2 Causes, Competitive Anxiety and Sports Performance.
- 4.3 Stress: Causes, Meaning and Definition, Stress and Sports Performance.
- 4.4 Role of Physical Education and Sports to control Anxiety and Stress.

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

Reference:

1. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
2. Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co. Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.
3. Kamlesh, M. L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
4. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sports and social system*. London: Addison Wesley Publishing Company Inc.
5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea &Febiger.

6. Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir. Skinner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.
7. William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.
8. Ball, Donald, W. and Lay John W. *Sport and Social order Contribution to the Sociology of Sport*.

Lea & Febiger, 1981).
9. Loy John W., Mepheron, Barry D., and Kenyon Gerall, *Sport and Social System* (London: Addition Wesley Publishing Co. Inc., 1978).
10. Loy, Jhon W., Kenyon, Geral S. and Mopherson, Barry D., *Sports Culture and society* (Philadelphia: London: Addition Wesley Publishing Co. Inc., 1975).

PHYSICAL EDUCATION AND SPORTS

SEMESTER V

PAPER:	MAJOR
PAPER DESCRIPTION:	OFFICIATING AND SPORTS COACHING
PAPER CODE:	UPEDMAJ35010
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS
TOTAL MARKS	60

Course Outcomes:-

- To understanding the, Rules and regulation officiating of Sprint (athletics).
- To understanding the, Techniques and tactics of throwing event (athletics).
- To understand the officiating and coaching of major games (Volleyball, Football, Handball and Basketball).
- Students would be able to organize the concerned sports event.

OFFICIATING AND SPORTS COACHING

TOTAL MARKS - 60

UNIT I – Introduction of Officiating and Coaching

- 1.1 Meaning, definition and Importance of Officiating and Coaching.
- 1.2 Principle of Officiating and Coaching.
- 1.3 Relation of official and coach with management, players and spectators.
- 1.4 Measures of improving the standards of Officiating and Coaching.

Unit II Coach as a Mentor

- 2.1 Duties of coach in general- pre, during and post- game.
- 2.2 Philosophy of coaching, Ethics of coaching.
- 2.3 Responsibilities of a coach on and off the field.

2.4 Psychology of competition and coaching.

UNIT III – Qualities, Qualification & Duties of an Official:

- 3.1 Professional qualification of a officials for various levels.
- 3.2 Duties of official in general- pre, during and post -game.
- 3.3 Philosophy of officiating.
- 3.4 Eligibility rules of inter-School and School National.

UNIT IV – Practice of Officiating

- 4.1. Ethics of Officiating.
- 4.2 Track and field: Basic rules and their interpretations, Positions and different sign of official's, number of officials and essential officiating equipment.
- 4.3 Football and Volleyball: Basic rules and their interpretations, Positions and different sign of official's, number of officials and essential officiating equipment.
- 4.4 Kho Kho and Kabaddi: Basic rules and their interpretations, Positions and different sign of official's, number of officials and essential officiating equipment.

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

Reference Books:

- 1. Andy Dumas and Jamie Dumas, Successful Boxing: The Ultimate Training Manual, Crowood Press, 2013
- 2. Carle, D.T. (1963). Hand book of progressive gymnastics. Englewood Cliffs: N.J. Printice Hall.
- 3. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids. Sports Publication.
- 4. Chakraborty. S. and Baljit Singh Sakhon, Basis of Judo, Sports Publication, 2020
- 5. Doug Cook, Traditional Taekwondo: Core Techniques, History, and Philosophy, YMAA Publication Center, 2006
- 6. Harry Mullan and Bob Mee, The Ultimate Encyclopedia of Boxing Welbeck Publishing, 2020
- 7. Negi, Teach Yourself Women Gymnastics, Sports Publication, 2016.
- 8. Kunal Negi, Teach Yourself Men Gymnastics, Sports Publication, 2016.
- 9. Kaur Balwinder, Officiating and Coaching, Sports Publication, 2020
- 10. Kalra Deepti, Teach Yourself Judo, Sports Publication, 2016.

