

**UNIVERSITY OF DELHI****DEPARTMENT : Physical Education, Health Education & Sports****(SEMESTER -I)**

Based on

Undergraduate Curriculum Framework 2022 (UGCF)

(Effective from Academic Year 2022-23)

**DSC in BSc Hons**

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/ Prerequisite	Contents of the course and reference is in
			L	T	P		
History and Foundations of Physical Education	DSC (Core)	4	3	0	1	Class XII pass with Biology/ Biotechnology / Biochemistry	Annexure-I
Anatomy and Physiology	DSC (Core)	4	3	0	1	-do-	Annexure-II
Option Game (Athletics/ Badminton/ Basketball/ Cricket/ Football/Gymnastic/ Handball/Hockey/ Judo/ Kabaddi/ Kho-Kho/ Volleyball/ Yoga)	DSC	4	2		2		Annexure-III

**List of Generic Electives**

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/ Prerequisite	Contents of the course and reference is in
			L	T	P		
Fitness and Wellness	GE	4	3	0	1		Annexure-IV
Gym Management	GE	4	3	0	1		Annexure-V
Professional preparation and career Avenues in Physical Education & Sports	GE	4	3	0	1		Annexure-VI
Stress Management	GE	4	3	0	1		Annexure-VII

## DETAILS OF COURSE OF UNDER UNDERGRADUATE B. SC. (PE, HE, & S) PROGRAMME

### SEMESTER -I

**BSc-PE-DSC-1(4): HISTORY AND FOUNDATIONS OF  
PHYSICALEDUCATION**

Credit = 4 (4 THz)  
= 60 hours Lecture

Max. Marks=100

**Objective:** -To provide the knowledge of historical development of Physical Education & Sports and to familiarize the students with foundations of Physical Education & Sports in reference to biological, psychological, sociological and other foundations.

**Learning Outcome:** -Students acquire the knowledge of history & foundations of Physical Education and understand the purpose & development of physical education & sports

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.

After the Completion of Second Month:

The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.

After the Completion of Third Month:

The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P.Ed, B.P.Ed & M.P.Ed course of study.

After the Completion of Fourth Month:

The Students will gain knowledge of Professional preparation in Physical education-YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.

### THEORY SYLLABUS

#### UNIT-I

**10 Lectures**

- (i) Meaning, Definitions, Scope, importance of physical education in society.
- (ii) Aim and Objectives of Physical Education and their relation with education.

**15 lectures**

(i) Foundations of Physical, Education:-

- (a) Biological foundation – Introduction, Growth and Development and Body types.
- (b) Psychological Foundation – Introduction, Learning process and theories.
- (c) Sociological Foundation – Introduction, Socialization process.

**15 lectures**

- (i) Meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs
- (ii) Concept and role of wellness movement.

**20 lectures**

- (i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.
- (ii) Olympic movement and Olympic Games (Ancient and Modern)
- (iii) Professional preparation in Physical education-YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS.
- (iv) Sports Career Avenues, National Sports awards and Honors.

**SUGGESTED READINGS:**

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
3. Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
4. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
5. Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
6. Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
7. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA
8. Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
<b>First Month – UNIT-I</b>	The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Second Month- UNIT-II</b>	The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Third Month- UNIT-III</b>	The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P. Ed, B.P. Ed & M.P. Ed course of study.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Fourth Month- UNIT-IV</b>	The Students will gain knowledge of Professional preparation in Physical education- YMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

## SEMESTER -I

## BSc-PE-DSC-2(4): ANATOMY AND PHYSIOLOGY

Max. Marks=100

Credit = 4 (3 THz + 1 P)

45hrs. theory + 30 hrs. Practical

**Objective:** -To provide students with the basic knowledge of anatomical structures & functions of human body. **Learning**

**Outcome:** -Student will acquire the basic knowledge of the anatomy of the human body. They will develop understanding about the functions of each system of the body. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability.

er the Completion of First Month:

The Students will develop the understanding and knowledge of Definition of anatomy & physiology, Cell-microscopic structure & functions of its organelle, Tissue-classification & functions, Organs, Systems of the body, Bone classification and structure, joints-classification, Structure of synovial joints, Movements at various joints. The Student will also learn to count the pulse rate.

