



Haveri University, Haveri

B.A. in (Physical Education with Practical)

SYLLABUS

With Effect from 2024-25

DISCIPLINE SPECIFIC CORE COURSE (DSCC) FOR SEM I & VI,

SKILL ENHANCEMENT COURSE (SEC) FOR SEM IV/V/VI AND

ELECTIVE COURSES FOR SEM V AND VI

AS PER N E P (Revised) - 2024

Haveri University, Haveri
B.A.in Physical Education (With Practical)
Effective from 2024-25

Sem.	Type of Course	Theory/ Practical	Course Code	CourseTitle	Instructionhour/ week	Total hours / Sem	Duration of Exam	Marks			Credits
								Formative	Summative	Total	
I	DSC-1	Theory	A 1 PED 1 T 1	Introduction to Physical Education, Sports and Yoga	04hrs	60	03 hrs	20	80	100	04
	DSC-2	Practical	A 1 PED 1 P 1	Basic Fitness, Track & Field, Major Games & Yoga	04 hrs	56	03 hrs	10	40	50	02
II	DSC-3	Theory	A 2 PED 1 T 1	Life Style Management	04hrs	60	03 hrs	20	80	100	04
	DSC-4	Practical	A 2 PED 1 P 1	Advanced Fitness, Asanas, Track & Field, Major Games Practical	04 hrs	56	03 hrs	10	40	50	02
III	DSC-5	Theory	A 3 PED 1 T 1	Sports Training And Coaching	04hrs	60	03 hrs	20	80	100	04
	DSC-6	Practical	A 3 PED 1 P 1	Sports Proficiency	04 hrs	56	03 hrs	10	40	50	02
IV	DSC-7	Theory	A 4 PED 1 T 1	Sports Injuries & Management	04hrs	60	03 hrs	20	80	100	04
	DSC-8	Practical	A 4 PED 1 P 1	First Aid And Athletic Care	04 hrs	56	03 hrs	10	40	50	02
*V	DSC-9A	Theory	A 5 PED 2 T 1	Test, Measurement andEvaluationon in Physical Education & Sports	04hrs	60	03 hrs	20	80	100	04
	DSC-10A	Practical	A 5 PED 2 P 1	Approach in Test, Measurement and Evaluation of Physical Education & Sports Activities	04 hrs	56	03 hrs	10	40	50	02
	DSC-9B	Theory	A 5 PED 2 T 2	Sports Psychology &Sociology	04hrs	60	03 hrs	20	80	100	04
	DSC-10B	Practical	A 5 PED 2 P 2	Psychological And Sociological Preparation In Sports	04 hrs	56	03 hrs	10	40	50	02
*VI	DSC-11A	Theory-	A 6 PED 2 T 1	Sports Management	04hrs	60	03 hrs	20	80	100	04
	DSC-12A	Practical	A 6 PED 2 P 1	Organization and Administration in Sports	04 hrs	56	03 hrs	10	40	50	02
	DSC-11B	Theory-	A 6 PED 2 T 2	Application Of Sports Technology In Sports	04hrs	60	03 hrs	20	80	100	04
	DSC-12B	Practical	A 6 PED 2 P 2	Technology And Sports	04 hrs	56	03 hrs	10	40	50	02
V	EC-1	Theory	A 5 PED 5 T 1	Sports Journalism	03hrs	45	03 hrs	20	80	100	03
VI	EC-2	Theory	A 6 PED 5 T 1	Sports Nutrition	03hrs	45	03 hrs	20	80	100	03
IV/V/VI **	Skill	Practical	C 0 PED 6 P 1	Skill Enhancement core course	04 hrs	56	03 hrs	10	40	50	02

*student shall either DSC 9A and DSC10A or DSC 9B and DSC10B in 5th semester. Similarly, DSC 11A and DSC12A or DSC 11B and DSC12B in 6th semester.

** Student shall study Skill of this subject either in 4th / 5th / 6th but not in all the semester.

Activities of skill enhancement and practical components has shown in the below

Haveri University, Haveri

B.A. Physical Education

Programme Specific Outcomes (PSO):

On completion of the 03 years Degree in B.A. (Physical Education) students will be able to:

- Demonstrate, solve and understand the major concepts in all the disciplines of B.A. (Physical Education).
- Understand practical skills so that they can understand and assess risks and work safely and competently in the field.
- To apply standard methodology to the solutions of problems in B.A. (Physical Education)
- Provide students with the ability to plan and carry out experiments independently and assess the significance of outcomes.
- Develop in students the ability to adapt and apply methodology to the solution of unfamiliar types of problems.
- Employ critical thinking and the scientific knowledge to design, carry out, record and analyze the results of B.A. (Physical Education)
- To build confidence in the candidate to be able to work on his own in institution of higher education.
- To develop an independent and responsible work ethics.

B.A. Semester – I
Discipline Specific Course (DSC) - 1

Course Title: - Introduction to Physical Education, Sports and Yoga
Course Code:- A 1 PED 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-1	Theory	6	5+1	75hrs.	3hrs.	20	80	100

Course Outcomes (COs):At the end of the course students will be able to:

- CO1 :Understand the historical concepts and significance of Physical Education and Yoga.
CO2: Learn the modern trends in sports and yoga and its relation to education.
CO3 :Learn the Principles of implementing fitness activities and yoga.
CO4 :Understand the biological principles on which physical education, yoga and sports is based.
CO5 :Learn the basic yoga practices.
CO6 :Be aware of the career opportunities arising out of undergoing courses in physical education, sports and yoga.
CO7 :Understand and perform warm up and conditioning activities.
CO8 :Assess the health-related fitness parameters and evaluate the same.
CO9 :Perform basic skills in a game and athletic event.
CO10: Perform basic asanas and pranayama.
CO11 :Learn to record and prepare reports.