PHYSICAL EDUCATION AND SPORTS

SEMESTER V/VI

PAPER:	MINOR
PAPER DESCRIPTION:	Health Education, Fitness & Wellness
PAPER CODE:	UPEDMIN30003
PAPER TYPE:	THEORY & PRACTICAL
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2 HOURS
Total Marks	60 (THEORY 40 PRACTICAL 20)

Course Outcomes:-

- 1. Students will be able to demonstrate an understanding of one's health issues/conditions, including prevention approaches, self-care practices, and appropriate intervention and treatment when needed.*
- 2. Students will be able to describe Health & Wellness programs and services offered, how to access them, and their value to their well-being.*
- 3. Conduct an assessment of the physical fitness, activity level and lifestyle of the Students, to build an individualized exercise program.*
- 4. Provide nutrition counselling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies*
- 5. Implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities.*

Health Education, Fitness & Wellness

Unit - I Health and Health Education

- 1.1 Concept, definition, Dimensions, Determinants and factor affecting of Health
- 1.2 Definition of Health Education, aim, objective and Principles of Health Education
- 1.3 Importance of Health Education in Physical Education and Sports
- 1.4 Recent health problem in India and healthy lifestyle management

Unit- II –Diet, Nutrition & Hygiene

- 2.1 Meaning and Definition of Nutrition, Sports Nutrition & Types of Nutrition
- 2.2 Basic nutritious Gradients and guidelines. Source and function of Carbohydrates, Protein, Fat, Vitamins, Minerals and Water. Daily calorie intake and expenditure, balance diet and athletic diet

- 2.3 Causes, prevention and control: Hepatitis, Dengue, Thalassemia, Hypertension, Obesity, Diabetes and Covid-19
- 2.4 Meaning of Hygiene, Type of Hygiene. Personal hygiene: care of skin, eye, teeth. Environmental Hygiene for home and educational Institutions

Unit III – Fitness and Wellness

- 3.1 Meaning, Definition, importance and factors affecting fitness, physical fitness and wellness
- 3.2 Components of Physical Fitness and Wellness
- 3.3 Relationship between Physical activities and Wellness
- 3.4 Ageing- Physical activities and its importance

PRACTICAL

First-Aid: triangular bandage, roller bandage, first-aid box

Measurement of BMI, Pulse rate, Blood Pressure, Respiratory rate

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	5	8	1	5 x 1 = 5
2.	3	5	5	3 x 5 = 15
3.	2	4	10	2 x 10 = 20

1. Park J.E. & Park K. (2002). Textbook of preventive and social medicine. Jabalpur: Banarasi Das Bhanot Publication.
2. K. Tones, Y.K. Robinson's, S. Tilfor (2013). Health Education, Springer.
3. UGC (2005). Textbook of Environmental Studies, University Press.
4. A.C. Pandey (2013). "Ozone" Academic Excellence, New Delhi.
5. L.B. Lave, E.P. Seskin (2013). Air Pollution and Human Health, Ref. Press, New York.
6. P.K. Gupta (2001) Methods in Environmental Analysis, Water, Soil and Air, AGROBIOS
7. (India).
8. WHO (2006) Preventing diseases through healthy environment.
9. P. Elliot, J.C. Wakefield, N.G. Best, D.J. Biggs (2000). Spatial Epidemiology: Methods and Application.
10. W.P. Cummingham, B.W. Saigo (2001). A Global Concern, Cummingham

PHYSICAL EDUCATION AND SPORTS

SEMESTER V

PAPER:	PRACTICAL
PAPER DESCRIPTION:	INDIAN GAMES
EVENTS PAPER CODE:	UPEDMAJ35011
PAPER TYPE:	PRACTICAL
CREDITS:	04
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	NOT APPLICABLE
TOTAL MARKS	60

KABADDI

A. Fundamental skills

1. Skills in Raiding: Touching with hands, use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line
2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques
3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence
4. Game practice with application of Rules and Regulations

KHO-KHO

A. Fundamental skills

1. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul
2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play
3. Game practice with application of Rules and Regulations

Note: Content of Practical Notebook

1. History
2. Dimension of Play field/ Court
3. Rules and regulation of the game
4. Description of skill with diagram
5. Indian performance respecting this game

PHYSICAL EDUCATION AND SPORTS
SEMESTER V

PAPER:	PRACTICAL
PAPER DESCRIPTION:	GYMNASTICS AND RACKET SPORTS
EVENTS PAPER CODE:	UPEDMAJ35012
PAPER TYPE:	PRACTICAL
CREDITS:	04
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	NOT APPLICABLE
TOTAL MARKS	60

Gymnastics

GYMNASTICS

1. Compulsory

- 1.1. Forward Roll
- 1.2. T-Balance
- 1.3. Forward Roll with Split leg
- 1.4. Backward Roll
- 1.5. Cart-Wheel

[Note: Perform the above Gymnastic skills continuously in the same sequence]

2. Optional (any three)

- 2.1. Dive and Forward Roll
- 2.2. Hand Spring
- 2.3. Head Spring
- 2.4. Neck Spring
- 2.5. Hand Stand and Forward Roll
- 2.6. Summersault