er the Completion of Second Month:

The Students will develop the understanding and knowledge of Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle. Types of muscular contractions, Name of various muscles acting on various joints, Cardio-vascular system Structure of heart, Cardiac cycle, Blood pressure, Cardiac output, composition & function of blood, Athlete's heart, Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

The Student will be able to learn the measurement of blood pressure and study of various bones of human body.

er the Completion of Third Month:

The Students will gain knowledge of the Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action, Endocrine system- role of various endocrine glands, Structure & function of human eye & ear. The Student will be able to explain different body system with the help of models and various movements of the joints.

er the Completion of Fourth Month:

The Students will gain knowledge of excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system

The student will learn the various movements of the joints.

## ORY SYLLABUS

**Unit-I (10 hrs. lecture)**

- Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle.
- Tissue-classification & functions.
- Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.

**(15 hrs. lecture)**

- Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.
- Types of muscular contractions, Name of various muscles acting on various joints.
- Cardio-vascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, composition & function of blood, Athlete's heart.

**(10 hrs. lecture)**

- Respiratory system-structure and function, second wind, oxygen debt.
- Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

(10 hrs. lecture)

- Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action.
- Endocrine system- role of various endocrine glands, Structure & function of human eye & ear.
- Excretory system-structure & function, including structure & function of skin.
- Reproductive system- structure & function of male & female Reproductive system.

**Practicals:-**

(30 hrs. )

1. Counting of pulse rate
2. Measurement of blood pressure
3. Study of various bones of human body
4. Study of different body system with the help of models
5. Study of various movements of the joints.

**STUDIED READINGS:**

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.
4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone

## Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
<b>First Month- UNIT-I</b>	The Students will develop the understanding and knowledge of Definition of anatomy & physiology, Cell-microscopic structure & functions of its organelle, Tissue-classification & functions, Organs, Systems of the body, Bone classification and structure, joints-classification, Structure of synovial joints. Movements at various joints. The Student will learn counting of pulse rate	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Second Month – UNIT-II</b>	The Students will develop the understanding and knowledge of Muscular System - Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle. Types of muscular contractions, Name of various muscles acting on various joints, Cardio-vascular system Structure of heart, Cardiac cycle, Blood pressure, Cardiac output, composition & function of blood, Athlete's heart, Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature. The Student will be able to learn the measurement of blood pressure and study of various bones of human body.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Third Month- UNIT-III</b>	The Students will gain knowledge of the Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action, Endocrine system- role of various endocrine glands, Structure & function of human eye & ear. The Student will be able to explain different body system with the help of models and various movements of the joints.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Fourth Month- UNIT-IV</b>	The Students will gain knowledge of excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system The student will learn the various movements of the joints.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

## Semester I

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**

**BSc-PE-DSC-3(4)-101: ATHLETICS**

Credit = 4 (2 THz + 2 P)

=30 hrs.Theory + 60 hrs. Practicals

Marks=100

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**Completion of First Month:**

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

**Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

**Completion of Third Month:**

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. The technical practice of sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.

**Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components. Track marking and marking of different arenas for selected events in unit-III.

## SYLLABUS

## Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**(07 lectures)**

- Rules and their interpretation of the sport.
- Warming up and psychological basis of Warming up.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

**(07 lectures)**

- Basic skills and techniques of the Sports/Game- – sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**(08 lectures)**

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Track marking and marking of different arenas for selected events in unit-III.

**(08 lectures)**



1. Learning and demonstrating various skills/techniques of sports- sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put.
2. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.
3. Track marking and marking of different arenas for selected events in unit-III.

