

Chhattisgarh Higher Education Department
Bachelor of Physical Education and Sports
(B.P.E.S.) Syllabus and Marks Distribution as per NEP 2020

Scheme
of
B.P.E.S.
(Bachelor of Physical Education and Sports)
2024-2028

FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (NEP-2020)

Program: **Bachelor of Physical Education and Sports (2024–28)**

Discipline – Physical Education

Session – 2024-25

DSC: 01 – 19

Code	Subject
PEDSC-1	History of Physical Education and Sports
PEDSC-2	Basic and Systemic Anatomy - I
PEDSC-3	Conditioning Exercises
PEDSC-4	Basic and Systemic Anatomy - II
PEDSC-5	Physiology and Physiology of Exercise
PEDSC-6	Yoga
PEDSC-7	Basics of Sports Training
PEDSC-8	Org. and Administration
PEDSC-9	Sports Nutrition
PEDSC-10	Kinesiology & Sports Biomechanics
PEDSC-11	Sports Injuries
PEDSC-12	Sports Psychology
PEDSC-13	Test and Measurement in Physical Education
PEDSC-14	Talent Identification and Sports
PEDSC-15	Research Process in Physical Education and Sports Sciences
PEDSC-16	Applied Statistics in Physical Education and Sports
PEDSC-17	Exercise Prescription / Therapeutic Exercise
PEDSC-18	Sports Journalism and Mass Media
PEDSC-19	Area of Specialization as per research Topic - Sports: Management / Exercise Physiology / Psychology / Sociology / etc.

DSE: 01 – 11

PEDSE-1	Health Education
PEDSE-2	Diet and Nutrition
PEDSE-3	Major Games – Athletics / Gymnastics / Swimming Skill and Techniques acquisition
PEDSE-4	Specialization: Skills and techniques detailed view
PEDSE-5	Basic Computer Applications
PEDSE-6	Major Games: Athletics/Swimming/Gymnastics; Coaching & Officiating
PEDSE-7	Specialization Games: Organizaition and Ground / sports Facilities
PEDSE-8	Educational Psychology
PEDSE-9	Specialization: Officiating
PEDSE-10	Specialization: Coaching / Teaching Practice
PEDSE-11	Adapted Physical Education

GE: 01 – 03

PEGE-1	Correctives and Rehabilitation in Physical Education
PEGE-2	Doping
PEGE-3	Sports Management

AEC: 01 – 04

AEC-1	Hindi
AEC-2	English
AEC-3	Environmental Science (EVS)
AEC-4	Communicative English / Hindi

SEC: 01 – 07

PESEC-1	Event Management Org of events
PESEC-2	Mass Demonstration & March Past
PESEC-3	Test & Measurement General Fitness Component
PESEC-4	Indigenous Activities
PESEC-5	Test & Measurement Own Major Games
PESEC-6	Pilot Study Conduction, Oral / Paper Presentation / publication in Seminar conference / Journals
PESEC-7	Adventure / Indigenous Games

VAC: 01 – 03

PEVAC-1	Leadership Course
PEVAC-2	Understanding India
PEVAC-3	Gender Sensitization

DVAC: 01 – 06

PEDVAC-1	Camps/ Training / Study Tour State Level
PEDVAC-2	Camps/ training/ Study Tour National Level
PEDVAC-3	Organization of camp / Tour/ Training Session not less than 2 weeks
PEDVAC-4	Internship at Institutes / Sports Associations / State / National Competitions
PEDVAC-5	Synopsis Preparation and presentation
PEDVAC-6	Oral / Paper Presentation / publication in Seminar conference / Journals

RES: 01

PERES-1	Conduction of Research Work Data Collection
---------	---



Ordinance

1. **Preamble:** Physical Education is a form of one of the most effective means of education imparted through physical exercises, recreational activities and sports. It is an integral part of education, which by mere participation in it gives the outcomes. These outcomes are both instant as well as have strong carry over values in the life. The children as well as the adults and the old enjoy physical activities & sports and gets benefit in the form of stronger muscles and bones, increased energy, coordination level and most importantly the decreased risk of developing chronic diseases.

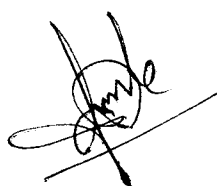
The UNESCO in its General Conference in 1978 was convinced that, everyone should be free to develop and preserve his or her physical, intellectual and moral powers. Physical Education and Sport should consequently be assured and guaranteed for all human beings. Physical Education is now a regular feature in the primary and secondary schools as well as it is gaining popularity in the higher education. The course opted for this is elective as well as the core at the college and the university level in India.

The graduate level course in Physical Education and Sports contains subjects varying from foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teachings etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, lifeguards, personal trainers etc. During their course of education, the students also develop the expertise to establish their own business as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management etc.

2. Aims of the bachelor's degree programme in Physical Education

Physical education is not only concerned with the physical outcome that accrue from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in motor activities. The overall aim of bachelor's degree programme in Physical Education is;

- a. The acquisition and refinement of motor skills,
- b. To equip the students with the scientific knowledge of body response to various types of exercise.
- c. Maintenance of fitness for optimal health and well-being,
- d. Attainment of knowledge and the growth of positive attitude towards physical activity and sports.



3. General objectives of the BPES Programme:

- To prepare students of Physical Education with broader education perspective.
- To develop Personal, Professional and Social competencies required in teaching profession.
- To develop potential for planning and organizing Physical Education programmes and activities.
- To empower learners to inspire their students of actively participate in physical and yogic activities, Games and Sports.
- To enable teachers to develop personality, character, will power, democratic values and positive attitude towards life among their students through Physical education.

4. Course objectives of the BPES Programme:

- To make students capable of imparting basic knowledge about health, hygiene, nutrition and physical fitness.
- To develop skills and competence to organize school and community games and sports.
- To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
- To promote mental health, power of self-decision and self-control, correct judgment and action, emotional stability, respect for other and acceptance of the authority and rules.
- To promote appreciation and interest for indigenous games, sports and yogic practices among learners
- To create awareness about health and hygiene in the community.

5. Program specific learning outcomes of B.P.E.S., B.A./B.Sc. degree programme in Physical Education are listed below:

This would lead the students to understand historical concept of physical education and relationship between Philosophy, Education and Physical Education. The student would further understand the theoretical implications of philosophies of physical education with modern development and social aspects of Physical Education.

- a. The curriculum would enable the pass out to select the inherited talented children for various sports activities.
- b. The pass out shall be able to orient children in schools with the fundamental skills of selected sports as per their inherited potential.
- c. The pass out shall be able to devise training program for athletes engaged in different sports activities.
- d. The curriculum shall enable them to officiate, supervise various sports tournaments and orient them in organizing sports events at all levels.
- e. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, spa etc) and device appropriate fitness program for different

genders and age groups of people.

- f. The curriculum would enable the pass out to devise training program for physically challenged peoples.

6. Course Outcome:

- This course is designed for children who are interested in sports and want to make a career in sports field.
- To knowledge is gained from the expansion of the physical education subject of the students and their base is strong for the further course or progress in sports field.
- To prepare physical education teacher cum recreational leaders who will motivate and guide the students in adopting healthy recreational habits.
- To identify hidden talent in the school going children and guiding them future sports carrier.
- To make them leaders who infuses National Integration and Patriotism in students.



Chhattisgarh Higher Education Department

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S.) General Rules and Scheme of Examination

1. The Examination for the degree of Bachelor of Physical Education and Sports will be of six semester (three years) duration and for Honors/Research degree it will be of eight semesters (four years):
Degree Title: BPES (Honors)
Name of the Faculty: Faculty of Physical Education and Sports
Duration: The BPES (Honors) programme shall be of duration of 4 (four) academic years, that is, 8 (eight) semesters.
If the Students left the course after 1st, 2nd & 3rd year as per NEP-2020 the degree/certificate title as follows:

1 Year (Two Semesters)	Certificate in Physical Education & Sports (CPES)
2 Years (Four Semesters)	Diploma in Physical Education (DPES)
3 Years (Six Semesters)	Bachelor's Degree in Physical Education (BPES)
4 Years (Eight Semesters)	Bachelor's Degree with Honors/Research degree in Physical Education (BPES Honors/Research)

2. B.P.E.S. Examinations:

i. Semester examination for first semester in the month of November/December: for second semester in the month of May/June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to held in November/December or May/June.

ii. Candidate should get enrolled/registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condemnation limit /rules prescribed OR belated joining OR medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she successfully kept the term in first semester.

Examination

1. For UTD the examination will be conducted according to ordinance. And for affiliated colleges according to ordinance.
2. The medium of instruction shall be Hindi / English and a candidate can take examination either in Hindi or English.

Semesters	Maximum Marks
Semester – I	500
Semester – II	500
Semester – III	500
Semester – IV	500
Semester – V	500
Semester – VI	500
Semester – VII	500
Semester – VIII	500
GRAND TOTAL	4000

ACADEMIC PROGRAMME

Course Distribution Summary

Course Type		Honors		Research	
		Nos	Total Credits	Nos	Total Credits
Discipline Specific Course (Major /Core)	DSC	18	72	18	72
Discipline Elective course (Minor /Interdisciplinary)	DSE	11	44	11	44
Generic Elective / Multidisciplinary	GE	3	12	0	0
Skill Enhancement Course	SEC	5	10	6	12
Value Addition course	VAC	3	6	2	4
Discipline Specific Value Addition Course	BPVAC	4	8	4	8
Ability Enhancement Course	AEC	4	8	4	8
Research Methodology / Project & Dissertation	RES	0	0	1	12
Total		48	160	46	160

Year	Semester	Number of Courses								Credits								Marks								Total		
		DSC	DSE	GE	SEC	VAC	BPVAC	AEC	RES	DSC	DSE	GE	SEC	VAC	BPVAC	AEC	RES	Total	DSC	DSE	GE	SEC	VAC	BPVAC	AEC	RES	Sem	Year
		4	4	4	2	2	2	2	12	32	100	100	100	50	50	50	50	300										
1 st	1 st Sem	3	1	0	1	0	0	1	0	12	4	0	2	0	0	2	0	20	300	100	0	50	0	0	50	0	500	
	2 nd Sem	3	1	0	1	0	0	1	0	12	4	0	2	0	0	2	0	20	300	100	0	50	0	0	50	0	500	1000
2 nd	3 rd Sem	2	2	0	1	0	0	1	0	8	8	0	2	0	0	2	0	20	200	200	0	50	0	0	50	0	500	
	4 th sem	1	3	0	1	0	0	1	0	4	12	0	2	0	0	2	0	20	100	300	0	50	0	0	50	0	500	1000
3 rd	5 th Sem	2	2	0	0	1	1	0	0	8	8	0	0	2	2	0	0	20	200	200	0	0	50	50	0	0	500	
	6 th Sem	3	1	0	1	0	1	0	0	12	4	0	2	0	2	0	0	20	300	100	0	50	0	50	0	0	500	1000

Honors

4 th	7 th Sem	3	1	0	0	1	1	0	0	12	4	0	0	2	2	0	0	20	300	100	0	0	50	50	0	0	500	
	8 th Sem	1	0	3	0	1	1	0	0	4	0	12	0	2	2	0	0	20	100	0	300	0	50	50	0	0	500	1000
		18	11	3	5	3	4	4	0																			

Research

4 th	7 th Sem	3	1	0	1	0	1	0	0	12	4	0	2	0	2	0	0	20	300	100	0	50	0	50	0	0	500	
	8 th Sem	1	0	0	0	1	1	0	1	4	0	0	0	2	2	0	12	20	100	0	0	0	50	50	0	300	500	1000
		18	11	0	6	2	4	4	1																			

Chhattisgarh Higher Education Department
Bachelor of Physical Education and Sports (B.P.E.S.)
 Syllabus and Marks Distribution as per NEP 2020
Semester – I and II

Year	Semester	Subject	Course Type	Course Code	Course Credit	Hourly Credit				Hours					Marks		
						Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
1	1	History of Physical Education and Sports	DSC	PEDSC-1	4	50	10	0	60	50	10	0	10	70	30	70	100
		Basic and Systemic Anatomy - I	DSC	PEDSC-2	4	30	10	20	60	30	10	40	10	90	30	70	100
		Conditioning Exercises	DSC	PEDSC-3	4	20	0	40	60	20	0	80	10	110	30	70	100
		Health Education	DSE	PEDSE-1	4	40	10	10	60	40	10	20	10	80	30	70	100
		Hindi	AEC	AEC-1	2	25	5		30	25	5	0	10	40	15	35	50
		Event Management Org of events	SEC	PESEC-1	2	10	0	20	30	10	0	40	10	60	15	35	50
		Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC				Not Counted	45	45	Counted in Hrs	90			90			
Grand Total					20			300				540				500	
2	2	Basic and Systemic Anatomy - II	DSC	PEDSC-4	4	30	10	20	60	30	10	40	10	90	30	70	100
		Physiology and Physiology of Exercise	DSC	PEDSC-5	4	40	10	10	60	40	10	20	10	80	30	70	100
		Yoga	DSC	PEDSC-6	4	25	10	25	60	25	10	50	10	95	30	70	100
		Diet and Nutrition	DSE	PEDSE-2	4	40	10	10	60	40	10	20	10	80	30	70	100
		English	AEC	AEC-2	2	25	5		30	25	5	0	10	40	15	35	50
		Mass Demonstration & March Past	SEC	PESEC-2	2	5		25	30	5	0	50	10	65	15	35	50
		Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC				Not Counted	45	45	Counted in Hrs	90			90			
Grand Total					20			300				540				500	

Chhattisgarh Higher Education Department
Bachelor of Physical Education and Sports (B.P.E.S.)

Syllabus and Marks Distribution as per NEP 2020

Semester – III and IV


Year	Semester	Subject	Course Type	Course Code	Course Credit	Hourly Credit				Hours					Marks			
						Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks	
2	3	Basics of Sports Training	DSC	PEDSC-7	4	44	16	0	60	44	16	0	10	70	30	70	100	
		Organization and Administration	DSC	PEDSC-8	4	40	10	10	60	40	10	20	10	80	30	70	100	
		Major Games – Athletics / Gymnastics / Swimming																
		Skill and Techniques acquisition	DSE	PEDSE-3	4	20	10	30	60	20	10	60	10	100	30	70	100	
		Specialization: Skills and techniques detailed view	DSE	PEDSE-4	4	20	10	30	60	20	10	60	10	100	30	70	100	
		Environmental Science (EVS)	AEC	AEC-3	2	25	0	5	30	25	0	10	10	45	15	35	50	
		Test & Measurement General Fitness Component	SEC	PESEC-3	2	15	0	15	30	15	0	30	10	55	15	35	50	
		Conditioning / Warm up / Cooling Down																
		Practice Only Attendance Needed	SEC					Not Counted	45	45	Counted in Hrs	90		90				0
		Grand Total					20	300				540					500	
4		Sports Nutrition	DSC	PEDSC-9	4	45	10	5	60	45	10	10	10	75	30	70	100	
		Basic Computer Applications	DSE	PEDSE-5	4	40	5	15	60	40	5	30	10	85	30	70	100	
		Major Games: Athletics/Swimming/Gymnastics; Coaching & Officiating	DSE	PEDSE-6	4	20	10	30	60	20	10	60	10	100	30	70	100	
		Specialization Games: Organization and Ground / sports Facilities	DSE	PEDSE-7	4	20	10	30	60	20	10	60	10	100	30	70	100	
		Leadership Course	SEC	PEVAC-1	2	20	0	10	30	20	0	20	10	50	15	35	50	
		Communicative English / Hindi	AEC	AEC-4	2	25	5	0	30	25	5	0	10	40	15	35	50	
		Conditioning / Warm up / Cooling Down																
		Practice Only Attendance Needed	SEC					Not Counted	45	45	Counted in Hrs	90		90				0
Grand Total					20	300				540					500			



Chhattisgarh Higher Education Department
Bachelor of Physical Education and Sports (B.P.E.S.)
 Syllabus and Marks Distribution as per NEP 2020

Semester – V and VI

Year	Semester	Subject	Course Type	Course Code	Course Credit	Hourly Credit				Hours					Marks				
						Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks		
3	5	Kinesiology & Sports Biomechanics	DSC	PEDSC-10	4	45	10	5	60	45	10	10	10	75	30	70	100		
		Sports Injuries	DSC	PEDSC-11	4	45	10	5	60	45	10	10	10	75	30	70	100		
		Educational Psychology	DSE	PEDSE-8	4	40	10	10	60	40	10	20	10	80	30	70	100		
		Specialization: Officiating	DSE	PEDSE-9	4	15	5	40	60	15	5	80	10	110	30	70	100		
		Understanding India	VAC	PEVAC-2	2	25	5	0	30	25	5	0	10	40	15	35	50		
		Camps/ Training / Study Tour State Level	BPVAC	PEVAC-1	2			30	30	0	0	60	10	70	15	35	50		
		Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC				Not Counted	45	45	Counted in Hrs	90		90					0	
		Grand Total					20			300				540				500	
		6		Sports Psychology	DSC	PEDSC-12	4	40	10	10	60	40	10	20	10	80	30	70	100
				Test and Measurement in Physical Education	DSC	PEDSC-13	4	30	10	20	60	30	10	40	10	90	30	70	100
				Talent Identification and Sports	DSC	PEDSC-14	4	30	10	20	60	30	10	40	10	90	30	70	100
				Specialization: Coaching / Teaching Practice	DSE	PEDSE-10	4	20	10	30	60	20	10	60	10	100	30	70	100
Test & Measurement Own Major Games	SEC			PESEC-5	2	15	5	10	30	15	5	20	10	50	15	35	50		
Camps/ training/ Study Tour National Level	BPVAC			PEVAC-2	2	30			30	30	0	0	10	40	15	35	50		
Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC						Not Counted	45	45	Counted in Hrs	90		90					0	
Grand Total					20			300				540				500			