RACKET SPORTS (Any one)

BADMINTON

A. Fundamental skills

1. Basic Knowledge of the various parts of Racket and Grip
2. Service: Short service, Long service, Long-high service
3. Shots: Overhead shot, Defensive clear shot, attacking clear shot, Drop shot, Net shot, Smash. Backhand and Forehand shot
4. Game practice with application of Rules and Regulations

TABLE TENNIS

A. Fundamental skills

1. Basic Knowledge of various parts of the Racket and Grip (Shake Hand & Pen Hold Grip)
2. Stance: Alternate & Parallel
3. Push and Service: Backhand & Forehand
4. Chop: Backhand & Forehand
5. Receive: Push and Chop with both Backhand & Forehand
6. Game practice with application of Rules and Regulations

PHYSICAL EDUCATION AND SPORTS

SEMESTER VI

PAPER:	MAJOR
PAPER DESCRIPTION:	SCIENCE OF SPORTS TRAINING
PAPER CODE:	UPEDMAJ36013
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS

Course Outcomes:-

- To understand about the Sports Training.
- To understand about Warm up, Conditioning and Cooling down.
- To understand training load and over load.
- To *Explain the method of strength, speed, Endurance and Flexibility Development.*
- *Classify different types of Periodization.*

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

UNIT I – Introduction

- 1.1 Sports training: Meaning, Definition, aim and objectives of sports training
- 1.2 Importance and Characteristics of Sports Training
- 1.3 Principles of Sports Training
- 1.4 Warm up and Cooling down- meaning, definition, types and its importance, Conditioning
Meaning, Definition and its application in Physical Education and Sports

UNIT II – Load and Training Load

- 2.1 Concept, definition and types of load and training load
- 2.2 Load dynamics: concept, definition, components and its principles
- 2.3 Over Load: Meaning, definition, Causes, symptoms and tackling of Over Load
- 2.4 Relation between Load and Recovery, super compensation phase

UNIT II – Training Components

- 3.1 Strength: Meaning, definition ,types and method of Strength development

- 3.2 Endurance: Meaning, definition, types and method of Endurance development
- 3.3 Speed: Meaning, definition, types and method of Speed development
- 3.4 Flexibility: Meaning, definition, types and method of Flexibility development

UNIT IV – Training Plan

- 4.1 Periodisation: Meaning, definition and types of Periodisation
- 4.2 Phases of Periodisation, prepare a training schedule for Sports person
- 4.3 Training Plan: Micro Cycle, Macro Cycle and Meso-Cycle
- 4.4 Technical and tactical training – meaning, Importance and methods

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

REFERENCES

1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
3. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
4. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
5. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal.
6. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
8. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
9. Yograj Thani (2003), Sports Training, Delhi : Sports Publications.

PHYSICAL EDUCATION AND SPORTS
SEMESTER VI

PAPER:	MAJOR
PAPER DESCRIPTION:	SPORTS MEDICINE AND PHYSIOTHERAPY
PAPER CODE:	UPEDMAJ36014
PAPER TYPE:	THEORY (TH)
CREDITS:	04
CLASS HOURS:	04 HOURS PER WEEK
DURATION:	2.5 HOURS
TOTAL MARKS	60

Course Outcomes:-

- To understand about the Sports medicine.
- To understand about Sports injuries and First-Aid.
- To understand about various type of therapy.
- *To understand about doping in sports.*

DETAILS OF SYLLABUS:

TOTAL MARKS - 60

UNIT I : INTRODUCTION TO SPORTS MEDICINE

- 1.1 Definition, aim and objectives of Sports Medicine
- 1.2 History of Sports Medicine in India and Abroad
- 1.3 Scope of Sports Medicine
- 1.4 Need and Importance of Sports Medicine

UNIT – II: INJURIES IN SPORTS

- 2.1 Classification of Injuries, causes and prevention of sports injuries
- 2.2 Skin and Muscles Injuries (blisters, corns, abrasions, bruises, burns, cuts and lacerations, muscles strain and ruptures)
- 2.3 Tendons Ligaments, Cartilage and bone Injuries
- 2.4 First Aid- Meaning importance and principles, Bandages and its type

UNIT-III: INTRODUCTION TO PHYSIOTHERAPY AND THERAPEUTIC EXERCISES AND MODALITIES

- 3.1 Meaning, definition of Importance of Physiotherapy
- 3.2 Meaning, definition and types of Massage principle and contraindication of massage
- 3.3 Hydrotherapy (Hot and Cold Packs, Whirlpool, Contrast bath), Thermotherapy
- 3.4 Electrotherapy (Infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic therapy)