Unit	Title: - Introduction to Physical Education, Sports and Yoga	75 hrs/ Sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Meaning and definition of physical Education, Sports and Yoga 2. Aims, Objectives and Importance of Physical Education, Sports and Yoga 3. History of Physical Education, Sports and Yoga 4. Modern trends of Physical Education, Sports and Yoga 5. Relationship of physical education with General Education 	15 hrs
Unit II	Yoga and Fitness Training <ol style="list-style-type: none"> 1. Importance of Yoga and Fitness 2. Components of Fitness and Fitness Equipments 3. Types of Yoga Practices – Asana, Pranayama and Meditation 4. Introduction to Balanced Diet for Fitness 	15 hrs
Unit III	Introduction to Athletics and Officiating of Sports and Games <ol style="list-style-type: none"> 1. Characteristics and Measurement of Standard Track 2. Duties and Principles of Officiating 3. Qualities and Qualification of Technical officials for Athletics, Sports and Games 4. Officiating of Athletics 	15 hrs

Unit IV	<p>Career Opportunities in Physical Education, Sports and Yoga</p> <ol style="list-style-type: none"> 1. Physical Education, Sports and Yoga professionals at various levels of educational institution. 2. Sports Trainers, Yoga instructors, Coach, Managers, Researcher, Event Organizers, Technical Officials, Entrepreneurs and others 3. Physical Education, Sports and Yoga trainer for Police and Paramilitary forces at State and Central Organization and others 4. Health Clubs and Fitness Centers, Aerobics, Dance and Recreation Clubs in Corporate Sectors and others. 5. Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufactures 	15hrs
Unit V	<p>Understanding Physical Education, Sports & Yoga</p> <ol style="list-style-type: none"> 1. Benefits of Physical Education for Daily life 2. Benefits of Yoga in healthy living 3. Benefits of Different Sports 	15hrs

Recommended books:

1. Bucher, C.A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. William, J.F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
4. Coulter, F. (2013) Sport for Development: What game are we playing?. Routledge.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
6. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
7. Russell, R.P. (1994). Health and Fitness through Physical Education. USA: Human Kinetics.
8. Uppal, A.K. (1992). Physical Fitness. New Delhi: Friends Publication.
9. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda YogaPrakasana.
10. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: RashthrothannaPrakashana.
11. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
12. D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
13. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
14. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
15. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
16. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
17. Pinto John and Ramachandra K (2021) Kannada Version, DaihikaS hikshanada Parichaya, Louis Publications, Mangalore
18. IAAF Manual
19. Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications (India), 1st Edition, Daryaganj, New Delhi
20. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr. Md. Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi

B.A. Semester – I
Discipline Specific Course (DSC) - 2
Practical

Course Title: - BASIC FITNESS, TRACK & FIELD, MAJOR GAMES & YOGA

Course Code:- A 1 PED 1 P 1

Content of Practical Course 1: Practical (2 credits/56 hours)

Basic Fitness, Training and Assessment

1. General warm-up
2. Body Composition (BMI) and Cardiovascular Assessment
3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition

A. Major/Minor Outdoor Games / Track & Field

1. One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) *
2. One event each - Running, Jumping and Throwing Event *

C. Basic Asanas & Surya Namaskara (as per the reference books)

1. Shithilikarana Vyayama (Dynamic)
2. Surya Namaskara
3. Standing & Sitting Asanas
4. Prone & Supine Asanas

D. Basic Pranayamas

1. Vibhagiya Pranayama (Sectional breathing)
2. Sukha Pranayama (Breath awareness)
3. Kapalabhati/Basthrika
4. Anuloma Viloma/Nadi Shuddhi
5. Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha)

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

Reference Book:

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
4. Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
6. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
7. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA : Human Kinetics.
8. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.

9. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
10. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashthrothanna Prakashana.
11. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
- 12.D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
- 13.Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
14. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
- 15.Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
16. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
17. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
18. IAAF Manual

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – II
Discipline Specific Course (DSC) -3

Course Title: - LIFE STYLE MANAGEMENT

Course Code: A 2 PED 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-2	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (COs):At the end of the course students will be able to:

- CO1: Understand the meaning of lifestyle management and its significance.
 CO2: Understand the types of fitness and their significance and methods of developing them.
 CO3: Understand the yogic principles and their applications in improving lifestyle.
 CO4: Know the importance diet, the applications of a proper diet plan to improve lifestyle.
 CO5: Know the meaning of physical literacy and the movement patterns.
 CO6: Understand the role of physical activity in improving health and fitness.
 CO7: Understand and perform warm up and conditioning activities.
 CO8: Assess the skill-related fitness parameters and evaluate the same.
 CO9: Perform basic skills in a game and athletic event.
 CO10: Perform basic asanas and Pranayama.
 CO11:Learn to record and prepare reports.

Unit	Title: Life Style Management	75 hrs/sem
Unit I	Introduction To Life Style & Physical Fitness <ol style="list-style-type: none"> 1. Meaning and Definitions of Physical Fitness and Lifestyle 2. Need and Benefits of Physical Fitness 3. Health Related Fitness Components: - Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition 4. Skill Related Physical Fitness Components: - Agility, Balance, Co-ordination, Power, Reaction Time, Speed 	15 hrs
Unit II	Principles of Yogic Practices <ol style="list-style-type: none"> 1. JnanaYoga, 2. KarmaYoga, 3. BhakthiYoga, 4. Raja Yoga/ AstanagaYoga 	15 hrs
Unit III	Diet, Fitness, Wellness & Life Style Management <ol style="list-style-type: none"> 1. Meaning and Definitions of Wellness &Lifestyle. 2. Dimensions/Components of Wellness and Lifestyle 3. Relationship between Diet and Fitness 4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins & Minerals, Water 5. Healthy Lifestyle through Diet and Fitness 	15 hrs

Unit IV	Physical Literacy 1. Meaning, Definition and Importance of Physical Literacy. 2. Core Elements of Physical Literacy 3. Fundamental Movements 4. Art of Walking, Running, Jumping and Throwing.	15hrs
Unit V	Understanding Lifestyle Management 1. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara 2. Physical Health 3. Mental health 4. Safety Education for Lifestyle Management	15hrs

Recommended books:

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

B.A. Semester – II
Discipline Specific Course (DSC) - 4
Practical

Course Title: - ADVANCED FITNESS, ASANAS, TRACK & FIELD, MAJOR GAMES

Course Code:- A 2 PED 1 P 1

Content of Practical Course 3: Practical (2 credits/56 hours)

A. Specific warm-up / Lead up Activities

B. Core Physical Fitness Test Assessment for Agility, Balance, Speed, Co-ordination, Power, Reaction Time

C. Advanced Asanas (as per the reference books)

1. Standing Asanas

2. Sitting Asanas

3. Prone Asanas

4. Supine Asanas

5. Meditative Asanas

Advanced Pranayamas

1. Surya Anuloma Viloma/Surya Bhedana Pranayama

2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama

3. Ujjayi Pranayama

4. Kumbhaka Pranayama

5. Sampurna Yoga Shavasana (Full Yogic Breathing)

D. TWO MAJOR/MINOR GAMES /TRACK & FIELD

i. One Major and one Minor Game. Rules and Regulations of the Games. Officiating and Coaching.

ii. Introduction to Track and Field Events. Athletic Rules as recognized by the Athletics Federation. Marking of Track and Field. Officiating and Coaching.

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

Reference Books

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
2. Fit to be Well, Alton L.Thygerson, Karl L.Larson, Jones and Bartlett Publishers, Sudbury
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuch scaris brick Publishers, Arizona
4. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
5. Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0ISBN 6. Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
6. Fit & Well, 4th Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London
7. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
8. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K,Struder, 2021, Meyer & Meyer Sport(UK) publishers, Germany

9. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
10. "Nutrition Education", Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
11. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M.Harold, Rosemary.Mc.Gee, Lea & Febiger, Philadelphia
12. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company. NEP Curricular Framework for Physical Education, Sports & Yoga 27
13. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
14. "Asana, Pranayama, Mudra, Bandha", 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
15. "Four Yoga of Swamy Vivekananda", 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta
16. New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
19. Pranic Energization Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
17. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – III
Discipline Specific Course (DSC) -5

Course Title: - SPORTS TRAINING AND COACHING
Course Code: A 3 PED 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-3	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: To learn the theoretical and practical aspects of scientific basis of Sports Training and Coaching

CO2: To understand the Sports Training Components and Methods in a better way and acquire good qualities of a right Coach

CO3: Learn the meaning and principles of Sports Training

CO4: Learn the meaning of Periodization and the characteristics of training plans.

CO5: Implement basic training plans for fitness and performance.

CO6: Learn to record and prepare reports.

Unit	Title: Sports Training and Coaching	75 hrs/sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Introduction to Sports Training: Meaning, Definition, Aims and Objectives of Sports Training 2. Need and Importance of Sports Training 3. Principle of Over Load or Over Use 	15 hrs
Unit II	Training Components <ol style="list-style-type: none"> 1. Training Components- Strength (Isometric, Isotonic & Isokinetic) Speed, Endurance, Flexibility, Agility & Coordinative abilities 2. Sports Training Methods and its Impacts Continuous Training, Interval Training, Fartlek Training, Circuit Training, Weight Training 	15 hrs
Unit III	Coaching <ol style="list-style-type: none"> 1. Meaning, Definition and Importance of Coaching 2. Qualities and Qualifications of a Coach 3. Responsibilities and Duties of a Coach (Pre, During & Post - Training and Competition) 	15 hrs
Unit IV	Training Program and Planning <ol style="list-style-type: none"> 1. Competition Preparation 2. Periodization- Meaning and Importance 3. Cycles of Training- Micro, Meso and Macro 4. Individual Preparation and Team Cohesion 5. Psychological Preparation 	15 hrs
Unit V	Understanding Sports Training & Coaching <ol style="list-style-type: none"> 1. General Principles Sports Training 2. Principles of Coaching 3. Experience as a coach 	15hrs

Recommended books:

1. Principles of Sports Training, 2012, Dr.SMT.K.G. Jadhav, Khel Sahitya Kendra, Darya Ganj, New Delhi
2. Principles of Coaching and Officiating, 2012, Piyush Jain &Dr.C.S.Tomar, Khel Sahitya Kendra, Darya Ganj, New Delhi
3. Periodization of Training, 2015, Prof.KankanalaVenkateshwarlu, Saran Graphics, Jawaharnagar, Hyderabad
4. Sports Training, 2017, Dr.VikramShankarraoKunturwar, Khel Sahitya Kendra, DaryaGanj, New Delhi
5. Psychology of Coaching, 2016, Dr.N.K.Sharma, Educational Publishers and Distributors, Laxminagar, New Delhi
6. Sports Coaching, 2011, Dr.Rajnikant.P.Patel& Vijay Singh Gurjar, KSK Publishers & Distributors, Darya Ganj, New Delhi
7. Sports Psychology for Coaches, 2013, , Khel Sahitya Kendra, Darya Ganj, New Delhi
8. Principles of Officiating, 2012, Prof.Dabir.R.Qureshi, Sports Publications, Ansari Road, New Delhi
9. Sports Training, 2018, Prof.Satyanarayana, Sports Publication, Darya Ganj, New Delhi
10. Officiating and Coaching, 2013, Dr.Amit Arjun Budhe, Sports Publication, DaryaGanj, New Delhi
11. Training, Teaching, Coaching and Officiating in Physical Education, 2015, Sports Publication, Darya Ganj, New Delhi
12. Principles of Sports Training, 2018, Dr.TarunRouthan, Sport Publication, Sports Publication, Darya Ganj, New Delhi
13. Scientific Methods of Coaching and Training, 2012, Dr. Rajeev Kumar, Sport Publication, Sports Publication, Darya Ganj, New Delhi

B.A. Semester – III **Discipline Specific Course (DSC) - 6** **Practical**

Course Title: - SPORTS PROFICEINCY

Course Code:- A 3 PED 1 P 1

Content of Practical Course 3: Practical (2 credits/56 hours)

SPORTS PROFICEINCY

Basic Fitness, Training and Assessment

1. Brief Introduction of Particular Sport/Game (Among the list of IOA, AIU, SGFI)
2. Play Field Technology- Construction, Marking and Equipment
3. Specific Fitness for specific Sport/Game
4. Basic Asanas and Pranayama for Fitness and Recovery
5. Basic Skill, Drills and Techniques of the Game
- 6.Officiating of the Specific Game

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

Reference Books

1. Principles of Sports Training, 2012, Dr.SMT.K.G. Jadhav, Khel Sahitya Kendra, Darya Ganj, New Delhi
2. Principles of Coaching and Officiating, 2012, Piyush Jain & Dr.C.S.Tomar, Khel Sahitya Kendra, Darya Ganj, New Delhi
3. Periodization of Training, 2015, Prof.Kankanala Venkateshwarlu, Saran Graphics, Jawaharnagar, Hyderabad
4. Sports Training, 2017, Dr.Vikram Shankarrao Kunturwar, Khel Sahitya Kendra, Darya Ganj, New Delhi
5. Psychology of Coaching, 2016, Dr.N.K.Sharma, Educational Publishers and Distributors, Laxminagar, New Delhi
6. Sports Coaching, 2011, Dr.Rajnikant.P.Patel & Vijay Singh Gurjar, KSK Publishers & Distributors, Darya Ganj, New Delhi
6. Sports Psychology for Coaches, 2013, , Khel Sahitya Kendra, Darya Ganj, New Delhi
7. Principles of Officiating, 2012, Prof.Dabir.R.Qureshi, Sports Publications, Ansari Road, New Delhi
8. Sports Training, 2018, Prof.Satyanarayana, Sports Publication, Darya Ganj, New Delhi
9. Officiating and Coaching, 2013,Dr.Amit Arjun Budhe, Sports Publication, Darya Ganj, New Delhi NEP Curricular Framework for Physical Education, Sports & Yoga 31
10. Training, Teaching, Coaching and Officiating in Physical Education, 2015, Sports Publication, Darya Ganj, New Delhi
11. Principles of Sports Training, 2018, Dr.Tarun Routhan, Sport Publication, Sports Publication, Darya Ganj, New Delhi
12. Scientific Methods of Coaching and Training, 2012, Dr. Rajeev Kumar, Sport Publication, Sports Publication, Darya Ganj, New Delhi

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – IV
Discipline Specific Course (DSC) -7

Course Title: - SPORTS INJURIES & MANAGEMENT

Course Code: - A 4 PED 1 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-4	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (Cos):At the end of the course students will be able to:

CO1: Understand the meaning of Sports Injuries.

CO2: Understand the common injuries occurring in sports and their immediate management.

CO3: Know the causes of sports injuries and methods to treat them.

CO4: Understand the methods of Rehabilitation of sports injuries

CO5: Get an insight into the first aid measures to treat sports injuries

CO6: Learn to record and prepare reports.

Unit	Title: Sports Injuries & Management	75 hrs/ sem
Unit I	<p>Introduction to Sports Injuries</p> <ol style="list-style-type: none"> 1. Meaning, Definition & Concept of Sports Injuries 2. Classification of Sports Injuries – Acute Injuries and Over Use Injuries 3. Common Sports Injuries: Sprain, Strain and Cramps, Fractures and Dislocation, Abrasion and Contusion, Cuts and Bruise 	15 hrs
Unit II	<p>Causes & Prevention of Sports Injuries</p> <p>Causes</p> <ol style="list-style-type: none"> 1. Accident 2. Poor Training Practice 3. Improper Equipments and Surfaces 4. Lack of Conditioning 5. Use of Supplements for Sports Performance <p>Prevention</p> <ol style="list-style-type: none"> 1. Good Conditioning 2. Scientific and Systematic Training 3. Balance Diet 4. Specified Equipments, Surfaces and Sports Wears 5. Misconceptions of Sports Injuries 	15 hrs
Unit III	<p>Management of Injuries</p> <ol style="list-style-type: none"> 1. First Aid – Meaning and Definition First Aid 2. Principles of First Aid, 3. CPR for Sudden Cardiac Arrest in Sports 	15 hrs
Unit IV	<p>Rehabilitation of Sports Injuries</p> <ol style="list-style-type: none"> 1. Physical and Psychological Preparation 2. Sports Therapy, Yoga, Pranayama, Meditation 3. Massage and Relaxation Techniques 	15hrs

Unit V	Understanding The Sports Injury Management 1. Injury Treatment RICE Treatment – Rest, Ice, Compression and Elevation 2. Appropriate Measures to Restart sports activities 3. First Aid Kit and its Importance	15hrs
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Recommended books:

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, SublimePublications, Jaipur, ISBN:978-81-8192-209
2. Sports Injuries, 2013, Bhushan Kumar Mishra, Sports Publications, Darya Ganj, NewDelhi, ISBN:978-81-7879-743-4
3. Sports Injuries and Rehabilitation, 2017, Dr.Sinku Kumar Singh, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-590-5
4. Prevention And Treatment of Sports Injuries, 2000, Anju Ambast, Khel SahityaKendra, Shiv Market, Ashok Vihar, Delhi, ISBN: 81-7524-047-4
5. Sports Injuries, 2016, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-862-5
6. Sports Injuries and Athletic Problems, 1996, 2nd Edition, Morris B.Mellion, MD, Surjeet Publications, Kamalanagar, Delhi
- 7.

B.A. Semester – IV
Discipline Specific Course (DSC) - 8
Practical

Course Title: - FIRST AID AND ATHLETIC CARE

Course Code:- A 4 PED 1 P 1

Content of Practical Course 1: Practical (2 credits/56 hours)

FIRST AID AND ATHLETIC CARE

1. Usage of First Aid Kit
2. Management Techniques of Injuries ,Taping and Wrapping , Ice Application Bandages
3. Rehabilitation Exercises, Active and Passive Exercise Resistance and Assisted Exercise, Asanas and Pranayama
4. CPR Training
5. Therapies, Massage, Hydrotherapy, Contrast Bath.

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

Reference Books

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

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – V
Discipline Specific Course (DSC) -9A
Student shall select DSC 5A or 5B for 06 credits only

Course Title: - TEST, MEASURE MENT ANDEVALUATION IN PHYSICAL EDUCATION & SPORTS

Course Code: A 5 PED 2 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-5A	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (COs):At the end of the course students will be able to:

CO1: Learn the meaning of Test, Measurement and Evaluation

CO2: Learn the criteria for conducting a test

CO3: Understand the procedures of conducting fitness and sports skills tests.

CO4: Analyze and evaluate fitness and skill levels of students.

CO5: To be able to apply tests in Physical Activities, Sports andYoga practices

Unit	Title: Test, Measurement andEvaluation in Physical Education & Sports	75 hrs/ sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Meaning- Test, Measurement and Evaluation in Physical Education, Sports and Yoga 2. Need and Importance of Test, Measurement and Evaluation 3. Principles of Tests, Measurement and Evaluation 4. Application of Test and Measurement 	15 hrs
Unit II	Criteria, Classification and Test <ol style="list-style-type: none"> 1. Criteria of Good Test 2. Scientific Authenticity (Reliability, Objectivity, Validity andNorms) 3. Types and Classification of Test 	15 hrs
Unit III	Physical Fitness Tests <ol style="list-style-type: none"> 1. AAHPER Youth Fitness Test 2. Harvard Step Test 3. Indiana Motor Fitness Test 4. JCR Test, Health related Physical Fitness Test 	15 hrs
Unit IV	Sports Skill Test <ol style="list-style-type: none"> 1. McDonald Soccer Test 2. Russell Lange Volleyball Test 3. Lockhart and McPherson Badminton Test 4. Johnson Basketball Ability Test 	15hrs

Unit V	Concept of Evaluation Process 1. Types of evaluation in physical Education 2. Administration of Test, Advance Preparation 3. Duties during and after testing	15 hrs
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Recommended books:

1. Chakraborty, P and Bhattacharjya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall
3. Fahey, T.D, Basic Weight Training for Men and Women. Mayfield Publishing Company
4. Kirtani, R: Physical Fitness. Khel Sahitya Kendra, Delhi
5. Raghunathan, P.P; Volleyball A Guide to Playing and Coaching. Friends Publication, Delhi
6. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B.Saunders Company
7. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
8. Phillips, D.A, & HornaK, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
9. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia:- Lea and Fibiger Publisher.
10. Johnson, B.L and Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi
11. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication
12. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

B.A. Semester – V
Discipline Specific Course (DSC) - 10A
Practical

Course Title: - APPROACH IN TEST, MEASUREMENT AND EVALUATION OF PHYSICAL EDUCATION & SPORTS ACTIVITIES

Course Code: - A 5 PED 2 P 1

Content of Practical Course 1: Practical (2 credits 56 hrs)

1. Physical Fitness Tests: Speed, Strength, Endurance, Flexibility, Agility.
2. Motor Ability Test
3. Weight Training/ Yogasanas/ Aerobics
4. Sports Specific Skill test
5. Project/ Seminar/ Paper Presentation Assignments

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

References Books:

1. Chakraborty, P and Bhattachrjya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall
3. Fahey, T.D, Basic Weight Training for Men and Women. Mayfeild Publishing Company
4. Kirtani, R: Physical Fitness. Khel Sahitya Kendra, Delhi
5. Raghunathan, P.P; Volleyball A Guide to Playing and Coaching. Friends Publication, Delhi
6. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B.Saunders Company
7. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
8. Phillips, D.A, & HornaK, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
9. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia:- Lea and Fibiger Publisher.
10. Johnson, B.L and Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi
11. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication
12. .Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – V
Discipline Specific Course (DSC) -9B
Student shall select DSC 5A or 5B for 06 credits only

Course Title: - SPORTS PSYCHOLOGY & SOCIOLOGY

Course Code: A 5 PED 2 T 2

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-5B	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Understand the meaning of sports psychology and sociology

CO2: Understand the psychological parameters affecting sports performance.

CO3: Understand the sociological implications in physical education.

CO4: Apply psychological techniques to better sports performance.

CO5: To understand and learn its application in present sport scenario

Unit	Title: Sports Psychology & Sociology	75 hrs/Sem
Unit I	Introduction 1. Definition, Meaning, Need and Importance of Sports Psychology 2. Importance of Yoga in Sports Psychology 3. Scope and Issues of Sports Psychology	15 hrs
Unit II	Development of Sports Psychology 1. Perspectives on Sports Psychology 2. Sports Psychology in India 3. Application of Yogic Psychology in Sports Scenario 4. Recent advances in Sports Psychology and Coaching	15 hrs
Unit III	Sports Personality and Performance 1. Growth and Development - Heredity and Environment 2. Psychological factors affecting Sports Performance: Stress, Anxiety, Depression, Aggression, Attention, Concentration, Confidence and Psychological preparation in Sports 3. Cognitive process in Sports and Laws of Learning 4. Motivation in Sports, Types of Motivation – Extrinsic, Intrinsic	15 hrs
Unit IV	Sports Sociology 1. Meaning, Definition, Need and Scope 2. Sports as a Social Phenomenon – Sports Socialization 3. Leadership in Sports 4. Values and Ethics in Sports	15hrs

Unit V	Understanding of Sports psychology & Sociology 1. Meaning of Psychology 2. Evolution of Sports Psychology 3. History of Sociology in India	15 hrs
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Recommended books:

1. Authors Guide, 2013, National Library of Educational and Psychological Test (NLEPT)
2. Dr.Agyajit Singh, (2013), Sports Psychology for Coaches, New Delhi, Khel Sahitya Kendra
3. Dharam.V.R., (1989), Sports and Society: Readings in the Sociology of Sports, New Delhi, Classical Publishing Co.,
4. Dr.Bhupinder Singh, Mrs.Madalsa Mittal, (2004), Psychological Implications in Physical Education and Sports, New Delhi, Friends Publications (India)
5. Dr.R.Sendhil, (2014), Sports Psychology, New Delhi, Sports Publication
6. Jitendra Mohan, (1996), Recent Advances in Sports Psychology, Delhi, Friends Publications (India)
7. John D.Lauthor, (1998), Sports Psychology, Englewood, Prentice Hall Inc,
8. John D.Lauthor, (2000), Psychology of Coaching, New Jersey Prentice Hall Inc.,
9. Kuppaswamy.B, (1982), An Introduction to Social Psychology, Bombay, Media Promoters and Publishers Pvt. Ltd.,
10. Richard.J.Crisp, (2000), Essential Social Psychology, Sage Publications
11. Richard M.Suinn, (1994), Psychology in Sports: Methods and Applications, Delhi, Surjeet Publications

B.A. Semester – V
Discipline Specific Course (DSC) - 10B
Practical

Course Title: - PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS

Course Code: - A 5 PED 2 P 2

Basic Sports Psychological and Sociological Tests:

1. Sports Anxiety Tests
2. Personality Tests, IQ Tests
3. Mental Toughness Tests, Aptitude Tests
4. Emotional Intelligence Tests,
5. Self Confidence Tests
6. Cognitive Ability Tests

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

Reference Books:

1. Authors Guide, 2013, National Library of Educational and Psychological Test (NLEPT)
2. Dr.Agyajit Singh, (2013), Sports Psychology for Coaches, New Delhi, Khel Sahitya Kendra
3. Dharam.V.R., (1989), Sports and Society: Readings in the Sociology of Sports, New Delhi, Classical Publishing Co.,
4. Dr.Bhupinder Singh, Mrs.Madalsa Mittal, (2004), Psychological Implications in Physical Education and Sports, New Delhi, Friends Pucations (India)
5. Dr,R.Sendhil, (2014), Sports Psychology, New Delhi, Sports Publication
6. Jitendra Mohan, (1996), Recent Advances in Sports Psychology, Delhi, Friends Publications (India)
7. John D.Lauthor, (1998), Sports Psychology, Englewood, Prentice Hall Inc,
8. John D.Lauthor, (2000), Psychology of Coaching, New Jersey Prentice Hall Inc.,
9. Kuppuswamy.B, (1982), An Introduction to Social Psychology, Bombay, Media Promoters and Publishers Pvt. Ltd.,
10. Richard.J.Crisp, (2000), Essential Social Psychology, Sage Publications
11. Richard M.Suinn, (1994), Psychology in Sports: Methods and Applications, Delhi, Surjeet Publications

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – VI
Discipline Specific Course (DSC) -11A
Student shall select DSC 6A or 6B for 06 credits only

Course Title: - SPORTS MANAGEMENT

Course Code: A 6 PED 2 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-6A	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (COs):At the end of the course students will be able to:

CO1: Understand the significance of sports management.

CO2: Prepare the sports budget of the college.

CO3: Understand the principles of financial budgeting.

CO4: Conduct sports programmes in the institution.

CO5: To learn the theoretical and practical aspects of Sports Management

CO6: To apply Sports Management aspects for appropriate functioning during major sports events

Unit	Title: Sports Management	75 hrs/ sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Definition, Nature, Scope and Principles of Sports Management 2. Essential Skills of Sports Management 3. Qualities and competencies required for the Sports Manager 	15 hrs
Unit II	Leadership in Sports Management <ol style="list-style-type: none"> 1. Meaning and Definition of Leadership 2. Types and Qualities of Leadership 3. Leadership and Organizational Performance 4. Influence of Leadership on Sports Performance 	15 hrs
Unit III	Planning and Management <ol style="list-style-type: none"> 1. Sports Management in Institutions and Organizations 2. Factors affecting Planning and Management 3. Human Resource Management in Sports 4. The Reward/Punishment System 5. Sports Equipment Management 6. Sports Records Management 	15 hrs
Unit IV	Financial Management of Events <ol style="list-style-type: none"> 1. Objectives and Scope of Financial Planning. 2. Budgeting, Purchase and Audit 3. Sources of Funding 4. Management of Infrastructure, Finance and Personal 	15hrs

Unit V	Understanding the Sports Management process 1. Event Management in Physical Education 2. Importance of sports management process 4. Event Management in Physical Education, Sports and Yoga	15 hrs
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Recommended books:

1. Bucher Carles, A. (1987) Administration of physical Education and athletic programs. London. The C.V. Mosby Co.
2. Chellandurai P. (1985) Sports Management Macro Perspective. Canada Sports Dynamics
3. Earle F. Zeigler & Gary W. Bowie (1993): Management Competency Development in sports and Physical Education Philadelphia: W. Leo and Febiger.
4. Heph Bucher and Earnest Koerigeberg (1968): scientific Inventory Management. New Delhi: Prentice Hall, Inc.
5. Scholar Rondoll S and Nicholas. J (1983) Personal Management. New York, West Publishing Company.
6. Vanderwag Harold. J (198) Sports Management. (New York, Maic Millon Publishing Company.
7. Schmader Stein Wood (1991) Special Events: Inside Out, Sagamore Publishing Champaign, Illinois.
8. Raj C Besant (1989) Corporate Financial Management, Tata Mc Graw-Hill Publishing Company Ltd, New Delhi.
9. Milne George R (1999) Sports Marketing, Jones and Bartlett Publishers, Inc.