Chhattisgarh Higher Education Department
Bachelor of Physical Education and Sports (B.P.E.S.)
 Syllabus and Marks Distribution as per NEP 2020
Semester – VII and VIII Honors

Year	Semester	Subject	Course Type	Course Code	Course Credit	Hourly Credit				Hours					Marks				
						Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks		
4	7	Research Process in Physical Education and Sports Sciences	DSC	PEDSC-15	4	35	15	10	60	35	15	20	10	80	30	70	100		
		Applied Statistics in Physical Education and Sports	DSC	PEDSC-16	4	35	10	15	60	35	10	30	10	85	30	70	100		
		Exercise Prescription / Therapeutic Exercise	DSC	PEDSC-17	4	30	10	20	60	30	10	40	10	90	30	70	100		
		Adapted Physical Education	DSE	PEDSE-11	4	40	10	10	60	40	10	20	10	80	30	70	100		
		Gender Sensitization	VAC	PEVAC-3	2	20	5	5	30	20	5	10	10	45	15	35	50		
		Organization of camp / Tour/ Training Session not less than 2 weeks	BPVAC	PEVAC-3	2	0	0	30	30	0	0	60	10	70	15	35	50		
		Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC				Not Counted	45	45	Counted in Hrs	90			90				0	
		Grand Total					20					300						540	500
		8		Sports Journalism and Mass Media	DSC	PEDSC-18	4	45	10	5	60	45	10	10	10	75	30	70	100
				Correctives and Rehabilitation in Physical Education	GE	PEGE-1	4	45	10	5	60	45	10	10	10	75	30	70	100
				Doping	GE	PEGE-2	4	45	10	5	60	45	10	10	10	75	30	70	100
				Sports Management	GE	PEGE-3	4	30	10	20	60	30	10	40	10	90	30	70	100
				Adventure / Indegeneous Games	VAC	PESEC-7	2	5		25	30	5	0	50	10	65	15	35	50
				Internship at Institutes / Sports Associations / State / National Competitions	BPVAC	PEVAC-4	2	0	0	30	30	0	0	60	10	70	15	35	50
Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC						Not Counted	45	45	Counted in Hrs	90			90				0	
Grand Total					20					300						540	500		



Chhattisgarh Higher Education Department
Bachelor of Physical Education and Sports (B.P.E.S.)
 Syllabus and Marks Distribution as per NEP 2020
Semester – VII and VIII Research

Year	Semester	Subject	Course Type	Course Code	Course Credit	Hourly Credit				Hours					Marks		
						Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
4	7	Research Process in Physical Education and Sports Sciences	DSC	PEDSC-15	4	35	15	10	60	35	15	20	10	80	30	70	100
		Applied Statistics in Physical Education and Sports	DSC	PEDSC-16	4	35	10	15	60	35	10	30	10	85	30	70	100
		Exercise Prescription / Therapeutic Exercise	DSC	PEDSC-17	4	30	10	20	60	30	10	40	10	90	30	70	100
		Adapted Physical Education	DSE	PEDSE-11	4	40	10	10	60	40	10	20	10	80	30	70	100
		Pilot Study Conduction, Oral / Paper Presentation / publication in Seminar conference / Journals	SEC	PESEC-6	2		15	15	30	0	15	30	10	55	15	35	50
		Synopsis Preparation and presentation	BPVAC	PEVAC-5	2		10	20	30	0	10	40	10	60	15	35	50
		Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC				Not Counted	45	45	Counted in Hrs	90			90			
Grand Total					20			300				540				500	
8	8	Area of Specialization as per research Topic - Sports: Management / Exercise Physiology / Psychology / Sociology / etc.	DSC	PEDSC-19	4	35	10	15	60	35	10	30	10	85	30	70	100
		Conduction of Research Work Data Collection	RES	PERES-1	12	20	40	120	180	20	40	240	0	300	90	210	300
		Adventure / Indigenous Games	VAC	PESEC-7	2	10	15	5	30	10	15	10	0	35	15	35	50
		Oral / Paper Presentation / publication in Seminar conference / Journals	BPVAC	PEVAC-6	2	30	0	0	30	30	0	0	0	30	15	35	50
		Conditioning / Warm up / Cooling Down Practice Only Attendance Needed	SEC				Not Counted	45	45	Counted in Hrs	90			90			
Grand Total					20			300				540				500	



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (NEP-2020)

Program: **Bachelor of Physical Education and Sports (2024–28)**

Discipline – Physical Education

Session – 2024-25

Course Type		SN	Code	Subject
Discipline Specific Course (Major /Core)	DSC	1	PEDSC-1	History of Physical Education and Sports
		2	PEDSC-2	Basic and Systemic Anatomy - I
		3	PEDSC-3	Conditioning Exercises
		4	PEDSC-4	Basic and Systemic Anatomy - II
		5	PEDSC-5	Physiology and Physiology of Exercise
		6	PEDSC-6	Yoga
		7	PEDSC-7	Basics of Sports Training
		8	PEDSC-8	Org. and Administration
		9	PEDSC-9	Sports Nutrition
		10	PEDSC-10	Kinesiology & Sports Biomechanics
		11	PEDSC-11	Sports Injuries
		12	PEDSC-12	Sports Psychology
		13	PEDSC-13	Test and Measurement in Physical Education
		14	PEDSC-14	Talent Identification and Sports
		15	PEDSC-15	Research Process in Physical Education and Sports Sciences
		16	PEDSC-16	Applied Statistics in Physical Education and Sports
		17	PEDSC-17	Exercise Prescription / Therapeutic Exercise
		18	PEDSC-18	Sports Journalism and Mass Media
		19	PEDSC-19	Area of Specialization as per research Topic - Sports: Management / Exercise Physiology / Psychology / Sociology / etc.
Discipline Elective course (Minor /Interdisciplinary)	DSE	1	PEDSE-1	Health Education
		2	PEDSE-2	Diet and Nutrition
		3	PEDSE-3	Major Games – Athletics / Gymnastics / Swimming Skill and Techniques acquisition
		4	PEDSE-4	Specialization: Skills and techniques detailed view
		5	PEDSE-5	Basic Computer Applications
		6	PEDSE-6	Major Games: Athletics/Swimming/Gymnastics; Coaching & Officiating
		7	PEDSE-7	Specialization Games: Organization and Ground / sports Facilities
		8	PEDSE-8	Educational Psychology
		9	PEDSE-9	Specialization: Officiating
		10	PEDSE-10	Specialization: Coaching / Teaching Practice
		11	PEDSE-11	Adapted Physical Education
Generic Elective / Multidisciplinary	GE	1	PEGE-1	Correctives and Rehabilitation in Physical Education
		2	PEGE-2	Doping
		3	PEGE-3	Sports Management
Skill Enhancement	SEC	1	PESEC-1	Event Management Org of events



Course Type		SN	Code	Subject
Course		2	PESEC-2	Mass Deomnstration & March Past
		3	PESEC-3	Test & Measurement General Fitness Component
		4	PESEC-4	Indigenous Activities
		5	PESEC-5	Test & Measurement Own Major Games
		6	PESEC-6	Piolt Study Conduction, Oral / Paper Presentation / publication in Seminar conference / Journals
		7	PESEC-7	Adventure / Indigenous Games
	Skill Enhancement Course	SEC-C	1	PESEC-C-
Value Addition course	VAC	1	PEVAC-1	Leadership Course
		2	PEVAC-2	Understanding India
		3	PEVAC-3	Gender Sensitization
Discipline specific Value Addition Course	PEVAC	1	PEVAC-1	Camps/ Training / Study Tour State Level
		2	PEVAC-2	Camps/ training/ Study Tour National Level
		3	PEVAC-3	Organization of camp / Tour/ Training Session not less than 2 weeks
		4	PEVAC-4	Internship at Institutes / Sports Associations / State / National Competitions
		5	PEVAC-5	Synopsis Preparation and presentation
		6	PEVAC-6	Oral / Paper Preaentation / publicaion in Seminar conference / Journals
Ability Enhancement Course	AEC	1	AEC-1	Hindi
		2	AEC-2	English
		3	AEC-3	Environmental Science (EVS)
		4	AEC-4	Communicative English / Hindi
Research Methodology / Project & Dissertation	RES	1	PERES-1	Conduction of Research Work Data Collection

FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester First

Session: 2024-2025

1. Course Code PEDSC-1
2. Course Title History of Physical Education and Sports
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - Students would be able to compare the relationship between general education and physical education.
 - Students would be able to identify and relate with the History of Physical Education.
 - Students will be to develop understanding of present and future status of physical education on the past events.
 - Student will learn about various institutions associations and agencies related to physical education and sports like YAS, OIC and various federations.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	12.5	2.5	0	15	12.5	2.5	0	2.5	22.5			
Unit - II	1	12.5	2.5	0	15	12.5	2.5	0	2.5	22.5			
Unit - III	1	12.5	2.5	0	15	12.5	2.5	0	2.5	22.5			
Unit - IV	1	12.5	2.5	0	15	12.5	2.5	0	2.5	22.5			
Total	4	50	10	0	60	50	10	0	10	70	30	70	100

Unit – I Introduction to Physical Education

- 1.1 Meaning, Definition and Scope of Physical Education
- 1.2 Aims and Objective of Physical Education



- 1.3 Importance of Physical Education in present era.
- 1.4 Misconceptions about Physical Education.
- 1.5 Relationship of Physical Education with General Education.
- 1.6 Physical Education as an Art and Science.

Unit – II

Historical Development of Physical Education in India

- 2.1 Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), Medieval period
- 2.2 Post Mughal British Period (Before 1947) H.V.P.M., Y.M.C.A. and its contributions.
- 2.3 Physical Education in India (After 1947)
- 2.4 The early history and significant stages in the revival and development of the modern Olympic movement
- 2.5 Educational and cultural values of Olympic movement

Unit – III

Various Sports Institutes and organizations

- 3.1 Physical education in modern India
- 3.2 Ministry of sports and youth affairs Govt. of India and State sports and youth ministry
- 3.3 S.A.I. Schemes for promotion of physical education and sports,
- 3.4 Teachers training institution in physical education of India – L.N. U.P.E., N.I.S.
- 3.5 Awards and scholarships.
- 3.6 Indian Olympic Association
- 3.7 Sports organization/Associations – National and International

Unit – IV

Philosophical Foundation of Physical Education

- 4.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism.
- 4.2 Philosophy and Culture.
- 4.3 Fitness and wellness movement in the contemporary perspectives
- 4.4 Sports for all and its role in the maintenance and promotion of fitness.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Bucher, C. A. (n.d.) - Foundation of physical education. St. Louis: The C.V. Mosby Co.
- b. Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education.
- c. Dash, B.N. (2003.) –Principles of Education, Neelkamal publication, Hyderabad,
- d. Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi,
- e. Pandey, R.S. (1991) Philosophical & Sociological Foundation of Education, Vinod PustakMandir, Agra,
- f. Bhatia, K.K. & Narang, C.L. (1984.)– Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana,



- g. Adams, William.C (1991.) – Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor, Philadelphia,
- h. Dr. Kamlesh M.L. (2004) - Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi.
- i. Dr. B.C.Kapri, Fundamentals of Physical Education, Friends Publication, DariyaGanj, Delhi (India).

**Online Resources–
e-Resources / e-books and e-learning portals**

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM 5(2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester First

Session: 2024-2025

1. Course Code PEDSC-2
2. Course Title Basic and Systemic Anatomy- I
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The student will be oriented with the basic structure and function of the human body by identifying, and relating different systems, organs, and their functional and structural units.
 - The student would be able to relate and interpret the role of exercise on body systems.
 - The student will be able to apply the knowledge of anatomy in physical activity.
 - The knowledge of anatomy will help students to understand the scientific basis of physical activities.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - II	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - III	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - IV	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Total	4	30	10	20	60	30	10	40	10	90	30	70	100

Unit - I Introduction

- (i) Meaning and Concept of Anatomy
 - a. Definition of Anatomy
 - b. Types of Anatomy
- (ii) Need and Importance of anatomy for the students of Physical Education.

- (iii) Structure and functions of cells.
 - a. Structure of cell
 - b. Properties of cell
 - c. Constituents of cell and their functions
- (iv) Minute structure and functions of tissues
 - a. definition of tissue
 - b. Classification of tissues
 - c. Structure and functions of various types of tissues

Unit - II Skeletal System

(i) Brief introduction about the skeletal system

- a. Composition of bone
- b. Microscopic structure of bone
- c. Classification of bones
- d. Functions of bones
- e. General features of major bones of human body
- f. Brief introduction about different bones

(ii) Joints

- a. Definition of joints
- b. Classification of Joints
- c. Anatomical structure of synovial joints
- d. Characteristics of synovial joints
- e. Terminology of movements around a joint

Unit - III Muscles

- a. Structural classification of muscles
- b. Functional classification of muscles
- c. Microscopic structure of muscles (skeletal, cardiac and smooth)
- d. Functions of muscles (skeletal, cardiac and smooth)
- e. Properties of skeletal muscles (elasticity, contractibility, stretchibility, irritability and muscle tone)
- f. Location (origin and insertion) and action of important muscles of human body (shoulder girdle, shoulder joint, elbow joint, hip joint, knee joint, ankle joint)

Unit - IV Cardio – vascular system

- a. Introduction about heart and cardiovascular system
- b. Structure of heart
- c. Structure of artery, veins and capillaries
- d. Blood flow through the heart
- e. Types of blood circulation
- f. Pumping action of heart and its regulation
- g. Introduction about mechanism of the contraction of heart
- h. Introduction about regulation of heart beat

Respiratory system

- a. Introduction about respiratory system
- b. Organs of respiratory system
- c. Structure of organs
- d. Types of respiration
- e. Muscles of respiration
- f. Mechanism of respiration

Signature of Convener & Members (CBoS) :



PART–C: Learning Resources

Textbooks, Reference Books and Others

- MC Clerg, Anderson T., Human Kinetics and Analyzing Body Movements, London: William Hein Mann Medical Book Ltd.
- Davis, D.V. Gray's Anatomy: London : Longmans Green and Co. Ltd.
- Peatce, Evelyn B., Anatomy and Physiology for Nurse: London faber and faber Ltd.
- Pearce, J.W. Anatomy for students and teachers of Physical Education, London: Edward Arnold and Co.
- Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London: William Heinman Medical Books Led. 1961.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester First

Session: 2024-2025

1. Course Code PEDSC-3
2. Course Title Conditioning Exercises
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO) Student will be able to understand:
 - Various ways and means to develop physical fitness.
 - How to prepare exercise routine for personal and groups
 - Various components of training and different types of equipment used in training and conditioning.
 - Yoga (for exercises purpose), Suryanamaskar and Chandranamaskar
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	5	0	10	15	5	0	20	2.5	22.5			
Unit - II	1	5	0	10	15	5	0	20	2.5	22.5			
Unit - III	1	5	0	10	15	5	0	20	2.5	22.5			
Unit - IV	1	5	0	10	15	5	0	20	2.5	22.5			
Total	4	20	0	40	60	20	0	80	10	110	30	70	100

Unit – I

Introduction to Exercise and physical fitness

- 1.1 Concept of Exercise, rest and intervals, conditioning, etc.
- 1.2 Different types of exercises – calisthenics, Gymnastics, Akhara, Strength training, HIIT, fartlek training, circuit training, obstacle training, cross-fit training, etc.
- 1.3 Frequency, Intensity, Training and Type of Exercises

- 1.4 Aerobic Vs Anaerobic Exercises, warm-up and cooling down exercises its importance. Resistant Training, Stretching, mobility, second wind, oxygen debt, fatigue, and recovery
- 1.5 Preparation of daily conditioning plans for personal and group
- 1.6 Pre, during and post workout meals and Hydration (concept only)
- 1.7 Concept of Yoga (exercise part only)

Unit – II **Aerobic exercises**

- 2.1 Various outdoor activities – Walking, brisk walking, running, cycling, swimming, simple exercises
- 2.2 Aerobics exercises with or without music, tempo, speed and other considerations
- 2.3 Aerobics gym setup various equipment, steppers, light dumbbells, resistant bands, supports, foam rollers, gym/Swiss balls, medicine balls, Indian clubs, etc.
- 2.4 Dance, Zumba aerobics and setting programs for aerobic sessions – Personal vs group
- 2.5 Various Folk dances Bhangara, dandiya, Chhattisgarhi (panthi, rout nacha,), etc.