UNIT IV: DOPING IN SPORTS

- 4.1 Ergogenic aids in Sports
- 4.2 National and International Anti-doping organization and their role
- 4.3 Classification and types of drugs banned by WADA and NADA, Side effects of drugs
- 4.4 Blood doping, Types of Blood Doping, Carbohydrate loading

QUESTION PATTERN:

S.No	Questions to Be Answered	Out Of	Marks of each question	Total Marks
1.	4	6	3	4 x 3 = 12
2.	4	6	6	4 x 6 = 24
3.	2	4	12	2 x 12 = 24

References

- 1. Armstrong and Tucker, Injuries in sports (London: Staples press, 1964).
- 2. Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- 3. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
- 4. David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
- 5. Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573- 74). Philadelphia: Lea &Febiger.
- 6. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- 7. Khanna, G. L., (1990). Exercise physiology & sports medicine. Delhi: Lucky Enterprises.
- 8. Mathew, D. K. & Fox, E. L, (1971). Physiological basis of physical education and athletics.

PHYSICAL EDUCATION AND SPORTS
SEMESTER VI

PAPER:	MAJOR
PAPER DESCRIPTION:	LAB PRACTICAL
PAPER CODE:	UPEDMAJ36015
PAPER TYPE:	PRACTICAL
CREDITS:	04
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	
TOTAL MARKS	60

1. First Aid: Use of various bandage, Practice of artificial respiration.
2. Physiological Lab: Identification of various parts of human skeleton, measurement of blood Pressure, Heart rate, Respiratory rate, pick flow rate, Vital Capacity. (Any three).
3. Anthropometric Measurement: BMI, flexibility, Grip, leg and back strength measurement. Girth and circumference measurement. Body fat measurement. (Any three).
4. Psychology lab: Reaction time, Mirror drawing test, depth perception test, personality, Stress and anxiety measurement. (any three with minimum one from apparatus and questionnaire).

PHYSICAL EDUCATION AND SPORTS

SEMESTER VI

PAPER:	MAJOR
PAPER DESCRIPTION:	COMBATIVE SPORTS AND WEIGHT TRAINING
PAPER CODE:	UPEDMAJ36016
PAPER TYPE:	PRACTICAL
CREDITS:	04
CLASS HOURS:	06 HOURS PER WEEK
DURATION:	
TOTAL MARKS	60

COMBATIVE SPORTS (Any Two)

Marks 40

1. JUDO

Kumi Kata: Gripping

Kuzushi: Breaking the opponents balance.

Tachiwaza: tewaza, Koshiwaza and ashiwaza

SutemiWaza: ma sutemiwaza, yokosutemiwaza

Katamewaza: Osaewaza, Shimewaza, KansetuWaza

Ate Waza: striking maneuvers by Hand, elbow, Knee, foot and heel.

2. TAEKWONDO

Stance-Sogui: Attention stance, closed stance, walking stance, back L-stance, Parallel Stance, Rear foot Stance, Fighting stance.

Hand attack: Closed hand strike-jireugi, Open hand technique-chigi.

Kick- chagi: front kick, side kick, back kick, Roundhouse kick, Reverse side kick, hook kick, Axe kick, spin kick.

Blocks- Makgicburat: Single fore arm block, Low block, Rising Block, Palm block, Knife hand block, Double fore arm block, Double knife hand block..

Pattern, Poomasae, Hyung, Tul

3. WRESTLING

Position

Motion

Changing levels

Penetration

Lifting

Back step

Back arch

4. KARATE

Stance- Dachi: Front Stance, Horse stance, Parallel stance, Cat Stance.

Punches-Zuki: Middle Punch, Upper Punch, Lower Punch, Side Punch.

Block- UKE: Middle inside, Middle outer, Upper and Lower Block

Strike-UCHI: Elbow strike, Knife hand strike, fist hammer strike.

Leg Technique- AshiWaza, Kick- Geri: Front Kick, Round house kick, Back Kick, Round Kick.

Self Defence: Defense against punches, Defense against Kicks, Defense against Grabs, Defense against Head locks, Defense against Bear hugs.

5. Lathi

Stance

Grip

Attacking Skill

Defensive Skill

Weight Training: (Compulsory)

Marks 20

Crouch Sitting Position,

Different types of grip, Standing with weight, Dead lift.

Curling: Two arm dumbbell curling, Barbell curling, Front Curling, Reverse Curling.

Dumbbell and Barbell press, Front and back press, Bench press (Incline and Decline)

Squat: Front and back squat.