## ESTED READINGS:

1. Chauhan VS (1999). *Khel Jagat Mein Athletics*. A.P. Pub, Jalandhar.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Evans DA (1984). *Teaching Athletics*. Hodder, London.
4. Fox EL (1998). *Physiological Basis of Physical Education and Athletics* Brown Pub.
5. Gothi E (2004). *Teaching & Coaching Athletics*. Sport Pub., New Delhi.
6. Gupta R. (2004). *Layout & Marking of Track & Field*. Friends Publications. India. New Delhi.
7. *Handbook-Rules and Regulation*. International Athletic Federation (2010).
8. Herb Amato, DA ATC et al (2002). *Practical Exam Preparation Guide of Clinical Skills of Athletic Training*. Slack Incorporated. 1<sup>st</sup> ed., USA.
9. Kumar, Pardeep. (2008). *Historical Development of Track & Field*. Friends Publication. New Delhi
10. Maughan, R. and Gluson, M. (2004). *The Biomechanical Basics of Athletic Performance*. Oxford University Press, U.K.
11. Prentice, W. and Arnheim, D. (2005). *Arnheim's Principles of Athletic Training* 12<sup>th</sup> Ed. McGraw Hill. in place of Knight (1988).
12. Renwick GR (2001). *Play Better Athletics*. Sports Pub, Delhi.
13. Singh, Hardayal. (1919). *Science of Sports Training*. DVS Publication, N. Delhi.
14. Vanaik A. (2017). *Officiating and Coaching*, Friends Publication. New Delhi.

Facilitation the achievement of Course Learning Outcomes

Month wise Session	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month – NIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – NIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month – NIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. The technical practice of sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month – NIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components. Track marking and marking of different arenas for selected events in unit-III.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

Semester I  
BSc-PE-DSC-3 (4)-102: BADMINTON

Credit = 4 (2 THz + 2 P)  
30 hrs Theory + 60 hrs Practic

Max. Marks=100

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**THEORY SYLLABUS**

**Unit-I**

**(07 hrs. lectures)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**(07 hrs. lectures)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**(08 hrs. lectures)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**(08 hrs. lectures)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

RECOMMENDED READINGS:

1. Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
2. Bompa O Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Brahm's Bernd-Voler. (2010). Badminton Handbook. Mayer & Mayer Sports: UK. Unit-II, III & IV-p-9-14.
4. Daris Pal. (1988). Badminton-The complete practical guide. Dairs & Charles Inc.: USA. Unit-II p-1-28 III- p-29-88, 109-152 & IV-p-97-108
5. Downey J (1990). How to Coach Badminton. Collins Pub. London.
6. Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
7. Grice, T. (2007). Badminton: Steps to Success. 2<sup>nd</sup> Ed. Human Kinetics, USA.
8. Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part-I & II). Friends Publication. New Delhi.
9. Hoeger, W.W. Kand & Hoeger, S.A. (1997). Principles and Labs for physical fitness. (2<sup>nd</sup> Edi.). Morton Publishing Company. USA. Unit- II- p-127, 178-187, Unit- p-10-194.
10. Singh, Hardayal. (1991). Science of Sport Training. D.V.S Pub. Delhi.
11. Singh, MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi.
12. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi.
13. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

Semester I  
**BSc-PE-DSC-3 (4)-103: BASKETBALL**

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs. Theory + 60 hrs. Practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.  
**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**COURSE SYLLABUS**

**Unit-I**

(07 hrs. lectures)

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

(07 hrs. lectures)

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

(08 hrs. lectures)

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

(08 hrs. lectures)

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Learning and demonstrating various skills/techniques of sports.  
 Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
3. Goldstein, S. (1998). Basketball Fundamentals. 2<sup>nd</sup> Ed. Golden Aura Publishing, USA.
4. Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. NewDelhi.
5. Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics.
6. Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> </ul>

		<ul style="list-style-type: none"> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<p><b>Second Month – UNIT-II</b></p>	<p>A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.</p>	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<p><b>Third Month UNIT-III</b></p>	<p>A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.</p>	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<p><b>Fourth Month UNIT-IV</b></p>	<p>A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.</p>	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>



Semester I  
**BSc-PE-DSC-3 (4)-104: CRICKET**

Credit = 4 (2 THz + 2 P)

30 hrs. Theory + 60 hrs. Practical

Marks=100

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:**-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**SYLLABUS**