Unit – III **Resistant training**

- 3.1 Internal vs external resistant
- 3.2 Types of equipment for resistant training for internal and external resistant
- 3.3 Various types of grips for exercises and various types of sets of exercises
- 3.4 Various types of resistance for exercises – resistant bands, various free weights, harness, machines (one station, Mult stations, etc)
- 3.5 Use of mirror during exercises
- 3.6 Various types of platforms
- 3.7 Isokinetic exercise and its machines

Unit – IV **Yoga and Pranayam (physical exercise part only)**

- 4.1 Yogic Sukshma Vyama
- 4.2 Yogic Asanas – standing, sitting, prone and supine poses
- 4.3 Yogasanas – various balancing and power Yoga
- 4.4 Surya Namaskar and Chandra Namaskar routines
- 4.5 Pranayama

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Satyananda Saraswati, Asana Pranayama Mudra Bandha, Bihar School of Yoga, ISBN 13: 9788186336144, ISBN 10: 8186336141
- b. Kenneth H. Cooper 2013, Aerobics Program for Total Well-Being, Random House Publishing Group
- c. Krzysztof Stec, 2014, Dynamic Suryanamaskar, Motilal Banarsidass Publishers Private Limited
- d. James Atkinson, 2015, Home Workout Circuit Training: 6 Week Exercise Band



Workout & Bodyweight Training for Fat Loss, Strength and Muscle Tone, CreateSpace Independent Publishing Platform

- e. Marco Caspani, 2018; Crossfit Guide: The Ultimate Guide to Crossfit Training! How to Train, How to Learn Mental Strategies and What to Eat. United States: CreateSpace Independent Publishing Platform.
- f. DiPrimio, Pete. The World of CrossFit. United States, Mitchell Lane Publishers.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20

Practical Exam:

C	Practical Exam Demonstration			20
	Viva-Voce			5
	Record Book			10
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester First

Session: 2024-2025

1. Course Code PEDSE-1
2. Course Title Health Education
3. Course Type Discipline Elective course (Minor /Interdisciplinary)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The student will be able to identify and synthesize the factors that influence health.
 - The student will be able to recognize the health-related challenges in current time and able to apply the preventive measures.
 - The student will be able to identify the role of peers, community and media in health promotion and protection.
 - The student will be able to demonstrate the expertise in above stated domains in a school setup.
 - The student will be able to value the knowledge and skills required to preserve community health and well-being.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - II	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - III	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - IV	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Total	4	40	10	10	60	40	10	20	10	80	30	70	100

Unit - I (A) Health

- a. Dimensions of Health
- b. Positive Health



- c. Concept Of Health
- d. Ecology of Health
- e. Spectrum of Health
- f. Determinants of Health

(B) **Health Education**

- a. Concept, objective and scope
- b. Principles of Health Education.
- c. Communication in Health Education.
- d. Public Health Education in attainment of Health Goals.

Unit - II (A) Health Problems

- a. Communicable and non-communicable diseases
- b. Nutrition
- c. Environmental sanitation
- d. Medical Care
- e. Population

(B) **Organization and Administrative set-up of Health System in India**

- a. Central level
- b. State Level
- c. District Level

(C) **Planning of Health Education programme**

- a. Practice of Health Education Programme
- b. Steps to be followed in Planning and Health Education Programme.

(D) **(D) Brief Description of Maternal Child**

Unit - III (A) Hygiene

- a. The Concept, Care of Skin, Mouth, nails, clothing, bathing etc.
- b. Importance of rest, sleep and exercise.

(B) **Community Health**

- a. Brief account of Housing water supply, sewage and refuse disposal.

(C) **School Health Service**

- a. History and Health Problems
- b. Objectives of School Health Service

(D) **Aspects of School Health Service**

- a. Health Appraisal
- b. Remedial measures and follow-up
- c. Prevention of communicable diseases
- d. Healthful school environment
- e. Nutritional services
- f. First-aid and Emergency care
- g. Education of handicapped children
- h. School Health record

- Unit - IV**
- (A) **National Family Welfare Programme**
Concept, need, importance, and role of Health Education in family welfare programme
- (B) **Sex Education**
Concept, need and organization of sex education at school level.
- (C) **National Health Programmers in Indian**
- NMEP (National Malaria Eradication Programme.)
 - DDCP (Diarrhoeal Diseases Control Programme.)
 - NFCP (National Filaria Control Programme.)
 - National TB Control Programme
 - STD Control Programme.
- (D) **International Health Agencies**
- WHO
 - UNICEF
 - UNDP
 - FAO
 - ILO
- (E) **Evaluation**
- Evaluation of Health Education Programme.
 - Importance of Evaluation of Health Education Programme.

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- Anderson, C.L. and Chewell, William H. School Health Practice, St. Louis: The C.V. Mosby Company, 1986.
- Bedi, Yashpal Social and Preventive Medicine, New Delhi, Atmaram and Sons, 1985.
- Goah, B.N. Hygiene and Public Health, Calcutta: Scientific Publishing Co. 1989.
- Hanllon, John, I. Principal of Public Health Administration Saint Louis: The C.V. Mosby Company 1969.
- Katz, Alfred, H, and Felton, Jean Spences Health and the community. London: Coltion McMillan Limited 1965.
- Park, J.E. and Park, K. Preventive and Social medicine Jabalpur: M/s. Banarsidas Bhanot Publishers, 1983.

Online Resources-

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days	10

	from the commencement of the semester	
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days	
	from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days	
	from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days	
	from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)

For 2
Credit

Department of Physical Education
Course Curriculum

PART- A: Introduction

- Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)
- Semester Sixth
Session: 2026-2027
1. Course Code PESEC-1
 2. Course Title Event Management Org of events
 3. Course Type Skill Enhancement Course
 4. Pre-requisite
 5. Course Learning Outcomes (CLO) Student will be able to understand:
 - Organize sports events.
 - Organize national days.
 - Prepare SoPs of the events
 6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
 - 7 Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	0.5	2.5	0	5	7.5	2.5	0	10	2.5				
Unit - II	0.5	2.5	0	5	7.5	2.5	0	10	2.5				
Unit - III	0.5	2.5	0	5	7.5	2.5	0	10	2.5				
Unit - IV	0.5	2.5	0	5	7.5	2.5	0	10	2.5				
Total	2	10	0	20	30	10	0	40	10	60	15	35	100

Unit – I: Introduction

- 1.1 Event Management
- 1.2 Systematic Operating Procedure (SoP)

Unit – II: Events in Sports and Physical Education

- 2.1 Sports Events Intra and Inter Mural events.



2.2 Organization of coaching camps.

Unit – III: Events

- 3.1 Classification of Events
- 3.2 Celebration of various National events
- 3.3 Celebration of National and International Days

Unit – IV

- 4.1 Various permissions from authorities
- 4.2 Guests and order of presidency
- 4.3 Flag code of India

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Chaturvedi, A. (2009). Event Management: A Professional & Development Approach. India: Global India Publications Pvt. Limited.
- b. Cook, J. L. (1998). Standard Operating Procedures and Guidelines. United Kingdom: Fire Engineering.
- c. Event Management in Sport, Recreation and Tourism: Theoretical and Practical Dimensions. (2013). United Kingdom: Routledge.
- d. Flag Code of India, 2002 - Ministry of Home Affairs

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 15 following formula will

be applied:

$$\text{Obtained marks out of 15} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 15$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	1	5
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	2.5	10
Practical Exam:				
C	Practical Exam Demonstration			10
	Viva-Voce			5
Grand Total				35

Signature of Convener & Members (CBoS) :



YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)
Department of Physical Education
Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
 (Certificate / Diploma / Degree/Honors)

Semester Second

Session: 2024-2025

1. Course Code PEDSC-4
2. Course Title Basic and Systemic Anatomy- II
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The student will be oriented with the basic structure and function different systems and organs.
 - The students would be able to relate and interpret the role of exercise on body systems.
 - Will be able to understand anatomical basis of exercise.
 - The student will be able to learn role of different systems of body during exercise.
6. Credit Value 4 Credits
 1 Course Credit = 15 Hours – Lectures, Tutorials
 Or
 30 Hours of Practicum
7. Total Marks Maximum Marks: 100
 Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - II	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - III	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - IV	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Total	4	30	10	20	60	30	10	40	10	90	30	70	100

Unit - I Digestive System

- (i) Introduction about digestive system
 Organs of digestive system
 Structure of various parts of digestive system
 Brief introduction about the accessory organs of digestive system(liver, pancreases, gallbladder)
- (ii) Secretion and function of the digestive juices
 The name of digestive juices



- Their site of secretion, nature and function
- (iii) Function of Liver
Functions of liver as an accessory organ of digestion
Brief knowledge of general function of liver

Unit - II Nervous System

- (i) **Introduction about the nervous system**
Introduction about the nervous system
Classification and organs of nervous system
Introduction about various parts of brain
Structure of various parts of brain
Structure of spinal cord
- (ii) Functions of the important parts of the nervous system
Functions of cerebrum (Basal ganglia, Thalamus & Hypothalamus)
Functions of cerebellum
Functions of midbrain
Functions of pons
Functions of medulla oblongata
Functions of spinal cord

Unit - III Urino – Genital and Excretory System

- (i) **Brief account of urino-genital system**
Introduction about urinal system
Structure of kidney
Structure of ureter, bladder, urethra
Introduction about genital system
- (ii) **Introduction about excretory system**
Brief concept of excretion of water from the body through skin (sweating), lungs, kidney and urinal track
Structure of kidney and urinal track
Formation of urine in kidney (Simple filtration, selective reabsorption and secretion)

Unit - IV Endocrine System & Sensory System

- (i) **Endocrine System**
Introduction about endocrine system
Name of endocrine glands and their sites
Structure of glands (Pituitary, Thyroid, Pancreas and Adrenal)
Secretion of glands (Pituitary, Thyroid, Pancreas and Adrenal)
Role of their secretion in growth, development and body functions
Basic knowledge of transmission of hereditary characteristics
- (ii) **Sensory System**
Structure of organs of vision
Functions of various parts of eye
Structure of organs of hearing
Functions of various parts of ear
Brief introduction of sense of touch (skin), smell and taste

Signature of Convener & Members (CBoS) :



PART–C: Learning Resources

Textbooks, Reference Books and Others

- MC Clerg, Anderson T., Human Kinetics and Analyzing Body Movements, London: William Hein Mann Medical Book Ltd.
- Davis, D.V. Gray's Anatomy: London : Longmans Green and Co. Ltd.
- Patce, Evelyn B., Anatomy and Physiology for Nurse: London faber and faber Ltd.
- Pearce, J.W. Anatomy for students and teachers of Physical Education, London: Edward Arnold and Co.
- Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London: William Heinman Medical Books Led. 1961.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester: Second

Session: 2024-2025

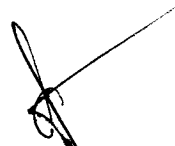
1. Course Code: PEDSC-5
2. Course Title: Physiology and Physiology of Exercise
3. Course Type: Discipline Specific Course (Major /Core)
4. Pre-requisite:
5. Course Learning Outcomes (CLO)
 - The student would be empowered with the applicable knowledge of physiology in physical activity and sports.
 - The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance.
6. Credit Value: 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks: Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	2.5	2.5	15	10	2.5	5	2.5	22.5			
Unit - II	1	10	2.5	2.5	15	10	2.5	5	2.5	22.5			
Unit - III	1	10	2.5	2.5	15	10	2.5	5	2.5	22.5			
Unit - IV	1	10	2.5	2.5	15	10	2.5	5	2.5	22.5			
Total	4	40	10	10	60	40	10	20	10	90	30	70	100

Unit – I Introduction

- (i) Meaning and concept of physiology.
Need and importance of physiology for the students of physical education.
Meaning and concept of exercise physiology.
Need and importance of exercise physiology in physical education and sports.
- (ii) Human Locomotion System
Muscle contraction and physiology
4. Effect of exercise on locomotion system
2. Changes during muscular contraction.



Unit II Cardiopulmonary System

1. The Cardio-vascular system and Blood.
 - (a) Cardiac cycle.
 - Definition of cardiac cycleConcept of cardiac cycle with the help of diagram.
 - (b) Blood pressure, its maintenance and regulation
 - Definition of blood pressure.
 - Types of blood pressure.
 - Measurement of blood pressure.
 - Regulation of blood pressure.
 - (c) The cardiac output and its regulation
 - Concept of cardiac output.
2. Effect of exercise on circulatory system
3. The respiratory System
 1. Mechanism of Respiration.
 2. Pulmonary ventilation and its regulation.
 3. Second – wind, Oxygen debt.
4. Effect of exercise on respiratory system

Unit III Digestive, nervous and sensory system

- (a) Digestive System
 1. Absorption of Food
 2. General metabolism, metabolism of carbohydrates fats and proteins.
 3. Temperature – Regulation
- (b) Nervous System
 1. Functions of the important parts of the nervous system, cerebrum, medulla oblongata, thalamus, cerebellum and spinal cord.
 2. Functions of autonomic nervous system.Nerve control of muscular activity.
- (c) Sensory System
 1. General sensations (cutaneous and kinesthetic)
 2. Brief knowledge about various forms of senses with special reference to vision and hearing.

Unit IV Excretory, Endocrine and Reproductive Systems

- (a) The excretory System -
Excretion of water from the body through skin (sweating), lungs, kidney and GI Tract.
- (b) The Endocrine System -
 1. Secretion of endocrine glands (Pituitary, Thyroid, Adrenal and Pancreas)
 2. Role of their secretion in growth. Development and body functions.
- (c) Reproductive System -
 1. Physiology of human reproduction.
 2. Basic knowledge of transmission of hereditary characteristics.
- (d) **Physiology of Exercise**
 4. Warming-up, conditioning and training.
 5. Stitch and cramps.

Signature of Convener & Members (CBoS) :



PART–C: Learning Resources

Textbooks, Reference Books and Others

- Anthony, C. Parher and Kolthoff N. Jane, Text Book of Anatomy and Physiology, St. Louis : The C.V.: Mosby Company.
- Chatterjee, C.C. Human Physiology, Calcutta, Medical Allied Agency.
- Clarke, David, H. Exercise Physiology, New Jersey : Prentice Hall Inc., Englewood Cliffs.
- Translated by Myshne, David, A. Text Book for Nurses Training Schools, Moscow, NIR Publishers.
- Pearce, Evelyn, C. Anatomy and Physiology for Nurses. Calcutta, Oxford University Press.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Second

Session: 2024-2025

1. Course Code PEDSC-6
2. Course Title Yoga
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - To understand and to be equipped with the Concepts of Yogic practices and Asana.
 - To be Equipped with the knowledge of Yoga sutra, Astang Yoga.
 - To become familiar, Classify and Identify the Yogic practices' and Asana's values and apply the same to the society.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - II	1	6.5	2.5	6	15	6.5	2.5	12	2.5	23.5			
Unit - III	1	5.5	2.5	7	15	5.5	2.5	14	2.5	24.5			
Unit - IV	1	5.5	2.5	7	15	5.5	2.5	14	2.5	24.5			
Total	4	25	10	25	60	25	10	50	10	95	30	70	100

Unit – I Introduction and History

Meaning, Definition and Concept and misconception about Yoga

Aims and Objectives of Yoga

Need and Importance of Yoga in Physical Education and Sports

Historical Background of Yoga in brief

Concept of health in Yoga

- a. Characteristics of healthy individual, factors influencing health
- b. Role of Yoga in maintaining good health
- c. Yoga for prevention, cure and Rehabilitation



- d. Mental Health - Meaning and importance
- e. Yoga for Stress Management
- Unit – II Ancient Texts on Yoga
 - Patanjali Yoga Sutra: General Consideration
 - Astanga Yoga: Yama (Ahimsa, Satya, Aastey, Brahmcharya and Aparigrah)
 - Astanga Yoga: Niyama – Shouch – Yogic shatkarm
 - Objectives Principles and Mechanism of Shatkriyas and effects of their practices on various system of the body
 - Astanga Yoga: Niyama Santosh, tapa, swadhyay, Ishwar Pranidhaan
- Unit – III Astanga Yoga: Aasana, Various types, classifications of Aasanas, Aasanas for well being and health vs aasnas for competitions
 - Objectives, Principles and Mechanism of Asanas and effects of their practices on various systems of the body.
 - Various Mudras and bandhs.
 - Objectives Principles and Mechanism of Bandhas& Mudras and their effects describe in Hathayogic Texts
- Unit – IV Astanga Yoga: Pranayama
 - Types of Pranas, its location and effects (Pran, Aapan, Samana, Udana, Samana)
 - Types of Nadis (Ida, Pingla, Sushmna)
 - Pranayam Practices Description and types
 - Objectives Principles and Mechanism of Pranayama and effects of their practices on various systems of the body and on mind

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. M. L. Gharote – Applied Yoga, Lonavala
- b. R. S. Bhogal- Yoga and Mental health and beyond, Kaivalyadhama, Lonavala, 2010
- c. M. M. Gore- Anatomy and Physiology of Yogic Practices, Lonavala,1990
- d. Swami Kuvalyanand and Dr. Vinekar – Yoga Therapy : its basic principles and method, Central health education and bureau, Govt. of India, New Delhi, 1963
- e. Yoga periodicals and journals
- f. Krzysztof Stec, 2014, Dynamic Suryanamaskar, Motilal Banarsidass Publishers Private Limited
- g. Swami SatyanandSarswati- Asana Pranayama Bandha Mudra, Bihar School of Yoga, Munger
- h. H. R. Nagendra and Nagarathna - New perspective in stress management, Bangaluru
- i. Swami Kuvalayanand- Asana, Kaivalyadhama , Lonavala
- j. Swami Kuvalayanand- Pranayama, Kaivalyadhama, Lonavala
- k. P. V. Karambelkar- Patanjala Yoga Sutra,Kaivalyadhama , Lonavala

Online Resources–

e-Resources / e-books and e-learning portals

Yoga simulation laboratory –Yoga simulation laboratory is to be established to provide the students with a feasible environment where they will learn and practice yogic asanas and kriyas using animated videos with continuous rectification of errors till exact simulation of skill is attained. Help may be taken from Youtube Streaming, Swayam Platform (www.swayam.gov.in), SwayamPrabha (www.swayamprabha.gov.in) (available on Doordarshan(free dish TV), E-Yantra (www.e-yantra.org)).



PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20

Practical Exam:

C	Practical Exam Demonstration	20
	Viva-Voce	5
	Record Book	10
Grand Total		70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Second

Session: 2024-2025

1. Course Code PEDSE-2
2. Course Title Diet and Nutrition
3. Course Type Discipline Elective course (Minor /Interdisciplinary)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - Understand Energy Balance. Figure out easy ways to determine BMR, TDEE
 - Understand what the Macronutrients are and the role they play in human body.
 - Understand the role Micronutrients, Fiber, Probiotics & Water play in human body.
 - Learn the Top Carbohydrates/Proteins/Fat sources and figure out their estimated daily requirements
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	2.5	2.5	15	11	2.5	5	2.5	17.5			
Unit - II	1	10	2.5	2.5	15	11	2.5	5	2.5	17.5			
Unit - III	1	10	2.5	2.5	15	11	2.5	5	2.5	17.5			
Unit - IV	1	10	2.5	2.5	15	12	2.5	5	2.5	17.5			
Total	4	40	10	10	60	40	10	20	10	80	30	70	100

Unit - I Introduction

Nutrition definition, meaning, Diet definition and meaning

Energy Balance: calories intake, BMR and Components of total daily energy expenditure (TDEE). BMR = basal metabolic rate; NEAT = non-exercise activity thermogenesis; TEF = thermic effect of food; EAT = exercise activity thermogenesis; REE = resting energy expenditure; NREE = non-



resting energy expenditure.

Classification of foods, Proximate Principles, and Role of various nutrient.
Components of Diet, Macro, Micronutrients
Principles of preparing and balance diet.
Mal Nourishment, adulteration of Food

Unit - II Macro Nutrients

Carbohydrates: types, functions, sources, and energy. Effects of deficiency and over consumption
Protein: types, functions, sources, and energy. Effects of deficiency and over consumption
Fat: types, functions, sources, and energy. Effects of deficiency and over consumption

Unit - III Micronutrients

Vitamins: Fat Soluble, types, functions, sources, and energy. Effects of deficiency and over consumption
Vitamins: water Soluble, types, functions, sources, and energy. Effects of deficiency and over consumption
Minerals and trace element types, functions, sources, and energy. Effects of deficiency and over consumption
Fiber: types, functions, sources, and energy. Effects of deficiency and over consumption
Water: types, functions, sources, and energy. Effects of deficiency and over consumption

Unit - IV Diet and Nutrition Awareness

Misconceptions about diet and nutrition
Dietary guidelines for Indians
Various types of diet – vegetarian, non-vegetarian, vegan, ketogenic, detox, exclusion,
Indian knowledge system for diet and nutrition, as per yogic and ayurvedic texts
ICMR and its recommendations for Indian population groups and food nutritional value and balance diet.

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- a. Dietary Guidelines for Indians by Kamala Krishnaswamy, B. Sesikeran (First Edition 1998, Reprinted 1999, 2009) ICMR
- b. Dietary Guidelines for Indians - A Manual by Kamala Krishnaswamy, B. Sesikeran (Second Edition 2011) ICMR
- c. Dietary Tips for the Elderly (1992, Reprinted 2005, 2010) by Swaran Pasricha & B.V.S. Thimmayamma ICMR
- d. Bhartiyan ke liye Aahar Sambandhi Margdarshika (1998, Reprinted 1999, 2001, 2012) ICMR
- e. Apne Aahar Ko Jane (First Edition 1997, Reprinted 2012) ICMR
- f. Count What You Eat (1989, Reprinted 2000) by Swaran Pasricha ICMR
- g. Fruits (Second Edition 1996, Reprinted 2004, 2011) by Indira Gopalan & M. Mohan Ram ICMR



- h. Nutrient Requirements & Recommended Dietary Allowances for Indians (1990, Reprinted 2008) 2nd Edition - 2010) By B.S. Narasinga Rao, B. Sivakumar) ICMR
- i. Some Therapeutic Diets (Fifth Edition 1996, Reprinted 2004, 2011) By Swaran Pasricha ICMR
- j. Some Common Indian Recipes and their Nutritive Value (Fourth Edition 1977, Reprinted 2006, 2011) (Fourth Edition 1977, Reprinted 2006) by Swaran Pasricha & L.M. Rebello ICMR
- k. Menus for Low Cost Balanced Diets and School Lunch Programmes (Suitable for North India) By S.G. Srikantia, C.G. Pandit (Second Edition 1977, Reprinted 2004) ICMR
- l. low Cost nutritious Supplements (ICNS)By C. Gopalan, B. v. Rama Sastri, S.C. Balasubramanian, M.C. Swaminathan(Second Edition 1975, Reprinted 2005, 2011) ICMR
- m. Nutritive Value of Indian Foods (NVIF) By C. Gopalan, B. v. Rama Sastri & S.C. Balasubramanian, Revised & Updated (1989) by B.S. narasinga Rao, Y.G. Deosthala & K.C. Pant (Reprinted 2007, 2011) ICMR

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)

**For 2
Credit**

Department of Physical Education
Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Sixth

Session: 2026-2027

1. Course Code PESEC-2
2. Course Title Mass Demonstration & March Past
3. Course Type Skill Enhancement Course
4. Pre-requisite
5. Course Learning Outcomes (CLO) Student will be able to understand:
 - The marching and march past
 - Mass demonstration with or without props
 - How to organize marching and mass demonstration
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	0.5	1	0	5	15	1	0	10	2.5	13.5			
Unit - II	0.5	1	0	5	15	1	0	10	2.5	13.5			
Unit - III	0.5	1	0	7.5	15	1	0	15	2.5	18.5			
Unit - IV	0.5	2	0	7.5	15	2	0	15	2.5	19.5			
Total	2	5	0	25	30	5	0	50	10	65	15	35	100

Unit – I: Introduction

- 1.1 March past history
- 1.2 Mass Demonstration with and without equipments

Unit – II: Commands

- 2.1 March past – Word of Commands
- 2.2 Various commands in Hindi and English
- 2.3 Parts of words of command
- 2.4 Mass Movements



- 2.5 Voice and various PAS uses for commands

Unit – III: March Past

- 3.1 Attention Stand at ease, free hand and with various equipments
 3.2 Turning, Left Right and about (back)
 3.3 Turning while marching
 3.4 Saluting – free hand, with flag and with equipment
 3.5 Guard of honour, ceremonial drill

Unit – IV

- 4.1 Pyramids
 4.2 Formations free hand and with equipment.
 4.3 Various mass demonstrations of PTs folk, dances, aerobics, etc.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- Danappanavar, G. (2019). Skills of Drill and Marching. (n.p.): Lulu Press, Incorporated.
- Della Porta, D., Reiter, H. (1997). The Policing of Mass Demonstration in Contemporary Democracies: The Policing of Protest in Contemporary Democracies. Italy: European University Institute.
- Healey, W. A. (1949). Physical Education Demonstrations Made Easy. United States: The Interstate.
- Healey, W. A. (1968). Demonstrations in Physical Education: Organization, Supervision, Administration. United States: Interstate Printers & Publishers.
- Loken, N. C., Grambeau, R. J. (1949). Marching and Marching Drills. United States: Overbeck.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10

$$\text{Attendance} = \frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$$

20

Grand Total 100

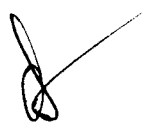
To calculate (Scale Down) the internal assessment marks from 100 to 15 following formula will be applied:

$$\text{Obtained marks out of 15} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 15$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	1	5
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	2.5	10
Practical Exam:				
C	Practical Exam Demonstration			10
	Viva-Voce			5
Grand Total				35

Signature of Convener & Members (CBoS) :



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Third

Session: 2025-2026

1. Course Code PEDSC-7
2. Course Title Basics of Sports Training
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.
 - The learners will be able to demonstrate the skills to train different fitness components and related planning.
 - The learners will be able to understand the organization to achieve high performance in sports.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	11	4	0	15	11	4	0	2.5	17.5			
Unit - II	1	11	4	0	15	11	4	0	2.5	17.5			
Unit - III	1	11	4	0	15	11	4	0	2.5	17.5			
Unit - IV	1	12	4	0	15	12	4	0	2.5	17.5			
Total	4	44	16	0	60	44	16	0	10	70	30	70	100

Unit - I Sports Training

- a. Definition of terms - Conditioning, Teaching, Coaching and Sports Training.
- b. Meaning, Nature and Importance of sports training
- c. Aim, Objective, Tasks and Characteristics of Sports Training.
- d. Principles of Sports Training.



Unit - II Bio motor abilities and training means -

- a. Concept of bio motor abilities & definition of important motor abilities – Cardio – respiratory endurance, muscular endurance, power, agility, co-ordination, balance.
- b. Training means and methods for developing various fitness components.
Strength: its type and means methods employed for developing them
Speed: its type and means methods employed for developing them
Endurance: its type and means methods employed for developing them
Flexibility: its type and means methods employed for developing them
Coordinative abilities: means methods employed for developing them

Unit - III Warming up and cooling down

- a. Introduction, Types, Significance of warming up & cooling Down
- b. Methods, Duration and Components of Warming up and Cooling Down
- c. General guidelines that govern the warming up & cooling down programme
- d. Physiological basis of warming up and cooling down
- e. Principles of load and its components
- f. Determination of Optimum load
- g. Overload its causes and identification and Tackling Overload.

Unit - IV Environmental factors and sports performance

- a. Introduction, Physical Program and Physiological function in variation in temperature, humidity and altitude
- b. **(A) Periodization**
- c. Concept of periodization and its importance.
- d. Different periods of training and their duration.
- e. Types of periodization.
- f. Aim and content of different training periods (Preparatory, Competition, Transitional)

Cycles of Training (Micro, Miso, Macro)

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- a. Essentials of Physical Education, Dr. Ajmer Singh, Dr. Jagtar Singh Gill, Dr. Jagdish Bains, Dr. Rachhpal Singh Brar, Kalyani Publishers, Ludhiana, New Delhi, Noida (UP)
- b. Uppal, A.K., (1999). Science of Sports Training. New Delhi: Friends Publication.
- c. Singh, H. (1984). Sports training, general theory and methods. Patiala: NSNIS.
- d. Bratty, s perceptual and motor development in infants and children. Prentice hall, 1979
- e. Books. Harre, D.(1982). Principles of sports training. Berlin: Speculated.
- f. Dick, W. F. (1980). Sports training principles. London: Lepus
- g. Jensen, R. C. & Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
- h. Mathyew, L.P. (1981). Fundamental of sports training. Moscow: Progress Publishers.
- i. SchlichMonfred(2003), Circuit Training for all sports, sports book publisher Toronto.
- j. Dr. Sharad Chandra Mishra 92006), Sports Training, Sports Publication.

Online Resources–

e-Resources / e-books and e-learning portals



PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Third

Session: 2025-2026

1. Course Code PEDSC-8
2. Course Title Organization and Administration
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The student would understand the concept of management of Physical Education.
 - The student will be able to manage Physical Education and Sports at different level.
 - students will be able to learn financial management. And will be able organize various Physical Education programs.
 - Students will be able to learn about various schemes and policies of State & Central Government.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	2.5	2.5	15	11	2.5	5	2.5	17.5			
Unit - II	1	10	2.5	2.5	15	11	2.5	5	2.5	17.5			
Unit - III	1	10	2.5	2.5	15	11	2.5	5	2.5	17.5			
Unit - IV	1	10	2.5	2.5	15	12	2.5	5	2.5	17.5			
Total	4	40	10	10	60	40	10	20	10	80	30	70	100

Unit - I Introduction

Meaning and definition of planning, organizing, and administration and their nature and scope.

Importance of planning and management in various institutions.

Principles of planning and management, organization structure:



- (i). Working out an effective scheme of organization.
- (ii). Scheme of organization in personal office.
- (iii). Scheme of organization in institutions and sport associations.

Unit - II Functions of Planning

Planning, Organizing, Staffing, Directing, Communicating, Co-ordination, Controlling, Evaluating, and innovating

Office Management: Meaning, Definition, functions, and kinds of office management

Records and registers: Stock Register, Cash Register, Physical Efficiency Records, Medical Examination Records, Issue/Deposit Register, Audit Reports, Inward/Outward letter registers. Filing of various documents.

Budget: meaning, Importance of Budget Making

Criteria of good Budget, sources of Income, expenditure, preparation of budget Balance sheet and Profit and Loss account.

Unit - III Facilities and Timetable Management

- a. Facilities: Infrastructure (immovable assets) for indoor and outdoor. Care maintenance of immovable assets like Gymnasium, Swimming Pool, Indoor Stadium, Outdoor Stadiums, Play fields, Playgrounds, etc.
- b. Equipment: Neet, importance, purchase, care, maintenance, condemned/Round off.
- c. Program Planning – Timetable and calendar preparation, Need, Importance and factor affecting calendar/time-table

Unit - IV Sports event/Competition Management

- a. Intramural Events
 - Its Importance and planning
 - Events of Competition, time and facility factors
 - Point system, award, recognition
- b. Extramural competitions
 - Outcomes of participation
 - Limitations in participations
 - Selection and training of teams
 - Participation, finances and other aspects
- c. Types of Tournaments and its organization structure: Knock out, League/Round Robin, Combination and Challenge

Signature of Convener & Members (CBoS):

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Joseph , P.M. Organisation of physical education , The old students association, TIPEKandivali(bombay).1963
- b. Voltmer , E.F.et al The organisation and administration of physical education ,prentice hall inc., New Jersey ,1979.
- c. Bucher, C.A. Administration of Physical Education and atheletic programme, The C.V. Mosby Co. London1983
- d. Zeigler, E.R. and Bowie G.W Management Competency Development in Sports and Physical Education, Lea and Febiger, Philadelphia, 1983.

- e. Maheshwari, B.L. Management by Objective, Tata Mc. Graw-Hill. Publishing Co. Ltd. New Delhi 1982.
- f. ALEN L.A. Management and Organisation, McGraw -Hill Book Co. Inc. London 1958.
- g. Newman W.H. Administrative Action, Prentice Hall Inc. New Jersey, 1963.
- h. Huges, W.L. et al Administration and physical Education. The Ronald Press Co. New York, 1962.
- i. Bucher, C.A. (2002). Management of Physical Educational and Sports. (12th Ed.). USA : McGraw Hill Co.
- j. Chakrabarti, S. (2007). Sports Management. New Delhi: Friends Publication.
- k. Frostdick, S., & Walley, L. (2003). Sports and Safety Management. USA: A division of Reed Education and Professional Publishing Ltd.
- l. Govindrajulu, N. (2005). Management of Physical Education and Sports Programme. New Delhi : Friends Publication.
- m. Kamlesh, M. L. (2000). Management Concepts in Physical Education and Sports. New Delhi : B.V. Gupta Publication.
- n. Mastoralexis, L.P., & Barr, C.A. (1998). Principles and Practice of Sports Management. Maryland: Aspen Publication.
- o. Roy, S. S. (2002). Sports Management. New Delhi: Friends publication.
- p. Horine, Larry. (1985). Administration of Physical Education and Sports Programmes. New York : Saundress college publication.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10



	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
			Grand Total	70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)
Department of Physical Education
Course Curriculum

PART- A: Introduction

Program:	Bachelor of Physical Education and Sports (B.P.E.S.) (Certificate / Diploma / Degree/Honors)
Semester	Third
Session:	2025-2026
1. Course Code	PEDSE-3
2. Course Title	Major Games – Athletics / Gymnastics / Swimming Skill and Techniques acquisition Major Games will be offered as per the facilities available in the institute conducting the course. Student can choose any one of the above 3 choice and out of that any one event of their choice. For example: Anyone can choose Athletics – Running – sprints Or Athletics – Jump – Long / Triple Jump Or Athletics – Running – Marathon Race (Men) Or Gymnastic – Floor Exercise free hand Or Gymnastic – Floor exercise with equipment – Hoops Or Swimming – Butterfly stroke Or Swimming – Water Polo Or Swimming – Brest stroke
3. Course Type	Discipline Specific Course (Major /Core)
4. Pre-requisite	
5. Course Learning Outcomes (CLO)	Student will be able to understand: <ul style="list-style-type: none"> ➤ The Skill and techniques of the major game of their choice ➤ The specific warm up and cooling down techniques of the major game of their choice. ➤ The thorough knowledge of playing and training criteria of the major game of their choice. ➤ The agencies related to sports, major national and international tournaments.
6. Credit Value	4 Credits 1 Course Credit = 15 Hours – Lectures, Tutorials Or 30 Hours of Practicum
7. Total Marks	Maximum Marks: 100 Minimum Passing Marks: 40



PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - II	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - III	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - IV	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Total	4	20	10	30	60	20	10	60	10	100	30	70	100

Unit – I Introduction Major Game

- 1.1 History and development of the game. Olympic history for major game
- 1.2 Ground/field/tank, dimensions and marking
- 1.3 Standard equipment and their specification
- 1.4 Ethics of sport and sportsmanship

Unit – II Specific Warm up Exercise and specific Training of physical Fitness Component (for particular game-event)

- 2.1 Concept of Conditioning and Warming Up – Specific Warm up
- 2.2 Role of Weight Training in specific game
- 2.3 Physical Fitness Component
Strength, Endurance, Flexibility, Coordinative ability, Speed and its development
- 2.5 Specific Cooling Down.