B.A. Semester – VI
Discipline Specific Course (DSC) - 12A
Practical

Course Title: - ORGANISATION AND ADMINISTRATION IN SPORTS

Course Code: - A 6 PED 2 P 1

Content of Practical Course 3: Practical (2 credits/56hrs)

1. Sports Event Management - Internship
2. Organisation of Intramural and Extramural Competitions
3. Schedule Preparation – Athletics and Group Games
4. Types of Fixtures
5. Record Books Management in Sports
6. Training session Attendance Management

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

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – VI
Discipline Specific Course (DSC) -11B
Student shall select DSC 6A or 6B for 06 credits only

Course Title: - APPLICATION OF SPORTS TECHNOLOGY IN SPORTS
Course Code: A 6 PED 2 T 2

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-6B	Theory	6	5+1	75 hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Understand the meaning of Sports technology

CO2: Know the various areas of technological applications in sports

CO3: Know the types of sports measurement equipment and their usage.

CO4: Understand the use of technology on sports performance.

Unit	Title: Application of Sports Technology In Sports	75 hrs/ sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Meaning and definition of Sports Technology 2. Purpose and Advantages of Sports Technology 3. Principles of Instrumentation in Sports 4. Technological Impact on Sports 	15 hrs
Unit II	Science of Sports Materials <ol style="list-style-type: none"> 1. Nano glue, Nano Moulding, Nano Turf, Foot wear Production 2. Advanced Sports Wears 3. Advancements in Playing Equipment: Balls, Bat, Racquet, Clothing, Shoes 4. Smart Materials: Shape Memory Alloy (SMA) Thermo Chromic Film 	15 hrs
Unit III	Play Field Surfaces <ol style="list-style-type: none"> 1. Modern Surfaces for Playfields: Types of materials; Synthetic, Wooden, Polyurethane , Artificial Turf/Polygrass 2. Modern technology in Construction of Indoor and Outdoor Sports Facilities, Technology in manufacture of Modern Sports Equipments 	15 hrs
Unit IV	Modern Sports Equipments and Gadgets <ol style="list-style-type: none"> 1. Measuring Equipments for Throws, Jumps 2. Electronic Timers, Chip based Timers 2. Protective Equipments in Sports and its Advantages 3. Video Analysis in Sports and Electronic Scoring 4. Multipurpose Sports Arena 5. Modern Sports Equipments: Courts, Lighting, Floodlights 	15hrs

Unit V	Usage of Modern Sports Equipments 1. Usage of different measuring equipments 2. Usage of the modern sports gadgets 3. Use of Computers and Software's in Sports	15 hrs
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Recommended books:

1. Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
2. Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
3. John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group. Walia,
4. J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
5. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982.
6. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

B.A. Semester – VI
Discipline Specific Course (DSC) - 12B
Practical

Course Title: - TECHNOLOGY AND SPORTS

Course Code:- A 6 PED 2 P 2

Content of Practical Course 3: Practical (2 credits/56hrs)

1. Uses of Modern Sports Equipments: Starting Block, Electronic gadgets in sports for Measurements, etc
2. Use of Video Analysis for Sports Training
3. Sports Arena Preparation using Foam Mats.
4. Usage of Sports related Apps
5. Preparation of Sports related Templates

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

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – V
Elective Course (EC) -I
It is for other combination students

Course Title: - Sports Journalism

Course Code: A 5 PED 5 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
EC-1	Theory	03	04	45 hrs.	3hrs.	20	80	100

Course Outcomes (COs):At the end of the course students will be able to:

CO1: Enhanced Communication Skills

CO2: Promotion of Physical Activity

CO3: Educational Value

CO4: Career Opportunities

Unit	Title: Sports Journalism	45 hrs/ sem
Unit I	Introduction 1. Meaning and Definition of Journalism 2. Sports Journalism: Meaning, Definition and Scope 3. Media: Types, Nature, Significance 4. Journalist: Role, Responsibilities, Ethics and Hazards in journalism	15 hrs
Unit II	Mass Media 1. Sports Section in Mass Media: Print, Electronic and Online 2. Sports Coverage: Live and Recorded 3. Sports Contents: News, Panel Discussions, Interviews, Special Stories Basic Sports Journalism Terminology	15 hrs
Unit III	Writing And Reporting 1. Sports Events, Tournaments and their Coverage 2. Skill and Techniques of Writing 3. Drafting and Reporting - Language, Vocabulary, Dialect, Spelling, Figure of Speech	15 hrs

Recommended books:

1. "Sports Journalism: Context and Issues" edited by Raymond Boyle and Richard Haynes
2. "Sports Journalism: An Introduction to Reporting and Writing" by Kathryn T. Stofer, James R. Schaffer, Brian A. Rosenthal, and Craig W. Trumbull
3. "Sports Journalism: A Practical Introduction" by Phil Andrews and David Hartrick
4. "Sports Journalism: A Multimedia Primer" by Rob Steen

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester – VI
Elective Course (EC) -II
It is for other combination students

Course Title: - Sports Nutrition

Course Code: A 6 PED 5 T 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
EC-2	Theory	03	04	45 hrs.	3hrs.	20	80	100

Course Outcomes (COs): At the end of the course students will be able to:

CO1: Gain an understanding and insight into Nutritional and Weight management concepts.

CO2: Develop awareness about causes and effect of different nutrients.

CO3: Gain an understanding and insight about obesity and weight management

Unit	Title: Sports Nutrition	45 hrs/ sem
Unit I	Introduction 1. Meaning and definition of Sports Nutrition 2. Role Of Nutrition In Health Promotion And Sports 3. Concept of diet 4. Balance Diet: Components, factors affecting Balanced Diet and Malnutrition	15 hrs
Unit II	Nutrients 1. Meaning, Classification, Sources, Functions Of Nutrients 2. Micro Nutrients: Vitamins, Minerals, Water 3. Macro Nutrients: Carbohydrates, Protein, Fat 4. Nutrients for Sportsmen - Calories and Diet for Games, Sports, Sprints, Endurance and Power Events.	15 hrs
Unit III	Nutrition And Weight Management 1. Meaning, Definition and Importance of Weight Management 2. Causes of Obesity And Its Prevention Strategies 3. Carbohydrate Metabolism And Its Role As A Fuel For Muscular Activities. 4. Nutritional Intake Before, During And After Sports Activity.	15 hrs

Recommended books:

- 1) Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.*93(6), 2027-2034.
- 2) Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.
- 3) Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am JObstetGynecol*, 197(3), 223-228.
- 4) DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*,356(21), 2176-2183.
- 5) Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323

Formative Assessment for Theory	
Assessment Occasion/ type	Marks
Internal Assessment Test 1	05
Internal Assessment Test 2	05
Assignment	10
Total	20 Marks
<i>Formative Assessment as per guidelines.</i>	

B.A. Semester –IV/ V/VI

Skill Enhancement Course (SEC) -Skill

Student shall study SEC in any one of the Semesters either in IV or V or VI semester

College shall decide to allot the students

Course Title: Practical

Course Code: C 0 PED 6 P 1

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
SEC	Practical	02	04	56 hrs.	3hrs.	10	40	50

Course Outcomes (COs):At the end of the course, students will be able to:

CO1: Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living

CO2: Students acquire the knowledge of various trainings and sports

CO3: Students will learn theoretical and practical Aspects in physical education

CO4: Student will learn defensive skill to lead the life.

List of the Expedients, each will have 4hrs/Week (Minimum 12 experiments)

1. Yoga
2. Sports Coaching
3. Athletics - One Track/One Throws/One Jump.
4. First Aid- Sports Injuries
5. Adventure Sports
6. Aerobics and Calisthenics.
7. Basic Skills of one major and one indigenous game
8. AAHPERD Physical Fitness Test
9. Circuit Training/Weight Training
10. Fartlek Training/ Plyometric Training
11. Recreation through games
12. Defensive Skills with and without sticks (Lathi)

NOTE: They can Choose (opt) any two to enhance their skills.

Instructions if any:

1. The course shall be taught through the Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars and Intramural.
2. For specially challenged Students the program shall be designed at the college level
3. The practical classes shall be adapted to the physically challenged students as per requirement
4. Skills of Sports and Games (Game Specific books) may be referred

Books recommended:

1. Officiating and Coaching, Dr.Anil Kumar Vanaik, 2017, Friends Publications(India), Ist Edition, Daryaganj, New Delhi
2. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr.Md.AtaullahJagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi
3. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, UnitedStates
4. D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
5. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
6. Scientific Methods of Coaching and Training, 2012, Dr. Rajeev Kumar, Sport Publication, Sports Publication, Darya Ganj, New Delhi
7. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, SublimePublications, Jaipur, ISBN:978-81-8192-209

UG Programme: 2024-25

GENERAL PATTERN OF THEORY QUESTION COURSE FOR DSC/EC/AECC

(80 marks for semester end Examination with 3 hrs duration)

Part-A

1. Question number 1-10 carries 2 marks each. Answer any 05 questions : 10 marks

Part-B

2. Question number 11- 20 carries 05Marks each. Answer any 08 questions : 40 marks

Part-C

3. Question number 21-24 carries 10 Marks each. Answer any 03 questions : 30 marks

(Minimum 1 question from each unit and 10 marks question may have sub Questions for 7+3 or 6+4 or 5+5 if necessary)

Total: 80 Marks

Note: Proportionate weight age shall be given to each unit based on number of hours

Prescribed

Karnatak University, Dharwad

B.A. in Physical Education

Effective from 2024-25

Sem.	Type of Course	Theory/ Practical	Course Code	Course Title	Instruction hour/ week	Total hours /Sem	Duration of Exam	Marks			Total	Credits
								Formative	Summative	Practical		
I	DSC-1	Theory	A 1 PED 1 T 1	Introduction to Physical Education, Sports and Yoga	05+1hrs	60	03 hrs	20	80	40+10	150	06
II	DSC-2	Theory	A 2 PED 1 T 1	Life Style Management	05+1hrs	60	03 hrs	20	80	40+10	150	06
III	DSC-3	Theory	A 3 PED 1 T 1	Sports Training And Coaching	05+1hrs	60	03 hrs	20	80	40+10	150	06
IV	DSC-4	Theory	A 4 PED 1 T 1	Sports Injuries & Management	05+1hrs	60	03 hrs	20	80	40+10	150	06
*V	DSC-5A	Theory	A 5 PED 2 T 1	Test, Measurement and Evaluationon in Physical Education & Sports and Practical or Sports Psychology & Sociology and Practical	05+1hrs	60	03 hrs	20	80	40+10	150	06
	DSC-5B	Theory	A 5 PED 2 T 2		05+1hrs	60	03 hrs	20	80	40+10	150	06
*VI	DSC-6A	Theory	A 6 PED 2 T 1	Sports Management and Practical or Application Of Sports Technology In Sports and Practical	05+1hrs	60	03 hrs	20	80	40+10	150	06
	DSC-6B	Theory	A 6 PED 2 T 2		05+1hrs	60	03 hrs	20	80	40+10	150	06
V	EC-1	Theory	A 5 PED 5 T 1	Sports Journalism	03hrs	45	03 hrs	20	80	40+10	150	03
VI	EC-2	Theory	A 6 PED 5 T 1	Sports Nutrition	03hrs	45	03 hrs	20	80	40+10	150	03
IV/V/VI **	Skill	Practical	C 0 PED 6 P 1	Skill Enhancement core course	04 hrs	56	03 hrs	10	40	50	50	02

*student shall either DSC 5A or DSC 5B in 5th semester, similarly, DSC 6A DSC 6B in 6th semester.

** Student shall study Skill of this subject either in 4th / 5th / 6th but not in all the semester.