**Unit-I**

- Historical Development and Modern Trends (National and International Level) ( 7 hrs. Lecture)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields. ( 7 hrs. Lecture)
- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching. ( 8 hrs. Lecture)
- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance. ( 8 hrs. Lecture)
- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.  
 Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
4. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
5. Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, New Delhi.
6. Hobbs, J. (2008). The Game of Cricket As it should be played. Jepson Press, USA.
7. Jain R. (2003). Fielding Drills in Cricket. Khel Sahitya Kendra. New Delhi.
8. Rachna (2002). Coaching Successfully: Cricket. Khel Sahitya Kendra. New Delhi.
9. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
10. Sharma P. (2003). Cricket. Shyam Parkashan. Jaipur.
11. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> </ul>

		<ul style="list-style-type: none"> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Second Month – UNIT-II</b>	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Third Month- UNIT-III</b>	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<b>Fourth Month- UNIT-IV</b>	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

**Semester I**  
**BSc-PE-DSC-3 (4)-105: FOOTBALL**

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs, Theory + 60 hrs. Practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.  
**Learning Outcome:**-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**COURSE SYLLABUS**

**Unit-I**

**(07 hrs. lectures)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**(07 hrs. lectures)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**(08 hrs. lectures)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**(08 hrs. lectures)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

### SUGGESTED READINGS

1. American Football Coaches Association (2002). The Football Coaching Bible. 1<sup>st</sup> Ed., Human Kinetics, USA.
2. Bompa O. Tudor and Halff G. Gregory. (2009). "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis: A Systematic Approach to Improving Performance. Routledge Publishers, USA.
4. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.
5. N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
6. Reilly, T. (2006). The Science Training Soccer: A Scientific Approach to Developing Strength, Speed and Endurance. Routledge Publisher, USA.
7. Reilly, T. and J.C.D. Arau (2008). Science and Football V: The Proceedings of the 5<sup>th</sup> World Congress on Sports Science and Football, Volume5.
8. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
9. Sharma OP (2001). Teaching and Coaching –Football. Khel S.K.Delhi.
10. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

## Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month- UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month- UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

**Semester I**  
**BSc-PE-DSC-3 (4)-106: GYMNASTICS**

Credit = 4 (2 THz + 2 P)

IX. Marks=100

30 hrs. Theory + 60 hrs. Practical

**Objective:-** The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:-** The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**On Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of Gymnastics.

**On Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**On Completion of Third Month:**

A student will be able to learn and acquire various skills of Gymnastics, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

**On Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.

**SYLLABUS**

**Unit-I**

**(07 hrs. lectures)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**(07 hrs. lectures)**

- Rules and their interpretation of the sport.
- Warming up and psychological basis of Warming up.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**(08 hrs. lectures)**

- Basic skills and techniques of the Artistic Gymnastics, trampoline, parko and rhythmic.
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**(08 hrs. lectures)**

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

ractical -

- Learning and demonstrating various skills/techniques of Artistic Gymnastics, trampoline, parko and rhythmic.
- Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Brown (2009). How to Improve at Gymnastics. Crabtree Publishing Co., USA.
3. Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
4. Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
5. Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
6. Code of Points Trampoline Gymnastics (2005). Federation Int. DE Gymnastics
7. Federation International Gymnastics (2006). Federation Int. DE Gymnastics
8. Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
9. Jain R (2005). Play and Learn Gymnastics. Khel SahitayaKendra
10. Mitchell, D., Davis, B. and Lopez, R. (2002). Teaching Fundamental Gymnastics Skills. Human Kinetics, USA.
11. Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2<sup>nd</sup>Ed. Sportsworkout.com.
12. Schlegel, E. and Dunn, CR. (2001). The Gymnastics Book: The Young Performer's Guide to Gymnastics. Firefly Books, USA.
13. Smither Graham (1980). Behing the Science of Gymnastics. London.
14. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
15. Stickland, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
16. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi



Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

**Semester I**  
**BSc-PE-DSC-3 (4)-107: HANDBALL**

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs, Theory + 60 hrs. Practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**At the Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**At the Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**At the Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**At the Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**COURSE SYLLABUS**

**Unit-I**

**(07 hrs. lectures)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**(07 hrs. lectures)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**(08 hrs. lectures)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**(08 hrs. lectures)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
3. Kleinman, I. (2009). Complete Physical Education Plans. 2<sup>nd</sup> Ed. Human Kinetics, USA.
4. Page, J. (2000). Ball Games. Lerner Sports Publisher, USA.
5. Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
6. Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.
7. Schmottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
8. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
9. Surhone, L.M. et al (2010). Team Handball. Betascript Publishing, USA
10. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
11. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

Semester I  
BSc-PE-DSC-3 (4)-108: HOCKEY

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs. Theory + 60 hrs. Practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.  
**Learning Outcome:**-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

Unit-I

(07 hrs. lectures)

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

t-II

(07 hrs. lectures)

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

t-III

(08 hrs. lectures)

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

t-IV

(08 hrs. lectures)

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. International Hockey Federation, Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation.
3. Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
4. Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
5. Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills,USA.
6. Rossiter, S. (2003). Hockey the NHL Way : Goaltending Illustrated Edition. Sterling Publishers,USA.
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics,USA.
9. Weekes, D. (2003). The Biggest Book of Hockey Trivia. Greystone Books,USA.
10. Wukovits, J.F. (2000). History of Hockey 1<sup>st</sup> Ed. Lucent Books,USA.
11. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

## Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month- UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month- UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

Semester I  
BSc-PE-DSC-3(4)-109: JUDO

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs. Theory + 60 hrs. Practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:**-The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

At the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

At the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

At the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

At the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

COURSE SYLLABUS

Unit-I

(07 hrs lectures)

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

(07 hrs lectures)

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

(08 hrs lectures)

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

(08 hrs lectures)

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.



(60 hrs.)

1. Learning and demonstrating various skills/techniques of sports.
2. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
3. Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
4. Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
5. Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
6. Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

## Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month-UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

Semester I  
**BSc-PE-DSC-3 (4)-110: KABADDI**

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs. Theory + 60 hrs. Practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.  
**Learning Outcome:**-The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

At the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

At the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

At the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

At the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

**Unit-I**

**(07 hrs. lectures)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**(08 hrs. lectures)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

**(07 hrs. lectures)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**(08 hrs. lectures)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

ctical -

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Kumar, Dharmander. (2018). Kabaddi and It's Playing Techniques. Writers Choice, New Delhi.
3. Mishra , S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
4. Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
5. Rao EP (1994). Modern Coaching in Kabaddi.D.V.S.Pub
6. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
7. Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

## Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month- UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month- UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

Semester I  
BSc-PE-DSC-3 (4)-111: KHO-KHO

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs. Theory + 60 hrs. Practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:**-The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**On Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**On Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**On Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**On Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**SYLLABUS**

**Unit-I (07 hrs. lectures)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**(07 hrs. lectures)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

**(08 hrs. lectures)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**(08 hrs. lectures)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

ctical -

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

### **SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra.Delhi.
3. Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi
4. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
5. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

## Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month- UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month- UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>



Semester I  
**BSc-PE-DSC-3 (4)-112: VOLLEYBALL**

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 Hrs Theory+60 Hrs practical

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:**-The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**COURSE SYLLABUS**

**Unit-I**

- Historical Development and Modern Trends (National and International Level) **(07 hrs lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

- Rules and their interpretation. **(07 hrs lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching. **(08 hrs lectures)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance. **(08 hrs lectures)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(08 hrs lectures)**
- Motor Fitness Components Testing of above components.

ctical -

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics,USA.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB.Chennai.
4. Kenny, B. and Gregory, C. (2006). Volleyball : Steps to Success. Human Kinetics,USA.
5. Saggar SK (1994). Cosco Skills Statics - Volley Ball. Sport Publication. Delhi.
6. Scates AE (1993). Winning Volley Ball. WC Brown.USA.
7. Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics,USA.
8. Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics,USA.
9. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
10. The National Alliance for Youth Sports (2009). Coaching Volleyball. For Dummies Publishers,USA.
11. Volleyball, USA (2009). Volleyball : Systems and Strategies. Human Kinetics,USA.
12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

## Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month-UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

Semester I  
BSc-PE-DSC-3 (4)-113: YOGA

Credit = 4 (2 THz + 2 P)

Max. Marks=100

30 hrs. Theory + 60 hrs. Practical

**Objective:-**The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials.

The student will learn about the prayer.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasanaPranayama : anulom-vilom, bhasrika, suryabhedhen pranayama, sheetali, sheetkari, bhrumari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha.

The student will be able to perform Asanas, pranayama, shatkarma, bandha.

After the Completion of Third Month:

The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease.

The student will learn Yoga-nidra/relaxation techniques

After the Completion of Fourth Month:

The Students will gain knowledge of Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet.

The student will learn Visit to yoga centers/institutes

THEORY SYLLABUS

UNIT-I

(07 hrs lectures)

- Origin of yoga, definition and scope of yoga, limitations and misconceptions of Yoga
- Importance of yoga in physical education and other fields
- Yoga asana competition at:- State, National, International, SGFI, AIU etc.

UNIT-II

(07 hrs lectures)

- Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra
- Qualifications, qualities and responsibilities of a coach,
- Duties/responsibilities of technical official, Scoring system and judgment criteria,

- Protocols for referees, judges and officials.

NIT-III

(08 hrs lectures)

- Meaning, techniques, precautions & effects of the following:-
- Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana
- Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi
- Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana
- Bandhas : jalandhar, uddyana, mool bandha

NIT-IV

(08 hrs lectures)

- Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease
- Diet & Nutrition, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation, importance of vegetarianism in yogic diet.

ACTICALS

(60 hrs.)

1. Prayer
2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
3. Yoga-nidra/relaxation techniques
4. Visit to yoga centers/institutes

### SUGGESTED READINGS

1. Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
2. Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
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16. Text Book Hath Yoga Pradipika
17. Text Book Patanjali Yoga Sutra

## Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism &amp; tantra, qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials.</p> <p>The student will learn about the prayer.</p>	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
Second Month-UNIT-II	<p>The Students will develop the understanding and knowledge of Meaning, techniques, precautions &amp; effects of the following:-</p> <p>Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana</p> <p>Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi</p> <p>Shatkarma : neti, dhauti, nauli, basti, kunjil, kapal bhati, shankh prakshalana</p> <p>Bandhas : jalandhar, uddyana, mool</p>	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

	<p>bandha.</p> <p>The student will be able to perform learn Asanas, pranayama, shatkarma, bandha.</p>		
<p><b>Third Month-UNIT-III</b></p>	<p>The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high &amp; low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache &amp; female disease.</p> <p>The student will learn Yoga-nidra/relaxation techniques.</p>	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>
<p><b>Fourth Month-UNIT-IV</b></p>	<p>The Students will gain knowledge of Diet &amp; constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types &amp; preparation. Importance of vegetarianism in yogic diet.</p> <p>The student will Visit yoga centers /institutes.</p>	<ul style="list-style-type: none"> <li>• Lecture Methods</li> <li>• Demonstration Methods</li> <li>• Assessment Methods</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation of Presentation</li> <li>• Evaluation of Assignment</li> <li>• MCQ</li> <li>• Class-test / viva/ seminar</li> </ul>

**SEMESTER-I****BSc-PE-GE-1 (4)-101: FITNESS & WELLNESS**

Max. Marks:100

Credit=4(3Thz+1P)  
45 Hrs Theory+30 Hrs Practical

- UNIT – I INTRODUCTION (8 hrs lectures)**
- 1.1 Concept and meaning of fitness and wellness
  - 1.2 Components of fitness and their description
  - 1.3 Components of wellness and their description
  - 1.4 Significance of fitness and wellness in present scenario.
  - 1.5 Fitness and wellness for life
- UNIT – II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING (10 hrs lecture)**
- 2.1 Types :- physical ( cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
  - 2.2 Principals of physical fitness
  - 2.3 Benefits of fitness programme
  - 2.4 Obesity (causes and prevention)
  - 2.5 Weight management (role of diet & exercise in maintenance of ideal weight)
- UNIT – III WELLNESS (12 hrs lectures)**
- 3.1 Identifying dimensions of wellness, achieving and maintenance of wellness
    - Adopting healthy & positive lifestyle.
    - Identifying stressors and managing stress
    - Staying safe & preventing injuries
    - Knowledge of Nutrition & its implication on healthy lifestyle
    - Factors leading to eating disorders
    - Hazards of substance abuse (smoking, alcohol & tobacco)
    - Adoption of spirituality principals & their remedial measures
    - Yogic practices for achieving health and fitness
    - Worthwhile use of leisure time.
    - Sexuality – preventive measures for sexual transmitted diseases.
    - Emphasis on proper rest & sleep.
    - Prevention of cancer, cardio-vascular disorders & other diseases.
  - 3.2 Relationship of wellness towards positive lifestyle
  - 3.3 Benefits of wellness
- UNIT – IV BEHAVIOR MODIFICATION (7 hrs lectures)**
- 4.1 Barriers to change
  - 4.2 Process of change (6 stages) SMART
  - 4.3 Technique of change & smart goal setting.
  - 4.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- UNIT – V DAILY SCHEDULE OF ACHIEVING QUALITY OF LIFE & WELLNESS (8 hrs lecture)**
- 5.1 Daily schedule based upon one's attitude, gender, age & occupation.
  - 5.2 Basic – module: - Time split for rest, sleep, diet, activity & recreation.
  - 5.3 Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

**30 hrs**

1. FITNESS LABS: Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
2. PHYSIOLOGICAL TESTING: - Blood pressure, VO2 max, vital capacity, pulse rate.
3. STRESS MANAGEMENT :- Yogic practices (asanas, pranayam and meditation)
4. SURVEY PROJECT: - Fitness & wellness assessment of local community.
5. NUTRITIONAL DIET ANALYSIS :- Given diet



## **REFERENCES**

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**SEMESTER-I****BSc-PE-GE-1 (4)-102: GYM MANAGEMENT**

Max. Marks:100

Credit=4(3Thz+1P)

45 Hrs Theory+30 Hrs Practical

<b>UNIT-I</b>	<b>GYM ESSENTIALS (09 hrs lecture)</b> <ul style="list-style-type: none"> <li>▪ Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement &amp; maintenance of gym Equipments</li> <li>▪ Marketing, clientage, Enrolments, record keeping, social activities, Public Relations,</li> <li>▪ Individualized/group grooming programme, basic concepts of financial management</li> </ul>	
<b>UNIT-II</b>	<b>GYM INSTRUCTOR (09 hrs lecture)</b> <ul style="list-style-type: none"> <li>• Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation</li> <li>• Safety procedures to be followed in the gym.</li> </ul>	
<b>UNIT-III</b>	<b>GYM-EQUIPMENTS (09 hrs lecture)</b> <ul style="list-style-type: none"> <li>• Introduction to different exercise equipment               <ul style="list-style-type: none"> <li>▪ Floorings and equipments required for aerobic- Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight                   <ul style="list-style-type: none"> <li>▪ Aerobics and aqua aerobics</li> </ul> </li> </ul> </li> </ul>	
<b>UNIT-IV</b>	<b>EQUIPMENTS FOR FITNESS EVALUATION AND ASSESSMENTS (09 hrs lecture)</b> <ul style="list-style-type: none"> <li>• Measurement of Weight and Height, Calculating BMI (Body Mass Index )</li> <li>• Measurement of Fitness Components –               <ul style="list-style-type: none"> <li>▪ Flexibility (Sit and Reach Test, Hip Bend and Toe Touch)</li> <li>▪ Strength (Sit-Ups, Leg-Raise for Minimal Strength)</li> <li>▪ Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvardstep test)</li> </ul> </li> <li>• Self- evaluation –Personal Health and Well-being</li> </ul>	
<b>UNIT-V</b>	<b>GYM MANAGEMENT ECONOMICS (09 hrs lecture)</b> <p>Costing, Balance sheet, Promotional plans</p>	
<b>PRACTICALS</b>		<b>30 hrs</b>
	<ol style="list-style-type: none"> <li>1. Calculating BMI</li> <li>2. Flexibility Test (Sit and reach test, hip bend and toe touch)</li> <li>3. Strength Test (Bend knee sit ups, leg raise for minimal strength)</li> <li>4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)</li> <li>5. Self evaluation- (Personal health and well being)</li> <li>6. Any five asanas</li> <li>7. Aerobic schedule</li> <li>8. Weight management</li> </ol>	

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- Alexandria, Virginia, "The Gym Workout" Published by Time Life Books.
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- Wayne L. Westcott, Thomas R. Bachle, "Strength Training", 2007.

**SEMESTER-I****BSc-PE-GE-1 (4)-103: PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS**

Max. Marks:100

Credit=4(3Thz+1P)  
45 Hrs Theory+30 Hrs Practical**OBJECTIVES**

- To develop an understanding of professional preparation in physical education.
- To develop skills to meet professional requirements.
- To understand the need for professional development.
- To acquire skill and competencies for professional development.
- To gain knowledge of curriculum development.
- To acquire skill to analyze, develop and evaluate curriculum

**FUNDAMENTALS OF PROFESSIONAL PREPARATION**

<b>UNIT-I</b>	<b>HISTORICAL PERSPECTIVE</b>	<b>(09 hrs lecture)</b>
	<ul style="list-style-type: none"> <li>• Professional Preparation in India           <ul style="list-style-type: none"> <li>• Pre Independence perspective</li> <li>• Post Independence perspective</li> </ul> </li> <li>• Comparative analysis of professional preparation program in U.S., Europe and China</li> </ul>	
<b>UNIT-II</b>	<b>PROFESSIONAL PREPARATION PROGRAMMES</b>	<b>(09 hrs lecture)</b>
	<ul style="list-style-type: none"> <li>• Foundation: need, objectives and characteristic of professional preparation programmes</li> <li>• Courses available in physical education and sports.</li> <li>• Role of physical education teacher and institutes in professional preparation programmes</li> </ul>	
<b>UNIT-III</b>	<b>PHYSICAL EDUCATION AND PROFESSIONALISM</b>	<b>(09 hrs lecture)</b>
	<ul style="list-style-type: none"> <li>• Concept and meaning of Profession, Professional and Professionalism.</li> <li>• Physical education as a profession.</li> </ul>	
<b>UNIT-IV</b>	<b>CAREER AVENUES &amp; JOB OPPORTUNITIES IN PHYSICAL EDUCATION &amp; SPORTS</b>	<b>(09 hrs lecture)</b>
	<ul style="list-style-type: none"> <li>• Career avenues after under graduation and post graduation and research degrees.</li> <li>• Planning for a career : self-assessment, motivational dynamics, decision making, counseling and guidance</li> </ul>	
<b>UNIT-V</b>	<b>EXPLORING AND VENTURING INTO NEW AVENUES</b>	<b>(09 hrs lecture)</b>
	<ul style="list-style-type: none"> <li>• Challenges and opportunities in physical education</li> <li>• Inter-relationship among various careers in physical education and sports</li> </ul>	

**PRACTICALS :****30 hrs**

1. Case study on national sports policy/national education policy

**REFERENCES**

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- Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004
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**Semester I**  
**BSc-PE-GE-1 (4)-104: STRESS MANAGEMENT**

**Max. Marks:100**

Credit=4(4THr)  
**60 Hrs Teaching Theory**

**Objective:** - To acquaint the student with the knowledge and understanding of anger, stress and its management and other related aspects important to sports persons.

**Learning Outcome:** - The student would be able to apply the knowledge, learning and understanding the concept of anger, stress and how to manage it.

After the Completion of First Month:

The students will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.

After the Completion of Second Month:

The students will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / students stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.

After the Completion of Third Month:

The students will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.

After the Completion of Fourth Month:

The Students will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.

THEORY SYLLABUS:

**Unit-I**

**(15 hrs Lectures)**

Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

Unit-II

**(15 hrs Lectures)**

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse.  
 Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit-III

(15 hrs Lectures )

Self-awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.

Unit-IV

(15 hrs Lectures)

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy & intervention skills.

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

SUGGESTED READINGS

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2. Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
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