Unit – III Skill and Technique, Tactics Training

- 3.1 Fundamental Skills and Techniques – Types and explanation in detail
- 3.2 Scientific principles applied for proper technique execution
- 3.3 Technique, Tactics, and different phases of skill acquisition
- 3.4 Recreational and lead up games.

Unit – IV Awareness about the Chosen Major Game-event

- 4.1 Preparation of Training plan for specific major games
- 4.2 Various competition organizing institutions for specific major games.
- 4.3 Famous Players coaches of the chosen game and their achievement
- 4.4 International, Olympic and World record of the chosen game.

Signature of Convener & Members (CBoS) :



PART–C: Learning Resources

Textbooks, Reference Books and Others

- As per World Athletics technical rules
- As per FIG (Federation Internationale De Gymnastique) Gymnastic technical rules
- As per World Aquatics technical rules
-

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20
Practical Exam:				
C	Practical Exam Demonstration of skill Acquisition and progression			20
	Viva-Voce			5
	Record Book			10
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)

Department of Physical Education
Course Curriculum

PART- A: Introduction

Program:	Bachelor of Physical Education and Sports (B.P.E.S.) (Certificate / Diploma / Degree/Honors)
Semester	Third
Session:	2025-2026
1. Course Code	PEDSE-4
2. Course Title	Specialization: Skills and techniques detailed view <ol style="list-style-type: none"> 1. If Major game is same as Specialization Game than student has to choose another event from the specialization games 2. Specialization Games will be offered as per the facilities available in the institute conducting the course. 3. Any one specialization game will be chosen as per the choice of the student. A student is participating / regular practicing any game can opt the specialization as per their choice from the below list. 4. Any one Game of Specialization which should be from the list of SGFI/AIU/IOA/Listed in MoS, GOI: <ol style="list-style-type: none"> i. Athletics – Track and Field event, any one from Running/Jumping/Throwing/Mix event. ii. Swimming – Any one event iii. Gymnastics – Any one event iv. Team Games: Football, Volleyball, Basketball, Cricket, v. Indigenous Games: Kabaddi, Kho-Kho, Mallakhambh, Yoga. vi. Racket Games: Badminton, Table-Tennis, Squash, Tennis, etc. vii. Combative: Wrestling (Free style, Greko roman), Judo, Karate, Taekwondo, Boxing, etc. viii. Aiming Games: Shooting, Archery. ix. Iron Games: Weightlifting, Powerlifting, Best Physique.
3. Course Type	Discipline Specific Course (Major /Core)
4. Pre-requisite	If student is a regular participant of any specific event specified in above point no.2 than he/she may opt the game otherwise can choose one of them.
5. Course Learning Outcomes (CLO)	Student will be able to understand: <ol style="list-style-type: none"> ➤ The Skill and techniques of the specialized game of their choice ➤ The specific warm up and cooling down techniques of the specialized game of their choice. ➤ The thorough knowledge of playing and training criteria of the specialized game of their choice. ➤ The agencies related to sports, major national and international tournaments.
6. Credit Value	4 Credits



I Course Credit = 15 Hours – Lectures, Tutorials

Or

30 Hours of Practicum

7 Total Marks

Maximum Marks: 100

Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - II	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - III	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - IV	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Total	4	20	10	30	60	20	10	60	10	100	30	70	100

Unit – I **Introduction Major Game**

- 1.1 History and development of the game. Olympic history for major game
- 1.2 Preparation of record book

Unit – II **Specific Warm up Exercise and specific Training of physical Fitness Component** **(for particular specialized game-event)**

- 2.1 Concept of Conditioning and Warming Up – Specific Warm up
- 2.2 Role of Weight Training in specific game
- 2.3 Physical Fitness Component
Strength, Endurance, Flexibility, Coordinative ability, Speed and its development
- 2.5 Specific Cooling Down.

Unit – III **Skill and Technique, Tactics Training**

- 3.1 Fundamental Skills and Techniques – Classification, Types and explanation in detail
- 3.2 Scientific principles applied for proper technique execution
- 3.3 Technique, Tactics, and different phases of skill acquisition
- 3.4 Transfer of training – positive or negative.

Unit – IV **Awareness about the Chosen Specialization Game-event**

- 4.1 Preparation of Training plan for specialization major games
- 4.2 Preparation for organizing a Coaching camp for specialized games
- 4.3 Recreational and lead up games as per skills.

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- a. As per apex body of the specialized games.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20
Practical Exam:				
C	Practical Exam Demonstration of skill Acquisition and progression			20
	Viva-Voce			5
	Record Book			10
Grand Total				70

Name and Signature of Convener & Members of CBoS:

FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)

Department of Physical Education
Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Fourth

Session: 2025-2026

1. Course Code PEDSC-9
2. Course Title Sports Nutrition
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - Students will learn to assess the need of nutritional requirements of sports person.
 - Students will be able to learn role of specific nutrient.
 - The student able to learn about the role of specific supplements in sports performance.
 - The student will learn about weight management.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - II	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - III	1	12	2.5	1.5	15	12	2.5	3	2.5	20			
Unit - IV	1	11	2.5	1.5	15	11	2.5	3	2.5	19			
Total	4	45	10	5	60	45	10	10	10	75	30	70	100

- Unit - I** Introduction to Sports Nutrition
 Meaning and Definition of Sports Nutrition
 Desirable fat level and lean body mass.
 ICMR dietary recommendations for sportsmen
 Timing of meals Pre, during and post exercise/competition

- Unit - II** **Nutrients: Ingestion to energy metabolism**
 Role of carbohydrates, Fat and protein during exercise



Glycemic Index (GI) and effect of GI
Role of hydration during exercise
Establishing daily caloric requirement and expenditure
Common Myths about weight gain and weight Loss

Unit - III Nutrition and Weight Management

Obesity – Definition, meaning, types and causes of obesity; Health risks associated with Obesity and Solutions for Overcoming Obesity
Concept of BMI (Body mass index) and WHR (Waist Hip Ratio), Dieting versus exercise for weight control,
Common Myths about Weight Loss
Concept of weight management in modern era, Factor affecting weight management

Steps of planning of Weight Management

Determination of desirable body weight
Daily calorie intake and expenditure in weight management
Role of diet and exercise in weight management
Designing diet plan and exercise schedule for weight gain and loss

Unit - IV For competition and recovery nutrition

Preparation for competition

Carbohydrate loading for endurance competition
Pre competition/practice meals
Fluid intakes during events
Refueling during events

Recovery

Rehydration, Refueling and Protein intake
Other recovery items
Pros and cons of food supplements and sports foods and its side effects
superfoods

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Dietary Guidelines for Indians by Kamala Krishnaswamy, B. Sesikera (First Edition 1998, Reprinted 1999, 2009) ICMR
- b. Dietary Guidelines for Indians - A Manual by Kamala Krishnaswamy, B. Sesikera (Second Edition 2011) ICMR
- c. Dietary Tips for the Elderly (1992, Reprinted 2005, 2010) by Swaran Pasricha & B.V.S. Thimmayamma ICMR
- d. Bhartiyan ke liye Aahar Sambandhi Margdarshika (1998, Reprinted 1999, 2001, 2012) ICMR
- e. Apne Aahar Ko Jane (First Edition 1997, Reprinted 2012) ICMR
- f. Count What You Eat (1989, Reprinted 2000) by Swaran Pasricha ICMR
- g. Fruits (Second Edition 1996, Reprinted 2004, 2011) by Indira Gopalan & M. Mohan Ram ICMR
- h. Nutrient Requirements & Recommended Dietary Allowances for Indians (1990, Reprinted 2008) 2nd Edition - 2010) By B.S. Narasinga Rao, B. Sivakumar) ICMR
- i. Some Therapeutic Diets (Fifth Edition 1996, Reprinted 2004, 2011) By Swaran Pasricha ICMR
- j. Some Common Indian Recipes and their Nutritive Value (Fourth Edition 1977, Reprinted



- 2006, 2011) (Fourth Edition 1977, Reprinted 2006) by Swaran Pasricha & L.M. Rebello ICMR
- k. Menus for Low Cost Balanced Diets and School Lunch Programmes (Suitable for North India) By S.G. Srikantia, C.G. Pandit (Second Edition 1977, Reprinted 2004) ICMR
 - l. low Cost nutritious Supplements (ICNS) By C. Gopalan, B. v. Rama Sastri, S.C. Balasubramanian, M.C. Swaminathan (Second Edition 1975, Reprinted 2005, 2011) ICMR
 - m. Nutritive Value of Indian Foods (NVIF) By C. Gopalan, B. v. Rama Sastri & S.C. Balasubramanian, Revised & Updated (1989) by B.S. narasinga Rao, Y.G. Deosthala & K.C. Pant (Reprinted 2007, 2011) ICMR
 - n. Louise Burke and Greg Cox 2010, The Complete Guide to Food for Sports Performance, A Guide to Peak Nutrition for Your Sport, Allen & Unwin, Australia
 - o. Regina Belski (2020). Nutrition for Sport, Exercise and Performance: A Practical Guide for Students, Sports Enthusiasts and Professionals. United Kingdom: Taylor & Francis.
 - p. Chandan K. Sen, Debasis Bagchi, Sreejayan Nair, (2018). Nutrition and Enhanced Sports Performance Muscle Building, Endurance, and Strength, Elsevier Science

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:

**FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)**

**Department of Physical Education
Course Curriculum**

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Fourth

Session: 2026-2027

1. Course Code PEDSE-5
2. Course Title Basic Computer Applications
3. Course Type Discipline Elective course (Minor /Interdisciplinary)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The student will be oriented with the basic knowledge of computer applications.
 - The student will be able to apply the knowledge in the framing of training programs.
 - The outcome of this course will help him in gathering, storage and processing of huge information in relation to inputs, outputs and feedback of sports training programs.
 - The student will learn analysis of game.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	1	3	14	10	1	6	2.5	19.5			
Unit - II	1	10	1	4	15	10	1	8	2.5	21.5			
Unit - III	1	10	2	4	16	10	2	8	2.5	22.5			
Unit - IV	1	10	1	4	15	10	1	8	2.5	21.5			
Total	4	40	5	15	60	40	5	30	10	85	30	70	100

Unit - I (A) Introduction to Computer

What is computer? Characteristics of Computer,
Application of Computer with special reference to Physical Education.

Block Diagram of Computer,



classification of Computer,
Introduction to CPU, CU, ALU Memory Unit , Auxiliary Storage
Devices, Input Devices, Output Devices, File.
Program Software –types, Hardware, Language Processors.

(B) Introduction to OS Windows

Define Operating System, Objectives and Function of an Operating
System,
Types of an Operating System,
Windows Features, Windows Desktop Settings,
Files and Folders,
Menus and Icons
Windows Accessories, Recycle Bin.

Unit - II MS-Word

Define Word Processor, Types of Word Processor,
Creating document in MS- word
Formatting features of MS-Word Font color, highlighting and shading. etc.
Standard Toolbar, Drawing toolbar
Header & Footer,
Table Handling features,
Insertion of files, symbols, pictures, shapes, clip art and charts,
Equation editor, Spelling and Grammar,

Unit - III MS-Excel

Basic of Electronic Spread Sheet,
Saving & quitting worksheet,
Opening & Moving in a worksheet,
Toolbar and menus,
working with formulas and cell referencing,
working with graph, functions, and data sorting.

Unit - IV Power Point

Presentation software
Creating presentation
Working with different menus,
Editing and formatting text.
Inserting data's, pictures, organization charts and graph,
drawing, slide show, animation of slides,
Internet & World Wide Web (www),
Electronic Mail, Search Engines,
locating information on internet,
downloading.

Signature of Convener & Members (CBoS) :



PART–C: Learning Resources

Textbooks, Reference Books and Others

- Computer Fundamentals: Dr. V Rajaraman.
- Fundamentals of Information Technology : Chetan Shrivastava, kalyaniPublisers
- Fundamentals of Information Technology :Alexis Leon Techword and Vikash Publishing House.
- MS –Office: Ron Mansfield, BPB Publication.
- MS-Word 2000: Thumb Rules and: Dr. Snigdha Banerjee ,New Age International Publication.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)
Department of Physical Education
Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Fourth

Session: 2025-2026

1. Course Code PEDSE-6
2. Course Title Major Games: Athletics/Swimming/Gymnastics; Coaching & Officiating
Major Games will be offered as per the facilities available in the institute conducting the course.
Student can choose any one of the above 3 choice and out of that any one event of their choice.
For example:
Anyone can choose Athletics – Running – sprints
Or Athletics – Jump – Long / Triple Jump
Or Athletics – Running – Marathon Race (Men)
Or Gymnastic – Floor Exercise free hand
Or Gymnastic – Floor exercise with equipment – Hoops
Or Swimming – Butterfly stroke
Or Swimming – Water Polo
Or Swimming – Brest stroke
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite As per the Choice made by student in PEDSE-3, Major Games – Athletics / Gymnastics / Swimming – Skill and Techniques acquisition
5. Course Learning Outcomes (CLO) Student will be able to understand:
 - The rules of the Games and officiating.
 - Organizing and sporting code of the chosen major games
 - Coaching Techniques (Chosen Major Game)
 - Mechanics of officiating and coaching
 - The agencies related to sports, major national and international tournaments.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40



PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - II	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - III	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - IV	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Total	4	20	10	30	60	20	10	60	10	100	30	70	100

Unit – I **Introduction to Officiating and Coaching**

- 1.1 Meaning, concept and importance of officiating and coaching.
 - i. Principles of officiating.
 - ii. Principles of Coaching.
 - iii. Relation of official and coach with management, players and spectators.
 - iv. Measures of improving the standards of officiating and coaching
- 1.2 Academic and professional qualification of a coach for various levels.
- 1.3 Academic and professional qualification of an official for various levels.

Unit – II **Duties of Coach and Official (for particular game-event)**

Coach as a mentor

- 2.1 Duties of coach in general, pre, during and post-game.
 - i. Philosophy of coaching.
 - ii. Responsibilities of a coach on and off the field.
 - iii. Coach as role model for young players.
 - iv. Ethics of coaching.
- 2.2 **Duties of Official**
 - i. Duties of official in general, pre, during and post-game.
 - ii. Philosophy of officiating.
 - iii. Mechanics of officiating – position, singles and movement during officiating.
 - iv. Use of latest technology in the officiating of various games.
 - v. Ethics of officiating

Unit – III **Rules and Regulations of Games and Officiating Practice of Chosen Game**

- 3.1 Latest Rules and Regulation, Technical specifications in detail as per the apex governing bodies:
 - World Athletics in case of Athletics or
 - FIG (Federation Internationale De Gymnastique) in case of Gymnastic or
 - World Aquatics in case of Swimming
 Prepare a record book for practical with officiating signals.

Unit – IV
Major Event Organization and its rules

- 4.1 Organizing institute for the chosen Game event at State National and International Level
- 4.2 Age groups decided by the above point 4.1 if any.
- 4.3 Organizing a competition for chosen game by student as per rules and presentation of records.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. As per World Athletics technical rules
- b. As per FIG (Federation Internationale De Gymnastique) Gymnastic technical rules
- c. As per World Aquatics technical rules
- d.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10



B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20
<i>Practical Exam:</i>				
C	Practical Exam Demonstration of skill Acquisition and progression			20
	Viva-Voce			5
	Record Book			10
			Grand Total	70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)

Department of Physical Education
Course Curriculum

PART- A: Introduction

Program:	Bachelor of Physical Education and Sports (B.P.E.S.) (Certificate / Diploma / Degree/Honors)
Semester	Fourth
Session:	2025-2026
1. Course Code	PEDSE-7
2. Course Title	Specialization Games: Organization and Ground / sports Facilities <ol style="list-style-type: none"> 1. If Major game is same as Specialization Game than student has to choose another event from the specialization games 2. Specialization Games will be offered as per the facilities available in the institute conducting the course. 3. Any one specialization game will be chosen as per the choice of the student. A student is participating / regular practicing any game can opt the specialization as per their choice from the below list. 4. Any one Game of Specialization which should be from the list of SGFI/AIU/IOA/Listed in MoS, GOI: <ol style="list-style-type: none"> i. Athletics – Track and Field event, any one from Running/Jumping/Throwing/Mix event. ii. Swimming – Any one event iii. Gymnastics – Any one event iv. Team Games: Football, Volleyball, Basketball, Cricket, v. Indigenous Games: Kabaddi, Kho-Kho, Mallakhambh, Yoga. vi. Racket Games: Badminton, Table-Tennis, Squash, Tennis, etc. vii. Combative: Wrestling (Free style, Greko roman), Judo, Karate, Taekwondo, Boxing, etc. viii. Aiming Games: Shooting, Archery. ix. Iron Games: Weightlifting, Powerlifting, Best Physique.
3. Course Type	Discipline Specific Course (Major /Core)
4. Pre-requisite	Student successfully completed: PEDSE-4 – Specialization: Skills and techniques detailed view
5. Course Learning Outcomes (CLO)	Student will be able to understand: <ol style="list-style-type: none"> ➤ The Skill and techniques of the specialized game of their choice ➤ The specific warm up and cooling down techniques of the specialized game of their choice. ➤ The thorough knowledge of playing and training criteria of the specialized game of their choice. ➤ The agencies related to sports, major national and international tournaments.
6. Credit Value	4 Credits 1 Course Credit = 15 Hours – Lectures, Tutorials



Or
30 Hours of Practicum

7 Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - II	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - III	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - IV	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Total	4	20	10	30	60	20	10	60	10	100	30	70	100

Unit – I

Introduction Specialized Game Facilities required

- 1.1 Dimensions and facilities required for the Specialized games as per the regulations laid down by the apex sporting bodies
- 1.2 Preparation of record book

Unit – II

Organization and sporting code

- 2.1 Facilities and personnel required as per the organization and sporting code as per the regulations laid down by the apex sporting bodies
- 2.2 Organizing intramural / intermural competitions for specialized game.
- 2.3 Preparation of record book

Unit – III

Rules regulations of National Governing Sport Bodies

- 3.1 Rules Regulations, Groups, Categories in competitions organized by the IOA-National Sports federation/Association, SGFI, AIU
- 3.2 Famous player of State, National, International Level. Their Biography (anyone)
- 3.3 Preparation of record book.

Unit – IV

Awareness about the Chosen Specialized Game facilities

- 4.1 Details of any stadium in our State / Country for specialized games, its detailed record with photographs. And what are the shortcomings noticed.
- 4.2 Students point of view to develop a sporting facility for good practice and competition of the specialization games.
- 4.3. Preparation of Record Book

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. As per apex body of the specialized games.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20
Practical Exam:				
C	Practical Exam Demonstration of skill Acquisition and progression			20
	Viva-Voce			5
	Record Book			10
Grand Total				70

Name and Signature of Convener & Members of CBoS:

FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Fifth

Session: 2026-2027

1. Course Code PEDSC-10
2. Course Title Kinesiology & Sports Biomechanics
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The student would be Oriented with the skeletal structure of human body by identifying the origin and insertion of various muscles.
 - Orient the students in basic structure and functions of primary joints of the body.
 - The students will learn the mechanical principles.
 - Relate and interpret the role of various mechanical principles in human movement.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours -- Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - II	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - III	1	12	2.5	1.5	15	12	2.5	3	2.5	20			
Unit - IV	1	11	2.5	1.5	15	11	2.5	3	2.5	19			
Total	4	45	10	5	60	45	10	10	10	75	30	70	100

Unit - I Introduction

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics.
 Meaning of Axis and Planes,
 Dynamics, Kinematics, Kinetics,
 Statics Centre of gravity -Line of gravity
 Plane of the body and axis of motion, Vectors and Scalars.



Unit - II Muscle Action

Origin, Insertion and action of skeletal muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius, etc.

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis - Qualitative, Quantitative, Predictive.

Unit - III Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion.

Principals related to the law of Inertia, Law of acceleration, and law of counter force.

Meaning and definition of force- Sources of force -Force components .Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

Unit - IV Projectile and Lever

Freely falling bodies -Projectiles -Equation of projectiles

stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability.

Meaning of work, power, energy, kinetic energy and potential energy.

Leverage -classes of lever - practical application.

Water resistance - Air resistance -Aerodynamics.

Note:Laboratory practical should be designed and arranged for students internally.

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- Deshpande S.H.(2002). ManavKriyaVigyan - Kinesiology (Hindi Edition) Amravati :HanumanVyayamPrasarakMandal.
- Hoffman S.J. Introduction to Kinesiology. Human Kinesiology publication In.2005.
- Steven Roy,& Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Mamta MP (2004) Kinesiology. Delhi, Friends Publication .
- Uppal, A K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi, Friends publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Online Resources-

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10

Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Fifth

Session: 2026-2027

1. Course Code PEDSC-11
2. Course Title Sports Injuries
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - Students will learn various injuries in sports.
 - The scope of practice for working with sports persons with common musculoskeletal injuries and the appropriate process for injured athlete referrals
 - Students will be able learn about common orthopaedic injuries and the appropriate exercise protocol for rehabilitation.
 - To understand the injuries and to ensure safety precautions for them.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - II	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - III	1	12	2.5	1.5	15	12	2.5	3	2.5	20			
Unit - IV	1	11	2.5	1.5	15	11	2.5	3	2.5	19			
Total	4	45	10	5	60	45	10	10	10	75	30	70	100

Unit - I Introduction To Sports Injuries

Sports injuries – Types of Injuries – Definition, Causes, Clinical Features

Common Causes of Injuries: improper warmup and cooling down, overtraining, excessive loading, ignoring safety precautions, lack of mobility/flexibility, muscle weakness, genetic factor, recurring injury, improper exercise technique, accident

Management and Prevention of Soft Tissue Injuries: Skin Injuries – strain – Sprain – contusion – cramp



Tendon injuries – Bursitis.

Bone injuries: Fracture – Subluxation – Dislocation.

Importance of assessment & evaluation - Methods of evaluation - documentation - Clinical Examination -

Reliability & Validity of the tests - Investigative Procedures

Causes & Mechanism of Sports Injuries - Principle of management of sports injuries.

Unit - II Regional Conditions & Assessment

Sporting emergencies & Head and neck, face,

abdominal injuries - Examination of upper Extremity -

Common acute and overuse injuries of upper extremities with respect to causation, prevention and management) of: Shoulder girdle, shoulder, arm, elbow Forearm, wrist and hand -

Assessment of vertebral column: Cervical, thoracic and lumbosacral including Tests of Neural Tension Common sports injuries of spine with respect to causation, prevention and management -

Examination of lower limb - Common acute and overuse injuries of lower Extremity with respect to causation, prevention and management) of: Pelvis, hip, thigh, knee, leg, ankle and foot

Unit - III Sports Specific Injuries

Sports specific injuries, with special emphasis on the specific risk factor, nature of Sports, kind of medical intervention anticipated and prevention with respect to various sporting events:

Individual events: Field & Track

Team events: Hockey, Cricket, and Football

Contact and Non-contact sports

Water sports

Unit - IV Health Issues in Sports

Health issues in climatic conditions : Heat related injuries – Heat stroke – Heat exhaustion – Heat Cramp – Heat Stress

Cold related injuries – Frostbite – Hypothermia – Altitude Sickness.

Fungal infection – athlete foot

Improper nutrition

Improper rest and recovery, overloading

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
- b. Brukner and Khan: Clinical Sports Medicine, McGraw Hill.
- c. C. Norris: Sports Injuries – Diagnosis and Management for Physiotherapists, Heinmann.
- d. D. Kulund: The Injured Athlete, Lippincott.
- e. Dvir: Isokinetics: Muscle Testing, Interpretation and Clinical Applications, W.B.Saunders.
- f. Fu and Stone: Sports Injuries: Mechanism, Prevention and Treatment, Williams andWilkins.
- g. Lars Peterson and Per Renstron: Sports Injuries – Their prevention and treatment,Dunitz.
- h. Lee & Dress: Orthopaedic Sports Medicine - W.B Saunders.
- i. Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann

- j. Morris B. Mellion: Office Sports Medicine, Hanley & Belfus.
- k. Nicholas Hershman: Vol. I The Upper Extremity in Sports Medicine. Vol. II The Lower Extremity and Spine in Sports Medicine. Vol. III The Lower Extremity and Spine in Sports Medicine. Mosby.
- l. Norkin & White: Measurement of Joint Motion – A Guide to Goniometry - F.A.Davis.
- m. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
- n. Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press.
- o. Scuderi, McCann, Bruno: Sports Medicine – Principles of Primary Care, Mosby.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Fifth

Session: 2026-2027

1. Course Code PEDSE-8
2. Course Title Educational Psychology
3. Course Type Discipline Elective course (Minor /Interdisciplinary)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - Develop a concept of Psychology, and its relationship with Education.
 - Get an idea of Educational Psychology.
 - Understand the different aspects of child development and relate that with Education.
 - Learn about Psychology of Intelligence and Creativity and relate that with Education.
 - Understand different aspects of Learning Psychology in the context of Education.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - II	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - III	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - IV	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Total	4	40	10	10	60	40	10	20	10	80	30	70	100

Unit - I Introduction

Meaning and Nature of Psychology

Sources of Psychology

Definition of Psychology



Psychology is a Sciences
Branches of Psychology
Importance of Psychology in Education with special reference to Physical Education.

Unit - II Growth and Development

Meaning of Growth and Development
Meaning of growth and Maturation
Development by maturation
Development by exercise and learning
Behavioral development with special reference to perceptual, Language intellectual social, emotional and physical
Individual differences: meaning of the terms individual differences.
Heredity and environment as cause of individual differences
Interaction of heredity and environment.

Unit - III Learning

Learning Meaning and nature of learning
Principles of learning
Types of learning
Theories of learning (Trial and error, conditioned reflex, insight theory, learning by imitation).
Meaning of transfer of training. Conditions of transfer of training.
Learning curve.
Learning Plateau, how to overcome plateau
Motivation
Meaning of motivation, concept of need, drive, motive, incentive and achievement
Types of Motivation
Role of motivation on teaching physical activities

Unit - IV Emotion

Meaning and nature of emotion.
Types of emotion.
Emotional experiences (anxiety and fear) and their effect on learning of physical activities.
Personality
Meaning and nature of personality.
Physiological and social factors in personality.
Development of personality
Memory
Definition of memory, Types of Memory.
Mechanism of the process of remembering memory training.
Meaning of forgetting, reasons of forgetting, curves of forgetting,
Importance of memory in learning physical activities.



Practical

Practical will be conducted to acquaint students with practical aspects of the subject. There will be practical internal examination in CIE Unit tests and assignments. The marks of this examination will be added to the theory sectionals.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- Boaz, G.D General Psychology, Madras: Boaz institute of Psychological Service,1957
- Kamlesh, M.L. Psychology of Physical Education and Sports, New Delhi Metropolitan Bros.
- Lindren, H. E. Educational Psychology in classroom, New York: John Wiley & Sons Inc.1963.
- Silva, J.M. and Weinberg R.S Psychology of foundations of Sports, Illinois, Human Kinetics Publishers Inc.
- Skinner, C. E. Educational Psychology, New Delhi: Prentice Hall of India Pvt. Ltd.
- Snun, Richar M. Psychology in Sports, Surjeet Publication,1982

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10 10
Unit 2	Assignment / Seminar / Quiz Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10 10
Unit 3	Assignment / Seminar / Quiz Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10 10
Unit 4	Assignment / Seminar / Quiz Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10 10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Fifth

Session: 2026-2027

- | | | |
|----|--------------------------------|--|
| 1. | Course Code | PEDSE-9 |
| 2. | Course Title | <p>Specialization: Officiating</p> <ol style="list-style-type: none"> 1. If Major game is same as Specialization Game than student has to choose another event from the specialization games 2. Specialization Games will be offered as per the facilities available in the institute conducting the course. 3. Any one specialization game will be chosen as per the choice of the student. A student is participating / regular practicing any game can opt the specialization as per their choice from the below list. 4. Any one Game of Specialization which should be from the list of SGFI/AIU/IOA/Listed in MoS, GOI: <ol style="list-style-type: none"> i. Athletics – Track and Field event, any one from Running/Jumping/Throwing/Mix event. ii. Swimming – Any one event iii. Gymnastics – Any one event iv. Team Games: Football, Volleyball, Basketball, Cricket, v. Indigenous Games: Kabaddi, Kho-Kho, Mallakhambh, Yoga. vi. Racket Games: Badminton, Table-Tennis, Squash, Tennis, etc. vii. Combative: Wrestling (Free style, Greko roman), Judo, Karate, Taekwondo, Boxing, etc. viii. Aiming Games: Shooting, Archery. ix. Iron Games: Weightlifting, Powerlifting, Best Physique. |
| 3. | Course Type | Discipline Specific Course (Major /Core) |
| 4. | Pre-requisite | <p>Student successfully completed:</p> <p>PEDSE-4 – Specialization: Skills and techniques detailed view</p> <p>PEDSE-7 – Specialization Games: Organization and Ground / sports Facilities</p> |
| 5. | Course Learning Outcomes (CLO) | <p>Student will be able to understand:</p> <ul style="list-style-type: none"> ➤ The Skill and techniques of the specialized game of their choice ➤ The specific warm up and cooling down techniques of the specialized game of their choice. ➤ The thorough knowledge of playing and training criteria of the specialized game of their choice. ➤ The agencies related to sports, major national and international tournaments. |



6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
- 7 Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - II	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - III	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - IV	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Total	4	20	10	30	60	20	10	60	10	100	30	70	100

Unit – I

Introduction of Officiating (for specialized game-event)

- 1.1 Meaning, concept and importance of officiating in **specialized game**
 - i. Principles of officiating.
 - ii. Relation of official with team coach management, players and spectators.
 - iii. Measures of improving the standards of officiating and coaching
- 1.2 Academic and professional qualification of an official for various levels.

Unit – II

Duties of Official (for specialized game-event)

- 2.1 **Duties of Official**
 - i. Duties of official in general, pre, during and post-game.
 - ii. Philosophy of officiating.
 - iii. Mechanics of officiating – position, signels, and movement during officiating.
 - iv. Use of latest technology in the officiating of various games.
 - v. Ethics of officiating

Unit – III

Rules and Regulations of Games and Officiating Chosen Specialized Game

- 3.1 Detailed Latest Rules Regulation & Technical specifications as per the apex governing bodies:
Prepare a record book for practical with officiating signals.

Unit – IV

Major Event Organization and its rules

- 4.1 Organizing institute/ Association/SGFI/AIU for the chosen Game event at State National and International Level
- 4.2 Age groups decided by the above point 4.1 if any.

- 4.3 Organizing a competition for chosen game by student as per rules and presentation of records.
- 4.4 Officiating Practical work and preparation of record book

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. As per apex body of the specialized games.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20

Practical Exam:

C	Practical Exam Demonstration of skill Acquisition and progression			20
	Viva-Voce			5
	Record Book			10
Grand Total				70

Name and Signature of Convener & Members of CBoS:

**FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)
Department of Physical Education
Course Curriculum**

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Sixth

Session: 2026-2027

1. Course Code PEDSC-12
2. Course Title Sports Psychology
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite Basic knowledge of psychology and education psychology
5. Course Learning Outcomes (CLO)
 - The student will learn basic concepts of psychology applied to sports.
 - The student would be oriented in identifying factors determining one's overall personality of sportsmen.
 - He would understand various laws of learning and their relevance in teaching learning process of sports and physical education.
 - The study would orient him in getting through with the psychology of sports person.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
- 7 Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - II	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - III	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - IV	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Total	4	40	10	10	60	40	10	20	10	80	30	70	100

Unit - I Introduction

Meaning, Definition, History, Need for and Importance of Sports Psychology.
Present Status of Sports Psychology in India.
Motor Learning: Basic Considerations in Motor Learning
Motor Perception: Factors Affecting Perception - Perceptual Mechanism.



Personality: Meaning, Definition, Structure - Measuring Personality Traits. Effects of Personality on Sports Performance.

Unit - II Motivation & Mental State

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic.
Achievement Motivation: Meaning, Measuring of Achievement Motivation.
Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.
Stress: Meaning and Definition, Causes. Stress and Sports Performance.
Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance.
Self-Concept: Meaning and Definition, Method of Measurement.

Unit - III Goal Setting

Meaning and Definition, Process of Goal Setting in Physical Education and Sports.
Psychological Tests: Types of Psychological Test:
Instrument based tests: Pass-along test – Tachistoscope -Reaction timer - Finger dexterity board - Depth perception box - Kinesthesiometer board.
Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

Unit - IV Psychological aspects of Competition:

Defining competition, determinants of competitive behavior, psychological characteristics of pre-competition, during competition and post competition.
Selected psycho regulative techniques technique for relaxation and activation.
Psychological aspects of long term and short-term preparation for competition.
Psychological care of injuries, sports person, responses to injuries, prevention, and coping techniques.
Psycho-Social Facilitation:
Presence of others, co action effect and audience effect in sports. Factors mediating social facilitations.
Volitional regulation actions in sports: Meaning, Characteristics and Factors affecting volitional regulated behavior. Development of volitional qualities.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- b. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- c. Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education, Mc-Craw Seventh Ed. John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticece Hall Inc.
- d. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- e. MiroslawVauks& Bryant Cratty (1999).Psychology and the Superior Athlete. London: The Macmillan Co.
- f. Richard, J. Crisp. (2000). Essential Social Psychology.Sage Publications.
- g. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- h. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.

- i. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- j. Whiting, K, Karman, Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Sixth

Session: 2026-2027

1. Course Code PEDSC-13
2. Course Title Test and Measurement in Physical Education
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite Basic knowledge of anatomy, physiology, physiology of exercise and basic sports training
5. Course Learning Outcomes (CLO)
 - The students will be able to recognize and relate the concept of test, measurement, and evaluation in the context of Physical Education.
 - The students will be able to construct and conduct physical fitness and sports skill test.
 - The students will be able to implement the criteria of test selection.
 - The syllabus would orient the students in the art of applications of test, measurement, and evaluation in physical and sports activities with simultaneous development of practical competency in conducting physical fitness and sports skill tests.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - II	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - III	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - IV	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Total	4	30	10	20	60	30	10	40	10	90	30	70	100

Unit - I Introduction

Meaning of Test & Measurement & Evaluation in Physical Education



Need & Importance of Test, Measurement & Evaluation in Physical Education
Principles of test, measurement & evaluation.
Formative and summative evaluation and principles of evaluation.

Unit - II Criteria: Classification and Administration of test

Types and classification of test.
Criteria of good tests.
Administration of test, advance preparation Duties during testing - Duties after testing.

Measurement of Health Status

Measurement of nutritional status (subjective and objective.)
Somatotyping- A brief account of Kretchmer's and Sheldon's body types.

Unit - III Physical Fitness Tests

AAHPER youth fitness test.
Kraus Weber Fitness Test.
Multistage Fitness Test
Indiana Motor Fitness Test.
JCR test.
Harvard Step Test
Tuttle Pulse Ratio Test.
Khelo India Fitness Test.

Unit - IV Measurement of Skill Performance, Sports Skill Tests:

Lockhart and McPherson Badminton Test.
Johnson Basketball Ability Test.
McDonald Soccer Test.
Brady Volleyball Test.
Dribble and Goal Shooting Test in Hockey

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- a. Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.
- b. Barron, H. M., & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- c. Clarke, H.H. *Application of Measurement to Health and Physical Education*, Englewood Cliffs, N.J. Prentice Hall Inc.
- d. Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
- e. Larson, L. A. and Yacom, R.D. *Measurement and Evaluation in Physical, Health and Recreation Education*. St. Louis: C.V. Mosby Company 1957.
- f. Mathews. Donald K. *Measurement in Physical Education*, London: W.B. Saunders Company, 1973.
- g. Neilson, N.P.: *An Elementary course in Statistics, Test and Measurement in Physical Education*, National Tests Polo Alth, 1960.

Online Resources-



PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program:	Bachelor of Physical Education and Sports (B.P.E.S.) (Certificate / Diploma / Degree/Honors)		
Semester	Sixth		
Session:	2026-2027		
1. Course Code	PEDSC-14		
2. Course Title	Talent Identification and Sports		
3. Course Type	Discipline Specific Course (Major /Core)		
4. Pre-requisite	Basic knowledge of anatomy, physiology, physiology of exercise and basic sports training, test measurement in physical education and sports		
5. Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> ➤ The student would be oriented with the inherited signs and symptoms that make one adept for excellence in a particular sport. ➤ The student would be able to quantify those signs and symptoms through specific tools and techniques and thus guide the individual to that sports activity for which his/her physique is best suited 		
6. Credit Value	4 Credits 1 Course Credit = 15 Hours – Lectures, Tutorials Or 30 Hours of Practicum		
7. Total Marks	Maximum Marks: 100 Minimum Passing Marks: 40		

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - II	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - III	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - IV	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Total	4	30	10	20	60	30	10	40	10	90	30	70	100

Unit - I Introduction

Introduction, Meaning, Concept and scope of talent identification in sports
Need for and Importance of talent identification.
Principles of talent identification.
Scope of Talent identification.
Role of Physical Education teacher / coach in talent identification.



Unit - II Understanding Human Body

Genetics and Environment and their role in sports performance.

Body types and their relation to sports.

Basic Anthropometry

Anthropometric assessment and data recording

Unit - III Fitness Tests

Strength Tests – Maximum, Explosive, Power

Endurance – Cardiovascular tests

Flexibility tests

Coordination tests

Speed Tests

Unit - IV Skill Tests for Sports talent identification

Skill tests for Ball games

Skill test for Racket games.

Skill test for Athletic abilities

Psychological tests related to sports abilities.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark:Ho+Storm.
- b. Barron, H. M., & Mcchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- c. Bartmus U, Neumann E, de Marées H. The talent problem in sports. *Int J Sports Med* 1987; 8 (6): 415–6
- d. Clarke, H.H. *Application of Measurement to Health and Physical Education*, Englewood Cliffs, N. J. Prentice Hall Inc.
- e. Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
- f. Larson, L. A. and Yacom, R.D. *Measurement and Evaluation in Physical, Health and Recreation Education*. St. Louis: C.V. Mosby Company 1957.
- g. Mathews. Donald K. *Measurement in Physical Education*, London: W .B. Saunders Company, 1973.
- h. Neilson, N.P.: *An Elementary course in Statistics, Test and Measurement in Physical Education*, National Tests Polo Alth, 1960.
- i. Russell K. Athletic talent: from detection to perfection. *Sci Period Res Technol Sport* 1989; 9 (1): 1–6 Google Scholar
- j. Williams AM, Reilly T. Talent identification and development in soccer. *J Sport Sci* 2000; 18 (9): 657–67

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)

Department of Physical Education
Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Sixth

Session: 2026-2027

- | | | |
|----|--------------------------------|---|
| 1. | Course Code | PEDSE-10 |
| 2. | Course Title | <p>Specialization: Coaching / Teaching Practice</p> <ol style="list-style-type: none"> 1. If Major game is same as Specialization Game than student must choose another event from the specialization games 2. Specialization Games will be offered as per the facilities available in the institute conducting the course. 3. Any one specialization game will be chosen as per the choice of the student. A student who is participating / regular practicing any game can opt the specialization as per their choice from the below list. 4. Any one Game of Specialization which should be from the list of SGFI/AIU/IOA/Listed in MoS, GOI: <ol style="list-style-type: none"> i. Athletics – Track and Field event, any one from Running/Jumping/Throwing/Mix event. ii. Swimming – Any one event iii. Gymnastics – Any one event iv. Team Games: Football, Volleyball, Basketball, Cricket, v. Indigenous Games: Kabaddi, Kho-Kho, Mallakhambh, Yoga. vi. Racket Games: Badminton, Table-Tennis, Squash, Tennis, etc. vii. Combative: Wrestling (Free style, Greko roman), Judo, Karate, Taekwondo, Boxing, etc. viii. Aiming Games: Shooting, Archery. ix. Iron Games: Weightlifting, Powerlifting, Best Physique. |
| 3. | Course Type | Discipline Specific Course (Major /Core) |
| 4. | Pre-requisite | <p>Student must successfully complete:</p> <p>PEDSE-4 – Specialization: Skills and techniques detailed view</p> <p>PEDSE-7 – Specialization Games: Organization and Ground / sports Facilities</p> <p>PEDSE-9 – Specialization: Officiating</p> |
| 5. | Course Learning Outcomes (CLO) | <p>Student will be able to understand:</p> <ul style="list-style-type: none"> ➤ The Skill and techniques of the specialized game of their choice ➤ The specific warm up and cooling down techniques of the specialized game of their choice. ➤ The thorough knowledge of playing and training criteria of the specialized game of their choice. ➤ The agencies related to sports, major national and international |



- tournaments.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
- 7 Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - II	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - III	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Unit - IV	1	5	2.5	7.5	15	5	2.5	15	2.5	25			
Total	4	20	10	30	60	20	10	60	10	100	30	70	100

Unit – I: Introduction to Coaching of Specialized Game

- 1.1 Meaning, concept and importance of coaching.
 - i. Principles of Coaching.
 - ii. Relation of coach with officials, management, players, and spectators.
 - iii. Measures of improving the standards of coaching and teaching
- 1.2 Academic and professional qualification of a coach for various levels.

Unit – II: Duties of Coach and Official (for particular game-event)

Coach as a mentor

- 2.1 Duties of coach in general, pre, during and post-game.
 - i. Philosophy of coaching.
 - ii. Responsibilities of a coach on and off the field.
 - iii. Coach as role model for young players.
 - iv. Ethics of coaching.
- 2.2 Lesson Planning for coaching and training, Parts of lessons.
Preparation of lesson, Assembly, counting and reporting, Warm up and specific warm up, Rules, skill, technique, tactics explanation, drills and practices, lead up game, conclusion, reporting

Unit – III: Lesson plans Rules and Regulations of specialized Games

- 3.1 5 Lesson Plans upon the Rules Regulations and dimensions of chosen specialized games

Unit – IV: Lesson plans Skills and Techniques of specialized Games

- 4.1 5 Lesson Plans upon the skills and techniques or training method of chosen specialized games



Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. As per apex body of the specialized games.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	5	1	5
	Short Answer Type Questions all Compulsory	5	2	10
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	5	20
Practical Exam:				
C	Practical Exam Teaching Practice of Coaching			20
	Viva-Voce			5
	Record Book			10
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Seventh

Session: 2027-2028

1. Course Code PEDSC-15
2. Course Title Research Process in Physical Education and Sports Sciences
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite Basic knowledge of anatomy, physiology, physiology of exercise and basic sports training, test measurement in physical education and sports
5. Course Learning Outcomes (CLO)
 - Describe how “knowledge” is generated through the research process. Identify the methods of research and understand the need, scope, and of research in Physical Education & Sports.
 - The students will be able to understand methods of sampling for data collection.
 - Student will be able make project using the techniques of research and learn mechanics of publishing research papers.
 - The students will learn Ethical issues in research.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	9	4	2.5	15	9	4	5	2.5	20.5			
Unit - II	1	9	4	2.5	15	9	4	5	2.5	20.5			
Unit - III	1	9	4	2.5	15	9	4	5	2.5	19.5			
Unit - IV	1	8	3	2.5	15	8	3	5	2.5	18.5			
Total	4	35	15	10	60	35	15	20	10	80	30	70	100

Unit - I Introduction

Meaning and Definition of Research

Need, Nature and Scope of research in Physical Education.

Classification of Research,



Location of Research Problem,
Criteria for selection of a problem,
Qualities of a good researcher.

Unit - II Methods of Research

Descriptive Methods of Research; Survey Study, Case study,
Introduction of Historical Research, Steps in Historical Research, Sources of
Historical Research: Primary Data and Secondary Data, Historical Criticism:
Internal Criticism and External Criticism.
Experimental Research – Meaning, Nature and Importance,
Meaning of Variable, Types of Variables.
Experimental Design - Single Group Design, Reverse Group Design, Repeated
Measure Design, Static Group Comparison Design, Equated Group Design,
Factorial Design.

Unit - III Sampling

Meaning and Definition of Sample and Population.
Types of Sampling; Probability Methods;
Systematic Sampling, Cluster sampling, Stratified Sampling.
Area Sampling – Multistage Sampling.
Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota
Sampling.

Unit - IV Research Proposal and Report

Ethical Issues, Plagiarism, IPR – Copyright and Patent issues
Method of Writing Research proposal,
Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back
materials.
Thesis / Dissertation; Method of writing abstract and full paper for presenting in a
conference and to publish in journals,
Mechanics of writing Research Report,
Footnote and Bibliography writing.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke
- b. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
- c. H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
- d. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
- e. Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- f. Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi
- g. Moses, A. K. (1995) Thesis Writing Format, Chennai;
- h. Poompugar Pathippagam Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc



- i. Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester: Seventh

Session: 2027-2028

1. Course Code: PEDSC-16
2. Course Title: Applied Statistics in Physical Education and Sports
3. Course Type: Discipline Specific Course (Major /Core)
4. Pre-requisite:
5. Course Learning Outcomes (CLO)
 - The student will be to understand the nature importance and types of statistics.
 - The student will learn and identify the various statistical techniques.
 - The student will learn about grouped and ungrouped data.
 - The student will be able to analyze and interpret the results of statistical analysis..
6. Credit Value: 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks: Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	8	2.5	3	15	8	2.5	6	2.5	19			
Unit - II	1	8	2.5	3	15	8	2.5	6	2.5	19			
Unit - III	1	8	2.5	4	15	8	2.5	8	2.5	21			
Unit - IV	1	11	2.5	5	15	11	2.5	10	2.5	26			
Total	4	35	10	15	60	35	10	30	10	85	30	70	100

Unit - I Introduction

Meaning and Definition of Statistics.

Function, need for and importance of Statistics.

Types of Statistics.

Meaning of the terms, Population, Sample, Data, types of data.

Variables; Discrete, Continuous.



Parametric and non-parametric statistics.

Unit - II Data, Central Tendency, Measures of Dispersion and Scales

Data Classification, Tabulation and Meaning, uses and construction of frequency table.

Meaning, Purpose, Measures of Central Tendency – Mean, median and mode.

Calculation and advantages of Measures of central tendency

Meaning, Purpose, Calculation and advances of Range,

Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error.

Meaning, Purpose, Calculation, and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

Unit - III Probability Distributions and Graphs

Meaning of probability

Normal Curve. - Principles of normal curve – Properties of normal curve.

Divergence form normality – Skewness and Kurtosis.

Graphical Representation in Statistics; Line diagram, Bar diagram,

Histogram, Frequency Polygon, Ogive Curve.

Unit - IV Inferential and Comparative Statistics

Tests of significance; Independent “t” test, Dependent “t” test

Chi – square test,

level of confidence and interpretation of data.

Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method.

Concept of ANOVA and ANCOVA.

Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- b. Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- c. Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Englewood Cliffs, Prentice Hall, Inc.
- d. Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- e. Garrett, H.E. (1981). Statistics in psychology and education, New York: VakilsFeffer and Simon Ltd.
- f. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
- g. Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- h. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- i. Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs:



- Prentice Hall, Inc
- j. Sivaramakrishnan.S.(2006) Statistics for Physical Education, Delhi; Friends Publication
 - k. Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthil kumarPublications.
 - l. Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
 - m. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
 - n. Verma, J. P. (2000). A textbook on sports statistics. Gwalior: Venus Publications.

**Online Resources–
e-Resources / e-books and e-learning portals**

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Seventh

Session: 2027-2028

1. Course Code PEDSC-17
2. Course Title Exercise Prescription / Therapeutic Exercise
3. Course Type Discipline Specific Course (Major /Core)
4. Pre-requisite Basic knowledge of anatomy, physiology, physiology of exercise and basic sports training, test measurement in physical education and sports
5. Course Learning Outcomes (CLO)
 - The student will learn about principles of exercise prescription.
 - The students will be able learn type of therapeutic exercise.
 - The student would be able to understand the type of exercise requirement for different groups of people as per their needs.
 - Students would be able to devise effective exercise program as per the need of the individual.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - II	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - III	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - IV	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Total	4	30	10	20	60	30	10	40	10	90	30	70	100

Unit - I Exercises and their Types

Meaning and definition of exercise

Types of exercises- Aerobics, Anaerobic and Conditioning

Importance of warming up, cooling down and stretching

Therapeutic exercises and their principles.



Unit - II Weight management & Gym Exercises

Understanding body weight, components of body weight and ideal weight.
Fat burning exercises and their variations.
Gym training exercises for weight loss and strengthening.
Dance, Aerobics, cycling and swimming for weight loss.

Unit - III Exercises and Elderly People

Understanding aging and characteristics
Need for and importance of exercises in aged people.
Principles and precautions while giving exercises to elderly people.
Type of exercises and recreational activities for elderly people.

Unit - IV Exercises for special needs

Exercises for rehabilitations after injuries.
Exercise for diabetics, Exercises during & after Pregnancy.
Exercises for casuals and weekenders.
Exercises for recreations and kids.

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- ASCM and Arnold Schwarzenegger (2003), ASCM Fitness Book
- David Nordmark (2015), Workout Routines- Exercise workout routines.
- Dympna Pearson (2012), Weight Management: A Practitioner's Guide, ISBN-1405185597
- Frederic Delavier (2010), Strength Training Anatomy
- Jenny Allan (2013), The Ultimate Body building Diet, Nutrition and Workout Plan for Men and Women.
- Joseph Kandel and Chritine A Adamec (2003), The Encyclopaedia of Senior Health and Wellbeing.
- Robert A. Robergs, Steven J. Keteyian (2003), Fundamentals of Exercise Physiology: For Fitness, Performance, and Health, Volume 1- McGraw-Hill

Online Resources-

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10

	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



**FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)**

**Department of Physical Education
Course Curriculum**

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Seventh

Session: 2027-2028

1. Course Code PEDSE-11
2. Course Title Adapted Physical Education
3. Course Type Discipline Elective course (Minor /Interdisciplinary)
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - To learn about the classification of disability with special reference to Physical Education
 - The knowledge would enable the students to understand the activity requirements of various levels of physically challenged people.
 - The knowledge would thus enable the students to prepare and organize worthwhile activity programs for various levels of physically challenged persons.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - II	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - III	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Unit - IV	1	10	2.5	2.5	15	10	2.5	5	2.5	20			
Total	4	40	10	10	60	40	10	20	10	80	30	70	100

Unit - I Introduction

Meaning, Definition and Importance of Adapted Physical Education and Sports.
Purpose, Aims and Objectives of Adapted Physical Education and Sports.
Program organization of Adapted Physical Education and Sports.
Organizations addressing and giving opportunities to people with disabilities.



Unit - II Development of Individual Education Program (IEP)

The persons with a disability, Types and classification of disability.
Components and Development of IEP.
Principles of Adapted Physical Education and Sports.
Role of Physical Education profession personnels.

Unit - III Developmental Considerations of an Individual

Motor development.
Perceptual Motor development.
Early childhood and Adapted Physical Education.
Teaching style, method and approach in teaching Adapted Physical Education

Unit - IV Individual with unique need and activities

Behavioral and Special learning disability.
Visual Impaired and Deafness.
Health Impaired students and Physical Education.
HRPF and its development for Individual with unique need.
Role of games and sports in Adapted Physical Education.

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- Beverly, N. (1986). Moving and Learning. Times Mirror/Mosby College Publishing.
- Cratty, B.J. Adapted Physical Education in the Mainstream. (4th Edition) Love Publishing Company.
- Houner, L.D. Integrated Physical Education- A guide for the elementary classroom teacher.
- Pangrazi, R.P. and Dauer, V.P. (1989). Dynamic physical education for elementary school children. New York: Macmillan Publishing Company.
- Winnick, J. P. (2005). Adapted Physical Education and Sports. Human Kinetics (4th Edition).

Online Resources-

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10

Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

- Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)
- Semester Eighth
- Session: 2027-2028
1. Course Code PEDSC-18
 2. Course Title Sports Journalism and Mass Media
 3. Course Type Discipline Specific Course (Major /Core)
 4. Pre-requisite
 5. Course Learning Outcomes (CLO)
 - To apprise the students about the journalism and mass media.
 - To develop basic concept of reporting and editing.
 - Inculcate skill for presentation of sports news.
 - To develop critical ability to describe the event.
 - To apprise the various aspects of advertising.
 - The students will be oriented in basic art of mass communication and reporting of sports events through various mediums.
 6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
 7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - II	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - III	1	11	2.5	1	15	11	2.5	2	2.5	18			
Unit - IV	1	11	2.5	2	15	11	2.5	4	2.5	21			
Total	4	45	10	5	60	45	10	10	10	75	30	70	100

Unit - I Introduction

- Meaning and Definition of Journalism.
- Ethics of Journalism.
- Canons of journalism.
- Sports Ethics and Sportsmanship.
- Reporting Sports Events.
- National and International Sports News Agencies.



Unit - II Sports Bulletin

Concept of Sports Bulletin: Journalism and sports education.

Structure of sports bulletin - Compiling a bulletin.

Types of bulletin.

Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education.

Sports organization and sports journalism.

General news reporting and sports reporting.

Unit - III Mass Media

Mass Media in Journalism: Radio and T.V. Commentary

Running commentary on the radio - Sports expert's comments.

Role of Advertisement in Journalism.

Sports Photography: Equipment-Editing - Publishing.

Unit - IV Journalism and Report Writing on Sports

Brief review of Olympic Games, Asian Games, Commonwealth Games World Cup, National Games and Indian Traditional Games.

Preparing report of an Annual Sports Meet for Publication in Newspaper.

Organization of Press Meet.

Methods of editing a Sports report.

Evaluation of Reported News.

Interview with and elite Player and Coach.

Signature of Convener & Members (CBoS) :

PART-C: Learning Resources

Textbooks, Reference Books and Others

- a. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
- b. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- c. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- d. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- e. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- f. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
- g. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- h. Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- i. Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
- j. Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

Online Resources-

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Eighth

Session: 2027-2028

1. Course Code PEGE-1
2. Course Title Correctives and Rehabilitation in Physical Education
3. Course Type Generic Elective / Multidisciplinary
4. Pre-requisite Student must know sports injuries, sport training, exercise physiology.
5. Course Learning Outcomes (CLO)
 - Students will learn about postural deformities, prevention, treatment and rehabilitation.
 - Student would understand the Prevention, Treatment and Rehabilitation of Athletic Injuries.
 - The student will learn various modalities of treatment.
 - The student will learn exercise therapy for different purposes.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	11	2.5	1	14.5	11	2.5	2	2.5	18			
Unit - II	1	11	2.5	1	14.5	11	2.5	2	2.5	18			
Unit - III	1	11	2.5	1	14.5	11	2.5	2	2.5	18			
Unit - IV	1	12	2.5	2	16.5	12	2.5	4	2.5	21			
Total	4	45	10	5	60	45	10	10	10	75	30	70	100

Unit - I Introduction

(A) Meaning and scope of “Correctives” in Physical Education.

(B) Posture and its deviation:

- a. Definition. Standards of standing posture values of good posture, causes and drawbacks of bad posture.
- b. Common postural deviations, their causes and remedial exercises:



- | | | |
|-----------------|---------------|-----------------|
| i. Kyphosis | ii. Scoliosis | iii. Lordosis |
| iv. Knock-knees | v. Bowlegs | vi. Flat –feet. |

- Unit - II**
- (A) a. Scope of Sports injuries in Physical Education.
b. Hazards of Incomplete treatment.
- (B) Prevention of injuries:
a. Factors predisposing the sports injuries.
b. General principles regarding the prevention of injuries.
- (C) Common sports injuries and their immediate treatment:
a. Contusion b. Abrasion c. Laceration
d. Sprain e. Strain f. Hematoma
g. Fracture h. Dislocation

Unit - III Rehabilitation

- (A) Definition aims and objectives and scope and rehabilitation.
- (B) Goals of rehabilitation.
- (C) An introduction of effects and uses of Therapeutic Modalities in rehabilitation.
a. Cold Therapy b. Infra-Red Radiation
c. Contrast Bath d. Wax Bath Therapy
e. Hydrotherapy (Exercises under water).

Unit - IV (A) Therapeutic Exercises

- a. Definition and scope of Therapeutic Exercises in Athletic injuries.
- b. Classification, Physiological effects and uses of the following:
i. Active Exercise (Free, Assisted and Resisted, Movements).
ii. Passive Exercises (Relaxed and forced movements).
- c. An introduction to progressive resistance exercises method.
- (B) Techniques of Therapeutic Exercises:
a. Muscles Strengthening Exercises.
b. General Principles of Muscle Strengthening.
c. Manual-Muscle testing: A Method of assessing Muscle-strength.
i. Stretching and Mobilizing Exercises: Factors causing Limitation of joint Range, General mobilizing methods, and practical demonstration of exercises to mobilizing the shoulder, elbow, wrist, hip knee, ankle and foot.
ii. Testing of common soft tissue tightness or contractures and suitable exercises to stretch them.
- (C) Therapeutic and Sports Massage
a. Definition and brief history of massage and remedial exercises.
b. General approach to a Massage Manipulation.
c. Common Physiological effects of Massage.
Common Massage Manipulations used in sports and Athletics and their therapeutic uses.
Contra – indications of massages in general.
Techniques of Massage for the limbs, back and neck.



Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Colson John, Proressive Exercise Therapy, Bristol John Wright and sons Ltd.1969.
- b. Danies and worthingham . Muscle Testing: Techniques of Manual Examination, Philadelphia, W.B. SaundersCo.
- c. First Aids to the Injured, New Delhi, St. John Ambulance Association.
- d. Forster, Palastangas ‘Clayton’s Electrotherapy’ Delhi CBS Publishers and Distributors.
- e. Gardiner M. Dena: ‘The Principles of Exercise Theraph’ : London : Bell and Hyman, 1981.
- f. Johnson, W.R. and Buskirk, E.R. “Science and Medicine of Exercise and Sports” , New York, Harper and Row ,1974.
- g. Kessler Henry H.: The Principles and Practices of Rehabilitation, Philadelphia, lea and Febiger,1950.
- h. O’Dongho D. “Treatment of Injuries to Athletes”, Philadelphia: W.B. Sounders and Company
- i. Pande, P.K. Gupta, L.C.: ‘outline of sports Medicine’, New Delhi Jaypee Brothe, 1987.
- j. Rathbone J.L., ‘Corrective Physical Education’, London, W.B. Saunders Co.
- k. Reilly Thomas: ‘Sport Fitness and sports Injured’, London, Faber and Faber Ltd., 1981.
- l. Steven Roy, Irvin Richard, ‘Sports Medicine, Engle wood cliffn N.J.: Prentice Hall, 1983.
- m. Strauss, R.H.: ‘Sports Medicine’, Philadelphia, W.B. Saunders Co., 1984.
- n. Wood and Backer, Board, Massage: Philadelphia: W.B. SaundersCo.
- o. Yliery J. and Cash, M. Sports Massage: London: stanty Paul and co.1988.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10

	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

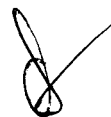
To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM (2024–28)

Department of Physical Education Course Curriculum

PART- A: Introduction

- Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)
- Semester Eighth
Session: 2027-2028
1. Course Code PEGE-2
 2. Course Title Doping
 3. Course Type Generic Elective / Multidisciplinary
 4. Pre-requisite
 5. Course Learning Outcomes (CLO)
 - The student will learn about prohibited substances and methods.
 - The student will learn about misuse of drug and their effect and side effects, and sanctions related to use of prohibited drug.
 - Develop an understanding of the most common classes of medications and supplements used for evidence based medical treatment of athletes.
 - Student will learn to advice on prevention of inadvertent doping.
 6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
 7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	11	2.5	1	14.5	11	2.5	2	2.5	18			
Unit - II	1	11	2.5	1	14.5	11	2.5	2	2.5	18			
Unit - III	1	11	2.5	1	14.5	11	2.5	2	2.5	18			
Unit - IV	1	12	2.5	2	16.5	12	2.5	4	2.5	21			
Total	4	45	10	5	60	45	10	10	10	75	30	70	100

Unit - I Introduction

The Evolution of Doping and Antidoping in Sports,
Prevalence of Doping in Sports,
Doping Control in Sports,
Inadvertent Use of Prohibited Substances in Sports,
Role of Athlete Support Personnel in Preventing Deliberate and Inadvertent



Use of Prohibited Substances

- Unit - II Different types and Methods of Doping their effects on sports performance and ill effects on health - I**
Introduction to Pharmaco-kinetics and dynamics. Different types and Methods of Doping and Masking,
Anabolic Androgenic Steroids,
Stimulants, Glucocorticoids, Peptide – Protein Hormone.
Beta-2 Agonists,
Hormone and Metabolic Modulators,
- Unit - III Different types and Methods of Doping their effects on sports performance and ill effects on health - II**
Narcotics, Beta Blockers.
Manipulation of Blood and Blood Components.
Chemical and Physical Manipulations, Gene Doping.
Diuretics and Masking
- Unit - IV Substances and Methods Permitted in Sports,**
Sport Supplements and Herbal Preparations,
Evolving Issues Concerning Drug Use in Sports,
Athletic Testing
Doping control and Supplement testing:
World anti-doping agency (WADA) and
National Antidoping agency (NADA)

Signature of Convener & Members (CBoS) :

PART–C: Learning Resources

Textbooks, Reference Books and Others

- Antonio, J., Stout, J. R. (2002). Supplements for Endurance Athletes. United Kingdom: Human Kinetics.
- Cooper, C. E. (2008). Drugs and ergogenic aids to improve sport performance. Essays in biochemistry, 44, 1-10.
- Greenwood, M., Cooke, M. B., Ziegenfuss, T., Kalman, D. S., & Antonio, J. (Eds.). (2015). Nutritional supplements in sports and exercise. Humana Press.
- Hackney, A. C. (2017). Doping, performance-enhancing drugs, and hormones in sport: mechanisms of action and methods of detection. Elsevier.
- Jason, P. (2008) Doping: athletes and drugs, Rosenn Publishing, New York
- Mottram, D., & Mottram, D. R. (2010). Drugs in sport. Routledge.

Online Resources–

e-Resources / e-books and e-learning portals

PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)



For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:



**FOUR YEAR (Eight Semester) UNDERGRADUATE PROGRAM
(2024–28)**

**Department of Physical Education
Course Curriculum**

PART- A: Introduction

Program: Bachelor of Physical Education and Sports (B.P.E.S.)
(Certificate / Diploma / Degree/Honors)

Semester Eighth

Session: 2027-2028

1. Course Code PEGE-3
2. Course Title Sports Management
3. Course Type Generic Elective / Multidisciplinary
4. Pre-requisite
5. Course Learning Outcomes (CLO)
 - The student will understand the concept, essential skills of sports management. The student will be equipped with competencies required for the sports manager.
 - The student will learn to prepare financial proposals for physical education & sports in Schools / Colleges / Universities.
 - The students will be equipped with the skill of organization, designing and conducting the sports events.
6. Credit Value 4 Credits
1 Course Credit = 15 Hours – Lectures, Tutorials
Or
30 Hours of Practicum
7. Total Marks Maximum Marks: 100
Minimum Passing Marks: 40

PART -B: Content of the Course

Unit Wise Distribution	Course Credit	Hourly Credit				Hours					Marks		
		Theory	Tutorial	Practicum	Total Credits	Theory	Tutorial	Practicum	Miscellaneous	Total Hours	Internal	External	Total Marks
Unit - I	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - II	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - III	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Unit - IV	1	7.5	2.5	5	15	7.5	2.5	10	2.5	22.5			
Total	4	30	10	20	60	30	10	40	10	90	30	70	100

- Unit - I** Nature and Concept of Sports Management.
Progressive concept of Sports management.
The purpose and scope of Sports Management.
Essential skills of Sports Management.
Qualities and competencies required for the Sports Manager.



Event Management in physical education and sports

Unit - II Meaning and Definition of leadership
Leadership style and method.
Elements of leadership.
Forms of Leadership.
Autocratic
Laissez-faire
Democratic
Benevolent Dictator
Qualities of administrative leader.
Preparation of administrative leader.
Leadership and Organizational performance.

Unit - III Sports Management in Schools, colleges, and Universities.
Factors affecting planning
Planning a school or college sports programme.
Directing of school or college sports programme.
Controlling a school, college and university sports programme.
Developing performance standard
Establishing a reporting system
Evaluation
The reward/punishment system

Unit - IV Financial management in Physical Education & sports in schools, Colleges and Universities.
Budget-Importance, Criteria of good budget,
Steps of Budget making
Principles of budgeting

Signature of Convener & Members (CBoS):

PART–C: Learning Resources

Textbooks, Reference Books and Others

- a. Ashton, D. (1968) Administration of physical education for women. New York: The Ronal Press Cl.
- b. Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.
- c. Daughtrey, G. & Woods, J.B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A.: W.B. Saunders Cp.
- d. Earl, F. Z,& Gary, W. B. (1963). Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger.

**Online Resources–
e-Resources / e-books and e-learning portals**



PART -D: Assessment and Evaluation

Continuous Internal Evaluation (CIE): (By Course Teacher)

For awarding marks out of 30 numbers following scheme and formula will be applied:

Particular	Assessment	Max Marks
Unit 1	Assignment / Seminar / Quiz	10
	Unit Test 1 on completion of Unit in 20 Days from the commencement of the semester	10
Unit 2	Assignment / Seminar / Quiz	10
	Unit Test 2 on completion of Unit in 40 Days from the commencement of the semester	10
Unit 3	Assignment / Seminar / Quiz	10
	Unit Test 3 on completion of Unit in 60 Days from the commencement of the semester	10
Unit 4	Assignment / Seminar / Quiz	10
	Unit Test 4 on completion of Unit in 80 Days from the commencement of the semester	10
Attendance	$\frac{\text{Total Present Days in Subject Classes}}{90 \text{ Days}} \times 20$	20
Grand Total		100

To calculate (Scale Down) the internal assessment marks from 100 to 30 following formula will be applied:

$$\text{Obtained marks out of 30} = \frac{\text{Total Marks obtained by student in CIE}}{\text{Max Marks 100}} \times 30$$

End Semester Exam (ESE):

Paper Sections	Types of Questions	Nos of Questions	Marks for Each Question	Total Marks
A	Objective Type all Compulsory	10	1	10
	Short Answer Type Questions all Compulsory	5	4	20
B	Descriptive Answer Type Questions 1 out of 2 from each unit	8 and 4 to attempt	10	40
Grand Total				70

Name and Signature of Convener & Members of CBoS:

