

GURU KASHI UNIVERSITY



Bachelor of Physical Education and Sports

Session:2024-25

Department of Physical Education

Graduate Out comes of the Programme:

This Programme able to evolve solutions for complex sports related problems attributing to the practice research-based knowledge to prepare them for careers in physical education, sports coaching, fitness training, and related fields

PROGRAMME LEARNING OUT COMES: After completion of the program, the learner will be able to

1. Demonstrate knowledge of the basic sciences related to physical education, including an understanding of the principles, components of physical fitness programs, and rules/regulations of various games and sports events.
2. Develop solutions for complex sports-related problems and design system components or processes that meet specific needs, considering general health, common injuries, and athlete performance.
3. Apply research-based knowledge and research methods, including experimental design, data analysis, and data interpretation, to draw valid conclusions.
4. Utilize various techniques, labs, modern equipment, and scientific methods to enhance performance in a range of indoor and outdoor games.
5. Promote ethical behavior, fair play, and discourage the use of performance- enhancing drugs.
6. Effectively communicate thoughts and ideas, presenting complex information clearly and concisely to team members.

Programme Structure

Semester-I						
Course Code	Course Title	Type of Course	L	T	P	Credit
BBP101	Anatomy and Physiology	Core	4	0	0	4
BBP114	History and Foundation of Physical Education	Core	4	0	0	4
BBP116	Officiating and Coaching-I	Elective Foundation	3	0	0	3
BBP111	Drill and Marching	Entrepreneurship	0	0	4	2
BBP113	Track and Field-I	Skill Based	0	0	4	2
BBP118	Game & Sports-I	Skill Based	0	0	4	2
BBP121	Sports Sociology	Multi-disciplinary	3	0	0	3
Discipline Elective-I(Any one of the following)						
BBP106	Olympic Movement	Discipline Elective-I	3	0	0	3
BBP117	Health Education					
Discipline Elective-II(Any one of the following)						
BBP119	Method of Physical Education	Discipline Elective-II	3	0	0	3
BBP120	Remedial Massage					
Total			20	0	12	26

Semester-II						
Course Code	Course Title	Type of Course				
				T	P	Credit
BBP201	Sports Management	Core	4	0	0	4
BBP212	Kianathropometry	Core	4	0	0	4
BBP213	Officiating and Coaching-II	Ability Enhancement	2	0	0	2
BBP215	Game & Sports-II	Entrepreneurship	0	0	4	2
BBP210	Mass Demonstration	Skill Based	0	0	4	2
BBP211	Track & Field-II	Skill Based	0	0	4	2
BBP214	Leadership Skills	Value Added Course	2	0	0	2
BBP299	MOOC	MOOC	0	0	0	3
Discipline Elective- III (Any one of the following)						
BBP205	Adapted Physical Education	Discipline Elective- III	3	0	0	3
BBP216	Fitness Center Management					
Total			15	0	12	24

Semester-III						
Course Code	Course Title	Type of Course	L	T	P	Credit
BBP301	Educational Technology	Core	4	0	0	4
BBP302	Kinesiology	Core	4	0	0	4
BBP316	Fit India for All age Groups	Compulsory Foundation	2	0	0	2
BBP312	Game Specialization-I	Entrepreneurship	0	0	4	2
BBP313	Teaching Practice-I	Skill Based	0	0	4	2
BBP310	Track & Field-III	Skill Based	0	0	4	2
BBP317	Aerobics	Skill Based	0	0	4	2
BBP399	MOOC	MOOC	0	0	0	3
Discipline Elective- IV (Any one of the following)						
BBP314	Sports Event Management in Physical Education	Discipline Elective-IV	3	0	0	3
BBP315	Sports Psychology					
Open Elective Course						
.....	IDC	2	0	0	2
Total			15	0	16	26
Open Electives Courses (For other Departments)						
OEC024	Officiating ethics	OE	2	0	0	2

Semester-IV						
Course Code	Course Title	Type of Course	L	T	P	Credit
BBP401	Sports Law	Core	4	0	0	4
BBP411	Athletic Care and Rehabilitation	Core	4	0	0	4
BBP413	Game Specialization-II	Entrepreneurship	0	0	4	2
BBP409	Track & Field-IV	Skill Based	0	0	4	2
BBP419	Diet and Sports Nutrition	VAC	2	0	0	2
BBP420	Sports Technology	Multi-disciplinary	3	0	0	3
Discipline Elective-V (Any one of the following)						
BBP405	Sports Sciences	Discipline Elective-V	3	0	0	3
BBP416	Environmental Science (EVS)					
Discipline Elective-VI (Any one of the following)						
BBP417	Curriculum Design	Discipline Elective-VI	3	0	0	3
BBP418	Organization and Administration					
Total			19	0	8	23

Semester-V						
Course Code	Course Title	Type of Course	L	T	P	Credit
BBP501	Sports Biomechanics	Core	4	0	0	4
BBP503	Sports Training	Core	4	0	0	4
BBP517	General English-I	Compulsory Foundation	2	0	0	2
BBP518	Game & Sports-III	Skill Based	0	0	4	2
BBP519	Organizing Camp & Recreation	Entrepreneurship	0	0	4	2
BBP511	Track & Field-V	Skill Based	0	0	4	2
BBP520	Yoga	Skill Based	0	0	4	2
BBP599	MOOC	MOOC	0	0	0	3
Discipline Elective-VII (Any one of the following)						
BBP506	Professional Ethics in Physical Education	Discipline Elective-VII	3	0	0	3
BBP516	Exercises Physiology					
BBP508	Computer Application					
Total			13	0	16	24

Semester-VI						
Course Code	Course Title	Type of Course	L	T	P	Credit
BBP601	Fundamental of Research In Physical Education	Core	4	0	0	4
BBP602	Test, Measurement and Evaluation in Physical Education	Core	4	0	0	4
BBP613	Project Meet (Athletics)	Technical Skills	0	0	6	3
BBP614	Internship (05 Week)	Internship	--	--	--	5
BBP615	Pedagogy in Physical Education	VAC	2	0	0	2
BBP616	Sports Engineering	Multi-disciplinary	3	0	0	3
Discipline Elective-VIII (Any one of the following)						
BBP606	Sports Medicine	Discipline Elective-VIII	3	0	0	3
BBP607	Sports journalism					
Total			16	0	6	24
Grand Total			98	0	70	147

***Internship will be after 5thSemester.**

Evaluation Criteria for Theory Courses

- A. Continuous Assessment:[25Marks]
- B. CA1- Surprise Test (Two best out of three) (10 Marks) CA2- Assignment(s) (10 Marks)
- C. CA3-Presentations (5Marks)
- D. Attendance(5marks)
- E. Mid Semester Exam: [30Marks]
- F. End Semester Exam: [40Marks]

Semester-I

Course Name: Anatomy & Physiology
Course Code: BBP101

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Explain the significance and relevance of anatomy in the context of physical education.
2. Describe the fundamental structure, composition, and functions of the various organ systems in the human body.
3. Demonstrate proficiency in using the essential technical terminology and language specific to anatomy.
4. Defend the distinctive and remarkable features of the human anatomical structure..

Course Content

UNIT- I

16Hours

Anatomy in Physical Education

Introduction: Meaning of Anatomy, need and importance of Anatomy in physical education and sports

Cell: cell division, Structure, Function of cell, Tissue and its type

UNIT-II

15Hours

Introduction to Muscular system,

Muscular System: Meaning, types and structure of muscles and their functions Skeletal System: Meaning, types of bones, Different parts of human Skeletal System.

Joints: Structure of the skeletal, Classification of joints and their movements

UNIT- III

14Hours

Cardiovascular System/Circulatory System, Structure and function of the heart, Blood, blood pressure, Stroke volume, heart rate, cardiac output, and Cardiac cycle.

Respiratory System: Structure and function of the Respiratory System types of Respiration, Vital capacity, tidal volume, lung capacity, pulmonary ventilation, Oxygen debt, second wind.

UNIT- IV

15Hours

Digestive system: Structure and function of the Digestive System

Excretory system: Structure and function of the Excretory System Organs of Excretory system (Skin, kidney, lungs etc)

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh (2017) "Essential of physical Education" Kalyani Publisher, Ludhiana, Punjab.
- Gerard, J. Tortora and Bryan, H. Derrickson. (2014), "Principles of Anatomy and Physiology" 14th edition – John Wiley and Sons, USA.
- Albert Bluisdall (2001), Human Anatomy and Physiology, Sports Publication, Darya Ganj New Delhi.
- Rose and Wilson (2001), Anatomy and Physiology in Health Illness 9th edition- Harcourt Publisher Ltd.
- Winwood, R.S. and Smith, J. L. (1998) Sears Anatomy and Physiology for Nurses 6th edition (1st Indian edition), London Edward Arnold.
- Gray A. Thibodean and Kelvin T. Patton (1994), Anthony's Textbooks of Anatomy and Physiology, 14th edition Mosby year book inc. St. Louis Times Mirror, Mosby College Publishing

Course Name: History and Foundation of Physical Education
Course Code: BBP114

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Compare the interplay between general education and physical education.
2. Identify and relate to the historical developments in the field of Physical Education.
3. Comprehend the connections between Philosophy, Education, and Physical Education.
4. Recognize the contributions of philosophers in the realms of Education and Physical Education.

Course Content

UNIT-I

14Hours

Introduction to Physical Education: Meaning, Definition and Scope of Physical Education, Aim and Objectives of Physical Education, Importance of Physical Education in present era, Misconceptions about Physical Education, Relationship of Physical Education with General Education, Physical Education as an Art and Science

UNIT-II

16Hours

Historical Development of Physical Education in India: Vedic Period (2500 BC –600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), Medieval period, Post Mughal British Period (Before 1947) Y.M.C.A. and its contributions Physical Education in India (After 1947)

The early history and significant stages in the revival and development of the modern Olympic movement, Educational and cultural values of Olympic movement

UNIT-III

15Hours

Philosophical Foundation of Physical Education: Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism Philosophy and Culture

Fitness and wellness movement in the contemporary perspectives, Sports for all and its role in the maintenance and promotion of fitness

UNIT-IV

15Hours

Foundation of Physical Education

Biological: Growth and development, Age and gender characteristics, Body Types

Psychological: Attitude, interest, Cognition, emotions and sentiments, Practical Suggestion from psychology .

Sociological: Society and culture, Social acceptance and recognition, Leadership in physical education.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Bucher, C. A. (n.d.)- Foundation of physical education. St. Louis: The C.V. Mosby Co*
- *Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degreecollege of Physical education*
- *Dash, B.N. (2003.)-Principles of Education, Neelkamal publication, Hyderabad,*
- *Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi,*
- *Pandey, R.S. (1991) Philosophical & Sociological Foundation of Education, Vinod Pustak Mandir, Agra,*
- *Bhatia, K.K. & Narang, C.L. (1984) –Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana,*
- *Adams, William.C (1991.) –Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor, Philadelphia,*
- *Dr. Kamlesh M.L. (2004) -Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi.*
- *Dr. B.C. Kapri, Fundamentals of Physical Education, Friends Publication, Dariya Ganj, Delhi (India)*

Course Name: Officiating and Coaching-I (Elective Foundation)
CourseCode:BBP116

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Demonstrate a thorough understanding of the rules and regulations of the selected sport.
2. Skillfully layout and mark the dimensions of a playing court for the chosen sport.
3. Organize sports events and effectively officiate during these events.
4. Acquire the skills required for coaching sports teams. Additionally, students will be capable of organizing and officiating in yogic events.

Course Content

UNIT-I

10Hours

Introduction of Officiating and coaching: Concept of officiating and coaching, Principles of officiating & Coaching, Importance of officiating and coaching, Qualifications for Officials conducting various tournaments

UNIT-II

12Hours

Rules and Layout: Dimensions, layouts and marking of fields of chosen Ball Game-I, Rules and their interpretations of chosen Ball Game-I, Qualification and number of officials in the chosen Ball Game-I, Coaching in the chosen Ball Game-I

UNIT-III

12Hours

Duties of Official: Dimensions, layouts and marking of fields of chosen Ball Game-II, Rules and their interpretations of chosen Ball Game- II, Qualification and number of officials in the chosen Ball Game-II, Coaching in the chosen Ball Game-II

UNIT-IV

11Hours

Qualities, Qualifications of Coach, and Official: Layout, dimensions and markings of Track, Rules and their interpretations of running events in Track, Yoga and its rules, coaching in Athletics and Yoga.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bunn, J.W. (1968). *The art of officiating sports*. Engle wood cliffs N.J. Prentice
- *Hall Bunn, J.W. (1972) Scientific principles of coaching*
- *Engle wood cliffs N.J. Prentice Hall Dyson, G.H. (1963) The mechanics of athletics London: University of London Press Ltd*
- *Dyson, G.H. (1963) The mechanics of Athletics London: University of London Press Ltd. Lawther, J.D. (1965)*
- *Psychology of coaching New York: Pre Hall*
- *Singer, R.N. (1972). Coaching, athletic & psychology New York: M.C. Grew Hill*
- *Official Rule Book / Handbook of the concerned federation of sports*

Course Name: Sports Sociology (Multidisciplinary)
Course Code: BBP121

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop a sociological perspective on sport by learning basic sociological theories, concepts, and research methods.
2. Display how sport influences our values, attitudes, beliefs, perceptions, behavior, culture, and society.
3. Solve the basic principles and theories of sociology to analyze the role of sports in our everyday social lives

Course Content

UNIT-I

14 Hours

Sports Sociology: Meaning and definition, Sports socialization of individual, sports as social institution

National integration through sports, fans and spectators: Meaning and definition, advantages and disadvantages on sports performance

Leadership: Meaning, definition and types, Leadership and sports performance

UNIT-II

13 Hours

Socialization through sports: Sports and integration

Sports and Violence: Is sports a cause or cure to violence Sports, Gender and Race

UNIT-III

10 Hours

Sports and Economy: Commercialization of sports

Sports and the Media: Influence on each other Sports, social mobility-sports, and general career Success

UNIT-IV

08 Hours

Sports and educational opportunities

Sports in Future-Will things change or remain the same

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- C.A. Bucher, Foundations of Physical Education and Sports
- *DharamVir (Editor), Sports and Society – Readings in Sociology of Sports*
- *Jay, J. Coakley, Sports in Society – Issue and Controversies*

Course Name: Olympic Movement (Discipline Elective-1)

L	T	P	Cr
3	0	0	3

Course Code:BBP106

Total Hours: 45

Learning Outcomes:

1. After completion of this course, the learner will be able to:
2. Acquire a fundamental understanding of the Olympic movement.
3. Recognize the importance of Olympic ideals, the Olympic rings, and the Olympic flag.
4. Gain knowledge about various Olympic games and their historical significance.
5. Study the roles and functions of the International Olympic Committee (IOC) and the Indian Olympic Association (IOA)

Course Content

UNIT-I

09Hours

Origin of Olympic Movement: Philosophy of Olympic movement, the early history of the Olympic movement, the significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement

UNIT-II

10Hours

Modern Olympic Games: Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Protocol for member countries, Olympic motto, Olympic Code of Ethics, Olympism in action, Sports for All.

UNIT-III

14Hours

Different Olympic Games: Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games

UNIT-IV

12Hours

Committees of Olympic Games: International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Olympic commission and their functions, Olympic medal winners of India

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings

- *Osborne, M. P. (2004). Magic tree house fact tracker: ancient greece and the olympics: a non fiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers*
- *Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001) Olympic dreams: the impact of mega-events on local politics: Lynne Rienner*

Course Name:Health Education (DisciplineElective-1)
Course Code: BBP117

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Identify and synthesize the factors that influence health.
2. Recognizehealth-related challenges in the current time and apply preventive measures.
3. Identify the roles of peers, community, and media in health promotion and protection.
4. Demonstrate expertise in the above- stated domains in a school setup.

Course Content

UNIT-I

09Hours

Health Education and Services: Concept, Dimensions, Spectrum and determinants of Health, Health Education and Principles of Health Education, Nature and Scope of Health Education in Physical Education, Health Services in India

UNIT-II

14Hours

Global Health Issues: Communicable, Non-Communicable diseases and their prevention, Malnutrition, Food Adulteration, Environmental Pollution and Sanitation, Population and their management, Physical Activity and Nutrition, Overweight and Obesity, Mental Health
Prime causes of death: Hypokinetic diseases,cardiovascular diseases, chronic respiratory diseases, Diabetes, Mental Disorders, Nutritional Deficiencies and their prevention through physical activity

UNIT-III

10Hours

Health Education in Schools: Need and scope of health education in schools Preventing alcohol, tobacco and other drugs abuses in schools
Personal Health and Wellness: Healthy eating, Mental and Emotional health, and Violence prevention, Physical activity, Safety, First Aid and Emergency procedures

UNIT-IV

12Hours

Health Supervision and Evaluation in Schools: Health Instruction and Health Supervision, assessing personal and peers' health risk taking, Analyzing the influence of family, peers, culture and media on health behavior, Consumer Health and Comprehensive Health Education

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Agrawal, K. C. (2001). Environmental biology Bikaner: Nidhi publishers Ltd*
- *Bensley, R. J. and Fisher, J. B (2009) Community Health Education Methods Massachusetts: Jones and Bartlett Publishers*
- *Edward, J. T. (2006). Health and Disease, New Delhi: Sports Publication*
- *Anspaugh, D. J. and Ezell, G. (2003) Teaching today's Health. USA: Allyn & Bacon*
- *McKenzie, J. F. and Smeltzer, J. L (2001) Planning, Implementing, and Evaluating Health Promotion Programs: A Primer, USA: Allyn & Bacon*
- *Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C. V. Mosby Company.*
- *Nemir, A. (n.d.). The school health education New York: Harber and Brothers.*
- *Odum, E. P. (1971). Fundamental of ecology U.S.A.: W. B. Saunders Co.*

Course Name: Methods of Physical Education(Discipline Elective-II)
Course Code: BBP119

L	T	P	Cr
3	0	0	3

Total Hours: 45

Course Outcomes

1. Describe the basic skills of teaching practice.
2. Recognize the methods, forms and means required for the proper implementation
3. Demonstrate skills in class management and class formation.
4. Conduct classes for teaching games using different methods.

Course Content

UNIT- I

12 Hours

Introduction to Methods of Physical Education –

1. Meaning, scope and importance of methods of physical education. Factors for determining
2. Methods of teaching: Types Of Command (beginners-Children, advanced group, large groups, complicated exercises, commands, order and directions)
3. Teaching of commanding and leading: (Counting, Continuous counting, counting the beat, Rhythmic counting, counting aloud, Use of Whistle, Use of precessions instrument and music)

UNIT- II

11 Hours

Presentation Techniques:

1. (Personal preparation, Technical preparation, Steps of preparation, Situation which requires different words of command).
2. Class management and formation: meaning of types of class formation and class management.Principal of class management.
3. **Lesson Planning:** Types of lessons and their values, Objectives of different lessons, plans and parts of the lessons, introductory and developments, Skill Practice/group work, Class activity/Recreation Part (Reassembly, Revision and dismissal)

UNIT- III

11Hours

1. Teaching of Games:
2. Whole part, whole method of teaching skills and games, Command method, Discussion method,

3. Project method, Demonstration method, Imitation method, Reciprocal method, Small group method

UNIT-IV

11 Hours

1. **Competition:** meaning and their types,
2. **Fixture of different competition.** Intramural and Extramural
3. **Track:** Layout and marking of athletics track and field events.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh.A (2007).*Essential of physical Education*.Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana.
- Bhatia, K., & Bhatia, B. D. (1954). *The Principles & Methods of Teaching*.Doaba House.
- Kochhar, S. K. (1992). *Methods and techniques of teaching*. Sterling Publishers Pvt. Ltd.
- Sampath, K. (1981). *Introduction to educational technology*. Sterling Publishers Pvt. Ltd.

Course Name: Remedial and Massage (Discipline Elective- II)
Course Code: BBP120

L	T	P	Cr
3	0	0	3

Total Hours: 45

Course Outcomes

1. Knowledge of Physiological, Chemical and Psychological effects of massage on human body
2. Gaining skill in different techniques of massage and their effects on human body.
3. Understanding the role of massage in games and sports.
4. Study about the introduction and history of remedial massage

Course Content

UNIT-I

10Hours

Introduction of Massage –

1. Meaning, definition, Importance of Remedial and Massage.
2. Brief history of massage exercise and Principles of application of Massage.
3. Role of massage in game & sports.

UNIT-II

12 Hours

Manipulation and movement: -

1. Classification of the manipulations and movements used in massage effects of each & type of manipulation of the different system of the human body
2. Classification of Movements (active movements, passive movements) and their effective use.
3. Manipulations and movement of Massage : - Classification of the manipulations and movements used in massage and their effects on human body.

UNIT-III

11Hours

Indications and contraindications of massage movement –

1. The Effleurage Movement ,its application and benefits.
2. Techniques of Massage: - Classification of Techniques of Massage
3. Stroking, Pressure, Percussion and Vibratory etc..And their importance and application on human body.

UNIT -IV

12Hours

Practical Work:

1. Massage Movement on the different Parts of body.
2. Rehabilitation Exercises

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Mary V. L. (1956). *Massage and Medical Gymnastics*
- Joke Ernest. *Scope of Exercises in Rehabilitations.*
- Joke Ernest. *Philosophy of Exercises.*
- Horns Kans. *Therapeutic Exercises.*

Course Name: Drill & Marching (Entrepreneurship)
Course Code: BBP111

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop fundamental skills to participate in various demonstrative activities.
2. Gain expertise in coordinating movements with fellow peers while performing.
3. Acquire the skill of teaching these activities on certain rhythm and/or beats.
4. Modify and innovate new techniques to enhance the poise of the performance.

Course Content

60Hours

Command, Class Formation, Drill and Marching
Drum Side Drum and Flute, Action song / Motion story, Beguile,

Course Name: Track&Field-I (Skill Based)

Course Code: BBP113

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Demonstratethestartingandfinishingtechniquesofrunningeventssprint.
2. Implement the skills of ground marking and officiating in real game situation.
3. Paraphrase the rules & regulations of running events.
4. Conduct the annual athletic meet/intramural's

Course Content

60Hours

Running Events – Sprints

100 Meter

200Meter

400 Meter

100m Hurdle

110m Hurdle

400mHurdle

Course Name: Game & Sports-I (Skill Based)
Course Code: BBP118

L	T	P	Cr
0	0	4	2

Total Hours 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Contrast the rules of anyone game from Hockey, Badminton, Football, Power Kho-Kho and Kabaddi
2. Demonstrate the measurements for these games
3. Acknowledge the basic and advanced techniques of the game
4. Display officiating signals of the game

Course Content

60 Hours

Hockey

Badminton

Football

Kho-Kho

Nation al Style Kabaddi

Semester-II

Course Name: Sports Management
Course Code:BBP201

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

- Paraphrase the concept of sports management.
- Manage physical education and sports events.
- Develop skills in financial management and budgeting for sports events.
- Gain knowledge of various sports events development and knowledge of various sports events.

Course Content

UNIT-I

15Hours

Management in Physical Education and Sports: Concept, Meaning, Need and Scope of Sports Management

Functions of Management: Planning, Organizing, Staffing, Directing, Controlling and Evaluating

Management Skills: Personal Interpersonal Skills, Conceptual and Technical Skills

UNIT-II

15Hours

Managerial Roles: Interpersonal Roles, Informational Roles, Decision Making Roles
Qualities and Qualification of a Manager: Personal Qualities, Leadership Qualities, Academic and Professional Qualities

Personal Management: Introduction, Meaning, Principle Aspects of Personal Management

UNIT-III

14Hours

Job Analysis: Descriptions and Specifications

The Budget: Meaning, Definition and Objectives of the Budget, Principles of Planning a Sports Budget

Management of Facilities: Introduction, Administration and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Management of Sports Infrastructure-Indoor Facilities, Gymnasium and Swimming Pool.

UNIT-IV

16Hours

Management of Equipment's and Materials: Introduction, Meaning, Need and Importance, Types, Principles of Purchase, Equipment Care, Maintenance and Disposal, Intramural and Extramural Competitions, Public Relations, Offices and Officials

Communication: Meaning, Types of Communications and Barriers in Effective Communication

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *M.L.Kamlesh. Management Concepts in Physical Education and Sport (2nd revised and up dateded.); New Delhi; Khel Sahitya Kendra, (2016)*
- *P.Cherlladurai. Sport Management–Macro Perspectives; London, Ontario (Canada); Sports Dynamics (1985)*
- *Allen, L.A. Management & Organization. Kogakusha Co. Tokyo, 1988.*
- *Hert, Renis, New Patterns of Management, McGraw Hill, 1961.*
- *Sandhu, K. Sports Dynamics: Psychology, Sociology and Management Sivia, G.S. Sports Management in Universities*

Course Name: Kinanthropometry
Course Code: BBP212

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Utilize memorized in-anthropometry effectively.
2. Understand the concept of development in relation to the human body, emphasizing how it changes and adapts over time for improved functionality.
3. Calculate and interpret BMI (Body Mass Index) and recognize factors influencing it.
4. Gain knowledge about the historical context and earlier classification of somatotypes, including the development of Sheldon's classification.

Course Content

UNIT-I

15Hours

Kin-anthropometry: Meaning, Importance and application of kin-anthropometry data in sports

Anthropometry: Meaning, Classification, working and utility of anthropometric instrument, location of different landmarks on the body.

Anthropometric Measurements: Measuring circumference, diameter, Skill for anthropometry measurements

UNIT-II

14Hours

Growth: Meaning, importance, Physical Growth, normal growth in adolescence Maturation: Meaning, importance and scope, measurement of maturity Physique: Meaning, types and role in sports

UNIT-III

16Hours

Body Proportion: Meaning, importance and sports specific body proportion and indices

Body Mass Index (BMI): Meaning, method of determination and importance in sports

Body composition: Meaning, importance, scope in sports

UNIT-IV

15Hours

Somatotyping: Meaning, importance & scope in sports, Sheldon and Heath & Carter Method of Somatotyping

Classification of somatotype, Somato chart and Somato plot

Determination of body composition: Muscle mass, bone mass and fat mass.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *H.S.Sodhi Sports Anthropometry, Nova Publication.*
- *H.S.Sodhi and L.S.Sidhu. Physique and Selection of sportsmen*
- *S.P.Singh & P.Malthotra; Kinanthropometry Luna Publication, Patiala*
- *Kinanthropometry by Roger Eston and Thomas Reilly, E. & FN SPON, London*
- *S.P.Singh, L.S.Sidhu and J.Singh; Skeletal Maturity Human Biology, Publication Society, Punjabi University, Patiala*
- *DeGarry, Louis Levine & Cater; Genetic and Anthropological studies of Olympic Athletes by Academic Press, London*
- *Harrison et al Human Biology; Oxford University Press, Oxford.*

Course Name: Officiating and Coaching-II
Course Code: BBP213

L	T	P	Cr
2	0	0	2

TotalHours:30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Demonstrate a thorough understanding of the rules and regulations of their chosen sports.
2. Successfully layout and mark the dimensions of the court or playing field for their chosen sports.
3. Competently organize and officiate in sport sevents related to their chosensports.
4. Acquire coaching skills for their chosen sports, enabling them to effectively lead and guiding sports teams. Additionally, students will be capable of organizing and officiating in sports events.

Course Content

UNIT-I

08Hours

Officiating and coaching in Chosen ball game- III: Dimensions, layouts and marking of fields of chosen Ball Game–III, Rules and their interpretations of chosen Ball Game–III, Qualification and number of officials in the chosen Ball Game–III, Coaching in the chosen Ball Game–III

UNIT-II

08Hours

Officiating and coaching in Chosen ball game–IV: Dimensions, layouts and marking of fields of chosen Ball Game–IV, Rules and their interpretations of chosen Ball Game–IV, Qualification and number of officials in the chosen Ball Game–IV, Coaching in the chosen Ball Game–IV

UNIT-III

07Hours

Officiating and coaching in Athletics & Yoga: Layout, dimensions and marking in Field Events of Athletics, Rules and their interpretations in Field Events of Athletics
Yoga- Pranayama and Meditation, Coaching in Field events of Athletics and Practice of-Pranayama & Meditation

UNIT-IV

07Hours

Major tournaments of Athletics: Major tournaments / Trophies of chosen Ball Game –III
Major tournaments / Trophies of chosen Ball Game –IV Major tournaments / Competitions of Athletics
Yoga and its tournament

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

1. *Bunn, J.W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice*
2. *Hall Bunn, J.W. (1972). Scientific principles of coaching*
3. *Englewood cliffs N. J. Prentice Hall Dyson, G. H. (1963) The mechanics of athletics. London: University of London Press Ltd*
4. *Dyson, G.H. (1963). The mechanics of Athletics London: University of London Press Ltd. Lawther, J.D. (1965)*
5. *Psychology of coaching New York: PreHall*
6. *Singer, R. N. (1972). Coaching, athletic & psychology New York: M.C. GrawHill*
7. *Official Rule Book / Handbook of the concerned federation of sports*

Course Name: Leadership Skills (VAC)
Course Code: BBP214

L	T	P	Cr
2	0	0	2

TotalHours:30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop essential leadership skills necessary to address complex sports issues.
2. Acquire the skills needed to lead effectively in the field of sports, particularly in addressing complex challenges.
3. Understand the framework, roles, and functions of leaders within sports organizations.
4. Identify and fulfill the responsibilities of a sports leader, contributing to the success and growth of sports initiatives.

Course Contents

UNIT-I

05Hours

Leadership: Introduction of leadership, Types of leadership, Theories of leadership, Qualities of an effective leader, Difference between leader & manager, how to develop leadership

UNIT-II

10Hours

Leadership Positions in Sports and Physical Education
Role and Contribution of Leader in Development and Promotion of Sports
Meetings: Notice of Meeting, The Agenda, Conducting a Meeting, Tips for a good Meeting, Minutes of Meeting, Report Writing

UNIT-III

10Hours

Communication:

Introduction of Communication, Types of communication, Methods of communication, Network of communication, Barriers to effecting communication, Press release, press conference, media coverage, Annual reports of individual and organization a performance

UNIT-IV

05Hours

Decision Making: Introduction of Decision Making Sports, Types of managerial decisions, Models of decision- making, Fair Play in Sports

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Fair Play in Sport Sigmund Loland:2006
- Effective Leadership in Adventure Programming, Simon Priest, Michael A. Gass: 2005
- *Outdoor Leadership Theory and Practice* Bruce Martin, Christine Cashel, Mark Wagstaff, May Breuning: 2006
- Performance Leadership Frank Buytendijk: 2009
- Brilliant Leader Simon Cooper:2010
- *Sport Administration Manual International Olympic Committee*

Course Name: Adapted Physical Education (Discipline Elective-III)
Course Code: BBP205

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Understand the activity requirements of physically challenged individuals at different levels of ability.
2. Prepare and organize effective activity programs tailored to the needs of physically challenged individuals.
3. Gain knowledge about Para sports and other opportunities available for physically challenged individuals.
4. Recognize the role of games and sports in Adapted Physical Education, promoting inclusivity and physical activity for all.

Course Content

UNIT-I

10Hours

Introduction: Meaning, Definition and Importance of Adapted Physical Education and Sports, Purpose, Aim 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, Adapted Sports- Para Olympics and other Opportunities

UNIT-II

09Hours

Development of Individual Education Program (IEP), the student with a disability, Components and Development of IEP, Principles of Adapted Physical Education and Sports, Role of Physical Education teacher

UNIT-III

12Hours

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

14Hours

Individual with unique need and activities, Behavioral and Special learning disability, Visual Impaired and Deafness, Health Impaired students and Physical Education, Health Related Physical Fitness (HRPF) and its development for Individual with unique need, Role of games and sports in Adapted Physical Education

Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Assessment Rubric: Classroom Test, Project Work, Assignments, Presentations

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Beverly, N. (1986). Moving and Learning. Times Mirror/Mos by 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*
- *Winnick, J. P. (2005) Adapted Physical Education and Sports. Human Kinetics (4th Edition).*
- *Pangrazi, R. P. and Dauer, V. P. Dynamics Physic*

Course Name: Fitness Centre Management (Discipline Elective-III)
Course Code: BBP216

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Become professionals in Personal Fitness Training.
2. Enhance the quality of Physical Education Teachers through the value added course.
3. Summarize the basic concept of Management.
4. Comprehend the basic Fitness Management.

Course Content

UNIT-I

09Hours

Introduction to Fitness Centre Management, Concept and definitions of Fitness Centre Management, Purpose and Scope of Fitness Centre Management, Basic Skills and of Fitness Centre Management, Different level in Fitness Centre Management of physical Education

UNIT-II

10Hours

Process of Management, Planning, Administration and Supervision, Personal Management/ Staffing, Directing, Controlling

UNIT-III

12Hours

Office Management, Concept, Meaning and Definition of Office Management, Element of Office Management, Function of Office Management, Layout and Principles of Office Management

UNIT-IV

14Hours

Practical Aspects, Medicine ball and Resistance Band Training, Pilates and Functional Strength Training

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Beashel, P., & Taylor, J. (1996) Advance Studies in Physical Education and Sports. U.K.: Thomas Nelson and Sons Ltd*
- *Bucher, C.A. (2002). Management of Physical Educational and Sports. (12th Ed.). USA: McGraw Hill Co.*
- *Chakraborti, S. (2007). Sports Management. New Delhi : Friends Publication.*
- *Frosdick, S., & Walley, L. (2003). Sports and Safety Management*
- *USA: A Division of Reed Education and Professional Publishing Ltd*

Course Name: Mass Demonstration (Skill Based)

Course Code: BBP210

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop fundamental skills to participate in various demonstrative activities.
2. Gain expertise in coordinating movements with fellow peers while performing
3. Acquire the skills of teaching and perform these activities on certain rhythm and/or beats.
4. Modify and innovate new techniques to enhance the poise of the performance.

Course Content

60Hours

Command, Drill & Marching, Beguile, Lezium (Sada, Ghati), Umbrella, wands, Folk Dance, Medicine Ball Exercise, Swiss Ball Exercise, Rope Skipping, Flag Hosting. Dumbles and Indian club, Exercise Table and Mass P.T,

Course Name: Track & Field-II (Skill Based)
Course Code: BBP211

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Exhibit the starting and finishing techniques of running events (sprints)
2. Implement the skills of ground marking and officiating in real game situations.
3. Summarize the rules and regulations of running events.
4. Conduct the track and field events.

Course Content

60Hours

Running Events:

Middle Distance Races (800 meter, 1500 meter)

Long Distance Races (5000meter,10000 meter)

Team Events (4X100m Relay, 4X400m Relay)

Course Name: Game & Sports-II (Entrepreneurship)
Course Code: BBP215

L	T	P	Cr
0	0	4	2

Total Hours 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Contrast the rules of any one game from Handball, Cricket, Throw Ball, Swimming, and Korfball.
2. Demonstrate the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Display officiating signals of the game.

Course Content

60 Hours

Handball
Cricket
Throw Ball
Swimming
Korfball

Semester-III

Course Name: Educational Technology
Course Code: BBP301

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Interpret the importance of educational technology for teaching lessons of physical education.
2. Develop skills in teaching various aspects of physical education.
3. Discuss current directions in special teaching aids.
4. Construct lesson plans for various physical education activities.

Course Content

UNIT-I

14Hours

Educational Technology: Meaning, definition, Scope, characteristics, types and importance educational technology

Communication:Types of Communication, Characteristics of Communication, and Communication in the Classroom, Barriers of Communication.

Teaching Aids:Importance of Teaching Aids, Criteria for selecting teaching Aids, Broad classification of Teaching Aids

UNIT-II

15Hours

Audio-Visual Aids: Advantage and suggestions for effective use of selected teaching Aids, Verbal, Chalk Board, Bulletin Board, Charts, Models, Slide Projector, Over Head Projector and smart board.

New Teaching Techniques and Innovations – I, Art of questioning and answering, Purpose of Questioning, Classification of Questioning and Characteristics of Questions

UNIT-III

15Hours

Classroom Problems: New Teaching Techniques and Innovations – II, Meaning of classroom problems, nature of classroom problems, Types and solution of classroom problems

UNIT-IV

16Hours

Micro Teaching: Micro Teaching, Concept and Features of Micro Teaching, Micro Teaching Versus Traditional Teaching, Steps in Micro Teaching, Principles of Micro Teaching, Micro Teaching Skills, its Need and Importance.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Bhardwaj.A.(2003).New Media of Educational Planning.Sarup of Sons.NewDelhi.*
- *Daljinder.A.(2005).Methods in Physical Education.Friends Publication,Delhi.*
- *Bhatia.B.(1959).The Principles and Methods of Teaching.NewDelhi.*
- *Aggarwal.D.D.(2004).Educational Technology.Sarup of Sons,New Delhi.*
- *Dutta,A.K.(2004).Students Teaching in Physical Education.Janvani Prakashan, Delhi.*

CourseName:Kinesiology
CourseCode:BBP302

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Interpret the need of kinesiology in physical education and sports.
2. Implement mechanical principles to analyze and improve human movement.
3. Analyze the degrees of movement possible at major joints of the human body.
4. Assess and analyze abnormal movement at joints or any joint deformities.

Course Content

UNIT-I

16Hours

Introduction: Definition of Kinesiology, need in physical education and sports, Skeleton system and human body movements, skeleton muscles and structural classification, directional terminology for muscles attachment

Types of muscular contraction:(isotonic,isometric, isokinetic),Axis and planes of movement, angle of pull, Role of Muscles (Agonists, Antagonist, stabilizer, Neutralizer)

UNIT-II

14Hours

Fundamental Movements of the major body segments

Shoulder Girdle and Hip Joint: Movements and description of muscles Elbow Joint and Knee Joint: Movements and description of muscles

UNIT-III

15Hours

Wrist Joint and Ankle Joint: description of muscles Movement Structural Classification of Muscles

UNIT-IV

15Hours

Origin, insertion and action of the following muscles:

Sterno Mastoid, Trapezius, Serratus Anterior, Deltoid, Biceps, Pectoralis Major, latissimus–dorsi, Triceps, gluteus, Quardiceps, Hamstrings and gastrocnemius

Practical Work:

Examination of body joints-degree of Movement, type of movement, abnormal movements and deformities

Various efficiencies tests: vital capacity, breath holding test, expiratory force test and persistence test.

Various Cordial Efficiency Tests: Heart at Rest, Blood Pressure at rest and during exercise

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Pande, P.K., Gupta, L.C.(1987).First Aid to the Injured, St. John Ambulance Association. New Delhi*
- *GandinerMD.(1981).The Principles of Exercise Therapy.Bell &Hyman New Delhi*
- *Kessler.H.H.(1950)The Principles and Practices of Rehabilitation.Philadelphia Lea & Febiger*

Course: Fit India for All Age Groups (CF)
Subject Code: BBP316
Credits: 2

L	T	P	Cr
2	0	0	2

Total Hours 30

Learning Outcomes:

On completion of this course, the successful students should be able to; -

1. Enhanced motor skills, Foundation for a healthy lifestyle and Increased enjoyment in physical activities
2. Improved physical fitness, Advanced sports skills and Better teamwork and social interaction.
3. Sustained physical fitness, Better stress management and Prevention of lifestyle-related diseases.
4. Maintained mobility and independence, Enhanced quality of life and Better social engagement and mental health

COURSE CONTENT

Unit- I

Hours 08

- Develop basic motor skills.
- Promote fun and enjoyment in physical activities.
- Build the foundation for a healthy lifestyle.
- **Warm-up Exercises:** Simple stretching and mobility exercises.
- **Basic Physical Activities:** Running, jumping, throwing, catching, etc.
- **Sports and Games:** Age-appropriate sports like soccer, basketball, cricket, etc.
- **Fun Fitness Activities:** Dance, relay races, obstacle courses, etc.
- **Yoga and Meditation:** Basic yoga poses and breathing exercises.

Unit-II

Hours 08

- Enhance physical fitness and overall health.
- Develop sports skills and techniques.
- Promote teamwork and social interaction.
- **Warm-up and Cool Down:** Dynamic stretches and relaxation exercises.
- **Aerobic Exercises:** Running, cycling, swimming, etc.
- **Strength Training:** Bodyweight exercises, resistance bands, light weights.
- **Sports Training:** Advanced techniques in chosen sports.
- **Fitness Challenges:** Circuit training, fitness tests, endurance challenges.
- **Yoga and Mindfulness:** Intermediate yoga practices and mindfulness exercises.

Unit-III

Hours 07

- Maintain and improve physical fitness.
- Manage stress and enhance mental well-being.
- Prevent lifestyle-related diseases.
- **Warm-up and Cool Down:** Full-body stretching and relaxation.
- **Cardiovascular Exercises:** Brisk walking, jogging, cycling, aerobics.

- **Strength and Resistance Training:** Weight training, resistance bands, bodyweight exercises.
- **Flexibility Exercises:** Yoga, Pilates, stretching routines.
- **Sports and Recreational Activities:** Tennis, badminton, swimming, etc.
- **Health and Nutrition Workshops:** Information sessions on balanced diet and healthy eating habits.

Unit- IV

Hours 07

- Maintain mobility and independence.
- Enhance quality of life and prevent age-related issues.
- Promote social engagement and mental health.

- **Warm-up and Cool Down:** Gentle stretching and mobility exercises.
- **Low-impact Aerobic Exercises:** Walking, water aerobics, chair exercises.
- **Balance and Coordination Exercises:** Tai Chi, balance drills, gentle yoga.
- **Strength Training:** Light weights, resistance bands, bodyweight exercises.
- **Flexibility Exercises:** Stretching routines and gentle yoga.
- **Social and Recreational Activities:** Group walks, dancing, recreational sports.
- **Mindfulness and Relaxation:** Breathing exercises, meditation, relaxation techniques.

Reference Books:

1. **"Physical Education for Children: Daily Lesson Plans for Elementary School"** by Karen McConnell, Dian W. Lay, and Virginia McCoy.
2. **"Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years"** by NASPE.
3. **"Developing Physical Health and Well-Being Through Gymnastics (Teaching Gymnastics)"** by Andrew P. Wood, Edward D. Johnson, and Guy R. Le Masurier.
4. **"Strength Training for Teen Athletes: Exercises to Take Your Game to the Next Level"** by Karen Latchana Kenney.
5. **"Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else"** by Christopher Willard PsyD.
6. **"The New Rules of Lifting for Women: Lift Like a Man, Look Like a Goddess"** by Lou Schuler, Cassandra Forsythe, and Alwyn Cosgrove.
7. **"The Complete Guide to Circuit Training"** by Debbie Lawrence and Richard (Bob) Hope.
8. **"Strong Women Stay Young"** by Miriam E. Nelson and Sarah Wernick.
9. **"Stretching for 50+: A Customized Program for Increasing Flexibility, Avoiding Injury, and Enjoying an Active Lifestyle"** by Karl Knopf.
10. **"The Relaxation and Stress Reduction Workbook"** by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay.

Course Name: Sports Event Management in Physical Education (DE-IV)
Course Code:BBP314

L	T	P	Cr
3	0	0	3

Total Hours:45

Learning Outcomes:

On completion of this course, the successful students should be able to:-

1. Identify the career opportunities available in the field of sports events.
2. Organize sports events at minor levels.
3. Analyze the functional structure of major sports events.

Course Content

UNIT-I

14Hours

Meaning, Definition and importance of Sports Management, Scope of Sports Event Management, Principles of Sports Event Management

UNIT-II

08Hours

Major and Minor Sports Events, Traditional Games Management, Organization of Indoor Games and Sports Events

UNIT-III

13Hours

Projection Outdoor Games and Sports Events, Visits to Sports Clubs, Sports Stadiums, IPL, KPL, HPL and Large Tournaments

UNIT-IV

10Hours

Organization of Intramural-Sports Events, Sports Fests and Traditional Games Fest, Report Preparation, Records and PPT

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Bachelor of Sports Management Syllabus (Revised) '2008 2. Chandan, JS : Management – Concepts and Strategies, Vikas Publishing*
- *Daft, RL : Management, Thomson 4. Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201, Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management. 4. David Nordmark (2015), Workout Routines- Exercise workout routines.*

Course Name: Sports Psychology (DE-IV)
CourseCode:BBP315

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Counsel athletes effectively in dealing with success and failure, providing guidance on managing both outcomes.
2. Orient athletes towards future opportunities, helping them set and achieve their goals.
3. Develop skills in managing stress and anxiety among athletes, enhancing their mental well-being and performance.
4. Provide counseling on injuries and rehabilitation, supporting athletes in their physical recovery and return to sport

CourseContent

UNIT-I

14Hours

Sports Psychology in Physical Education and Sports: Meaning, definition and scope of sports psychology in physical education and sports, Aim and Objectives of sports psychology in sports, Principles of sports psychology, Need and importance of sports psychology.

UNIT-II

10Hours

Stress & Anxiety in Sports: Meaning and definition of stress and anxiety, Types of stress and anxiety, Causes, Symptoms and effects of stress, anxiety and competition anxiety, Management of stress and anxiety.

UNIT-III

12Hours

Motivation and Sports Performance, Meaning and definition of Motivation, Types and techniques of motivation, Principles and Importance of motivation, Role of coach/teacher /government in motivation

UNIT-IV

09Hours

Counseling to Athletes, Counseling on injuries and rehabilitation, Counseling on handling success and failure in sports, Counseling on drugs in sports, Counseling on job opportunities and life after retirement from sports

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Rechar Nelson-Jones, Basic Counselling Skills, Sage Publication, New Delhi.*
- *Dr. ML Kamlesh, Psychology in Physical Education and Sports, Educational Publishers and Distributors.*
- *An Introduction to Counselling-McGraw-Hill Education*
- *Understanding Psychology-McGraw Hill Book*

Course Name: Officiating Ethics (Open Elective)
Course Code: OEC024

L	T	P	Cr
2	0	0	2

TotalHours:30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Exhibit the correct ethics and guidelines.
2. Participate and collaborate in officiating scenarios and appropriate discussions.
3. Interpret the concept of coaching and its contribution to maximizing performance.
4. Ethics of the games at national levels.

Course Content

UNIT-I **05Hours**

Introduction to Ethics and Guidelines, Groups who deserve care by officials

UNIT-II **09Hours**

Ethics and Guidelines for Athletics Officials, Benefit and Cause No Harm, Accurate and Responsible, Supportive of other participants and loyal to our

UNIT-III **09Hours**

Act with integrity, Act with Fairness, Show Respect for Participants' Rights and Dignity, Exhibit Professionalism

UNIT-IV **07Hours**

Model Appropriate Health Habits, Adhere to Legal Standards, Protect Vulnerable Persons

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.*
- *Dyson, G. H. (1963). The mechanics of athletics. University of London Press, London*
- *Singer, R. N. (1972). Coaching, athletic & psychology. New York.*
- *Brar. T. S. (2002). Officiating techniques in Track and Field. Bhargava Press, Gwalior*

Course Name: Game Specialization-I(Entrepreneurship)
Course Code: BBP312

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Contrast the rules of any one game from Basketball, Lawn Tennis, Archery, Power Lifting, and Wrestling.
2. Demonstrate the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Display officiating signals of the game.

Course Content

60Hours

Basketball
LawnTennis
Wrestling
Archery
Power Lifting

Course Name: Teaching Practice-I(Skill Based)
Course Code: BBP313

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Contrast the fundamentals of teaching practice.
2. Prepare and maintain records in the school.
3. Exhibit the assessment work done in the school.
4. Participate in co-curricular and extracurricular activities organized in the schools.

Course Content

60Hours

10 teaching practice lessons (General Lesson)in institution.

Project: (Non-Credit) Preparation and presentation of annual report, conduct of annual athletics meet/Intramural, play days, camping.

Course Name: Track & Field–III(Skill Based)
Course Code: BBP310

L	T	P	Cr
0	0	4	2

Total Hours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Demonstrate the starting and finishing techniques of high and long jump events.
2. Demonstrate the starting and finishing techniques of the triple jump event.
3. Interpret the rules and regulations of running events.
4. Conduct the jump events at various levels.

Course Content

60Hours

Jump Events
Long Jump
Triple Jump
High Jump
Pole Vault

Course Name: Aerobics (Skill Based)
Course Code: BBP317

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Demonstrate basic skills associated with aerobics.
2. Perform aerobic movements in various combinations and forms.
3. Instruct aerobics as a group exercise.
4. Recognize the importance of warm-up and cool-down exercises.

Course Content

60 Hours

Basic Step: Step up and down on a platform, alternating legs.

Grapevine: Step to the side, cross one leg behind the other, step to the side, and bring the other leg to meet the first.

Knee Lifts: Raise knees towards the chest alternately.

Kickbacks: Bring heels towards the glutes alternately.

Jumping Jacks: Jump to a position with legs spread wide and hands touching overhead, then return to standing with legs together and arms at the sides.

High Knees: Jog in place while lifting the knees high towards the chest.

Box Step: Step forward, forward, back, back in a box shape.

Scissors: Alternately move legs and arms in a scissoring motion.

Semester-IV

Course Name: Sports Law
Course Code:BBP401

L	T	P	Cr
4	0	0	4

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Analyze, interpret and apply Sports Laws.
2. Know the work done by sports lawyers and recognize the issues involved in sports.
3. Interpret the structure of sport governing bodies and the dispute resolution mechanism when faced with any legal issue.
4. Recognize the rights of sports persons and take appropriate action in cases when the same are violated or denied.

Course Content

UNIT-I

15Hours

Introduction to the study of Sports Law, Regulating Interscholastic (High School) and Youth Athletics, NCAA Internal Governance of Intercollegiate Athletics and Legal Limits, Legal Relationships between the University and Student-Athletes

UNIT-II

15Hours

Gender Equity Issues in Athletics, Racial Equity Issues in Athletics, Health, Safety, and Risk Management Issues in Sports, Sports Medicine, Concussions, Compensation, and Impairment in Sports

UNIT-III

14Hours

Intellectual Property Issues in Sports, Coaches' Contracts and Related Issues, Professional Sports League Governance and Legal Regulation

UNIT-IV

16Hours

Representing Players and Teams: The Athlete-Agent Industry, Olympic and International Sports Issues, Professional Sports Labor Law and Labor Relations

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Platt, Jim, with Buckley, James, Jr .Sports Immortals:Stories of Inspiration and Achievement.Chicago:Triumph Books,2002.*
- *Reitz,Anders Etgen.The NHL Lockout:The Trickle-Down Effecton European Hockey13*
- *SPORTS LAWYERS JOURNAL 179 (2006).*
- *Ross,Stephen F.Player Restraints and Competition Law Throughout the World.15*
- *MARQUETTE SPORTS LAW REVIEW 49 (2004).*
- *Savarese,KristinL.Judging the Judges:Dispute Resolution at the Olympic Games.30*
- *BROOKLYN JOURNAL OF INTERNATIONAL LAW 1107 (2005).*
- *Sherwin,Peter,& Holinstat,Steven Federal Court Rejects Russian Team's Attempt to Prevent Hockey Sensation Ovechkin from Playing in the NHL 23*
- *WTR ENTERTAINMENT & SPORTS LAW 3 (2006).*
- *Soek,Janwillem.The Court of Arbitration for Sport (1984-2004).The Hague:Asser International Sports Law Centre*
- *United States Olympic Committee. Code of Conduct, 2006 http://assets.teamusa.org/assets/documents/attached_file/filename/13521/usoc_code_of_conduct_2.1.06INEFFECT_update_6.24.09.pdf*
- *Yasser,Raymond L.,McCurdy,James R.,Goplerud,C.Peter,& W*

Course Name: Athletic Care and Rehabilitation
Course Code: BBP411

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Interpret and apply prevention strategies for athletic injuries effectively.
2. Interpret and implement appropriate treatment protocols for various types of athletic injuries.
3. Demonstrate proficiency in massage techniques for injury management and recovery.
4. Interpret and develop rehabilitation programs for athletes recovering from injuries, facilitating their return to optimal performance.

Course Content

UNIT-I

15Hours

Corrective Physical Education: Definition and Objectives of Corrective Physical Education, Posture and Body Mechanics, Standards of Standing Posture, Value of Good Posture, Drawbacks and Causes of Bad Posture
Posture Test: Examination of the Spine

UNIT-II

14Hours

Posture and Rehabilitation Exercises: Normal Curve of the Spine and its Utility Deviations in Posture-Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot

Causes for Deviations and Treatment Including Exercises: Passive, Active, Assisted, Resisted Exercise for Rehabilitation

UNIT-III

16Hours

Massage: Brief History of Massage, Massage as an Aid for Relaxation, Points to be considered in giving Massage, Physiological, Chemical, Psychological Effects of Massage, Indication /Contra Indication of Massage, Classification of the Manipulation used Massage and their Specific Uses in the Human Body, Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage

UNIT-IV

15Hours

Sports Injuries Care, Treatment and Support: Principles Pertaining to the Prevention of Sports Injuries, Care and Treatment of Exposed and Unexposed Injuries in Sports,, Principles of apply Cold and Heat, Infrared Rays, Ultrasonic Therapy,Short-wave Diathermy Therapy,Principles and Techniques of Strapping And Bandages

Transaction Mode

Lecture, Seminar,e-Team Teaching, e-Tutoring, Dialogue,Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Doherty. J. Meno.Wetb,ModerD(2000)Track & Field, Englewood Cliffs, Prentice Hal Inc*
- *Lace,M.V.(1951)Massage and Medical Gymnastics,London: J & A Churchill Ltd*
- *McOoy and Young(1954)Tests and Measurement,NewYork:Appleton Century*
- *.Naro, C. L.(1967) Manual of Massage and, Movement, London:Febra and Febra Ltd.*
- *Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.*
- *Stafford and Kelly,(1968)Preventive and Corrective Physical Education, Ne*

Course Name: Diet and Sports Nutrition (VAC)
Course Code:BBP419

L	T	P	Cr
2	0	0	2

TotalHours:30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop the skills to calculate an individual's daily caloric requirements and design a suitable diet plan.
2. Gain a comprehensive understanding of the principles of sports nutrition.
3. Recognize the significant impact of food on physical performance.
4. Be capable of understanding and creating weight management plans for individuals.

Course Content

UNIT-I

08Hours

Introduction to Sports Nutrition: Meaning and Definition of Sports Nutrition, Basic components of Nutrition, Factor to consider for developing nutrition plan

UNIT-II

08Hours

Nutrients: Ingestion to energy metabolism: Carbohydrates, Protein, Fat – Meaning, classification and its function, Role of carbohydrates, Fat and protein during exercise
Vitamins, Minerals, Water: Meaning, classification and its function, Role of hydration during exercise, Establishing daily caloric requirement and expenditure

UNIT-III

07Hours

Nutrition and Weight Management

Obesity: Definition, meaning, types and causes of obesity, Health risks associated with Obesity and Solutions for Common Myths about Weight Loss, Concept of weight management in modern era, Factor affecting weight management

UNIT-IV

07Hours

Steps of planning of Weight Management: Determination of desirable body weight Daily calorie in take and expenditure in weight management, Role of diet and exercise in weight management

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching,Self-Learning,Collaborative Learning and Cooperative Learning

Suggested Readings

- *Bessesen, D.H. (2008) Update on obesity. J Clin Endocrinol Metab*
- *2027-2034 Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self- monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091- 3096*
- *Chu, S.Y. & Kim, L. J. (2007) Maternal obesity and risk of stillbirth: a metaanalysis. Am J Obstet Gynecol, 197(3), 223-228*
- *DeMaria, E. J. (2007). Bariatric surgery for morbid obesity N Engl J Med, 356(21), 2176- 2183*
- *Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial JAMA 299(3), 316-323*
- *Bates M. (2008) Health Fitness Management (2nd Ed.) USA: Human Kinetics 101*
- *Fink, H.H., Burgoon, L.A., & Mikesky, A.E. (2006). Practical Applications in Sports Nutrition Canada : Jones and Bartlett Publishers*
- *Lancaster S. & Teodoro, R. (2008). Athletic Fitness for Kids USA: Human Kinetics*
- *Martin Estwood (2005) – Principle of human nutrition, Atlantic publication, New Delhi*
- *Michael J. Gibney (2002) – Human Nutrition, Atlantic publication, New Delhi*

Course Name: Sports Sciences (Discipline Elective-V)
Course Code: BBP405

L	T	P	Cr
3	0	0	3

Total Hours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Understand and interpret the various aspects of sports sciences.
2. Learn about the specific dietary requirements for different groups of people based on their individual needs.
3. Develop the skills to create effective exercise programs tailored to individual needs.
4. Apply the knowledge gained in the field of physical education and movement activities.

Course Content

UNIT-I

09Hours

Meaning, nature, need and scope of sports sciences, Basic Sports Sciences: Names, Definition, Aim and Objectives, Introduction to the study of physical education Allied Fields: Education, Health Education, Recreation and Dance, Sports Sciences and Physical Education as a Discipline and Profession Relationship of education, physical education and Sports Sciences

UNIT-II

10Hours

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

12Hours

Exercises for Elderly People, understanding aging and characteristics, Need and importance of exercises to aged people, Principles and precautions while giving exercises to elderly people, Type of exercises and recreational activities for elderly people

UNIT-IV

14Hours

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

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Bucher, C.A.: Foundation of Physical Education, St. Louis: The C.V. Mosby company, 1983*
- *Wilgoose, C.E.: The curriculum in Physical Education, Engle Wood Cliff N.J. The Prentice Hall Inc*
- *Irwin Lasial, W.: Curriculum in Health and Physical Education, St. Louis: The C.V. Mosby Company, 1984.*
- *Synder and Geoh: Professional preparation in Health Education, Physical Education and Recreation*
- *Aggarwal: Education Administration, School Organisation and Supervision*
- *Zeigler, E.F. and Bowie Gray: Management competency Development in Sports and Physical Education: Leand and Fabiger, 1983.*
- *Robert A. Robergs, Steven J. Keteyian (2003), Fundamentals of Exercise Physiology: For Fitness, Performance, and Health, Volume 1 - McGraw-Hill*
- *Dympna Pearson (2012), Weight Management: A Practitioner's Guide, ISBN-1405185597 ASCM and Arnold Schwarzenegger (2003), ASCM Fitness Book*
- *David Nordmark (2015), Workout Routines - Exercise workout routines.*
- *Frederic Delavier (2010), Strength Training Anatomy*
- *Jenny Allan (2013), The Ultimate Bodybuilding Diet, Nutrition and Workout Plan for Men and Women.*
- *Joseph Kandel and Chritine A Adamec (2003), The Encyclopaedia of Senior Health and Wellbeing*

Course Name: Environmental Science (EVS) (Discipline Elective-V)
Course Code: BBP416

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop a scientific understanding of how the Earth functions and the role of human beings within it.
2. Explain the dietary needs of individuals from various age groups, animals, and birds, taking into account food availability and water usage in domestic and environmental contexts.
3. Identify and analyze environmental issues and associated risks by the end of the course.
4. Record observations, experiences, and information about objects, activities, and places in various formats and predict patterns based on gathered data.

Course Content

UNIT- I

09Hours

Multidisciplinary Nature of Environmental studies Descriptors/Topics: Introduction to environmental studies with their importance, Need for public awareness, Sensitization and participation, Swatch Bharat Abhiyan

UNIT -II

10Hours

Natural Resources Descriptors/Topics: Types of natural resources and their importance
Food resources: World food problems and related aspects, Land resources, Water resources, Forest resources- use and overuse, Minerals and Energy resources- importance of renewable and sustainable energy, Equitable use of resources for sustainable life styles, Role of an individual in conservation of natural resources

UNIT- III

12Hours

Ecosystems Descriptors/Topics: Concept of an ecosystem, Types of ecosystem, Structure and function of an ecosystem, Producers, consumers and decomposers Energy flow in the ecosystem, Food chains, food webs and ecological pyramids, Ecological succession
Introduction: types, characteristic features, structure and function of Forest ecosystem, Grassland ecosystem and Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

Biodiversity Descriptors/Topics:

Introduction - Definition: genetic, species and ecosystem diversity, Bio- geographical classification of India

Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values, Bio-diversity at global, national and local levels, India as a mega diversity nation, Hot spots of biodiversity

Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts, Endangered and endemic species of India

Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Khaushik & Khaushik, "Fundamentals of Environmental Studies"*
- *Somvanshi & Dhupper "Fundamentals of Environmental Studies"*
- *Gauga & Bisht "Environmental Studies, Challenges & Solutions A quick Compendium"*
- *Asthana & Asthana "A text book of Environmental Studies"*

Course Name: Curriculum Design (DE-VI)
Course Code: BBP417

L	T	P	Cr
3	0	0	3

Total Hours: 45

Course Outcomes:

1. Gain knowledge about the factors affecting the curriculum development.
2. Become proficient in curriculum designing and construction.
3. Understand the old and new concepts of curriculum planning
4. Inculcate professional and ethical values.

Course Content

UNIT- I

12 Hours

Modern concept of the curriculum:

1. Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
2. Factors affecting curriculum - Social factors - Personnel qualifications – Climatic consideration - Equipment and facilities -Time suitability of hours.
3. National and Professional policies, Researchfinding.

UNIT -II

12 Hours

1. Basic Guide line for curriculum construction; contest (selection and expansion): Focalization.
2. Socialization. Individualization. Sequence and operation.
3. Steps in curriculum construction.

UNIT- III

11 Hours

1. Curriculum-Old and new concepts, Mechanics of curriculum planning: Basic principles of curriculum construction.
2. Curriculum Design, Meaning, Importance and factors affecting curriculum design.
3. Principles of Curriculum design according to the needs of the students and state and national level policies.
4. Role of Teachers. Evaluation of curriculum, methods of evaluation.

UNIT- IV

10 Hours

1. Under-graduate preparation of professional preparation: Areas of Health education, Physical education and Recreation.
2. Curriculum design-Experience of Education, Field and Laboratory. Teaching practice.

3. Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Lea and Febiger, Philadelphia.
- Bucher, C. A. (1986). *Foundation of physical education*: The C. V. Mosby & Company, St. Louis.
- Cassidy, R. (1986). *Curriculum development in physical education*. Harper & Company, New York.
- Cowell, C.C. & Hazelton, H.W. (19658). *Curriculum designs in physical education*. N.J. prentice Hall Inc., Englewood Cliffs.

Course Name: Organization and Administration (DE-VI)
Course Code: BBP418

L	T	P	Cr
3	0	0	3

Total Hours: 45

Course Outcomes: On successful completion of this course, the students will be able to:

- Acquire administrative and managerial skills required in the field of physical education.
- Demonstrate advanced professional and educational capabilities using appropriate interpersonal, written communication and critical thinking essential for successful performance and progress in an organization.
- Become competent in assessment and evaluation of the academic work done by the team members.
- Abide by personal and professional ethics while undertaking organizational decisions.

Course Content

UNIT- I

12 Hours

Organization and administration:

1. Meaning and importance of Organization and Administration in physical education.
2. Qualification and Responsibilities of Physical Education teacher and pupil leader.
3. Planning and their basic principles. Program planning: Meaning, Importance, Principles of program planning in physical education.
4. Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

UNIT -II

11 Hours

1. Office Management, Record, Register & Budget: Office Management: Meaning, definition, functions and kinds of office management.
2. Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
3. Budget: Meaning, Importance of Budget making. Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

UNIT- III

11 Hours

1. Facilities, & Time-Table Management: Facilities and equipment management: Types of facilities Infrastructure-indoor, outdoor.
2. Care of school building, Gymnasium, swimming pool, Play fields, Playgrounds. Equipment: Need, importance, purchase, care and maintenance.
3. Time Table Management: Meaning, Need, Importance and Factor affecting timetable.

UNIT -IV

11 Hours

1. Competition Organization: Importance of Tournament.
2. Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
3. Organization structure of Athletic Meet Sports Event Intramurals & Extramural Tournament planning.
4. Criteria for Selection of College/University Team

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Text Books:

- Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. Prentice hall Inc. New York.
- Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. The C.V. Hosby Co. St. Lolis.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. W.B. Saunders Co. London.

Course Name: Game Specialization-II (Entrepreneurship)
CourseCode:BBP413

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Indicate the rules of any one game from volleyball, softball, boxing, fencing, and judo.
2. Exhibit the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Display officiating signals of the game.

Course Content

60Hours

Volleyball
Softball
Boxing
Fencing
Judo

Course Name: Track & Field-IV (Skill Based)

Course Code: BBP409

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop skills in starting and finishing techniques of throwing events.
2. Display the skills in ground marking and officiating in real game situations.
3. Interpret and appraise the rules and regulations of throwing events.
4. Relate biomechanics principles during throwing events.

Course Content

60Hours

Throwing Events

Shot put

Discus Throw

Hammer Throw

Javelin Throw

Semester-V

Course Name: Sports Biomechanics
CourseCode:BBP501

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Comprehend the laws of physics and identify their role in human body locomotion.
2. Grasp the anatomical and biomechanical bases of human movement.
3. Recognize the physiological bases of human movement.
4. Identify the role of biomechanics in exercise and games.

Course Content

UNIT- I

14Hours

Introduction:Meaning, nature, role and scope of applied kinesiology and Sports Biomechanics, Meaning of axis and planes, Types and movements in axis and planes, Dynamics, kinematics, kinetics, Statics, Centre of gravity, Line of gravity, Vectors and Scalars

UNIT- II

15Hours

MuscleAction:Structuralclassificationofmuscles,characteristicsof muscle tissue, muscles fibre types, Reciprocal innervation, all or none law,Types ofmuscles contraction, Role of muscles, Angle of pull, Two-joint muscles, Reflex- action, Muscle tone, Origin, insertion and action of muscles, Pectoral is major and minor, deltoid, biceps, triceps (Anterior and Posterior).

UNIT -III

15Hours

Motion:Meaning and definition of motion, Types of motion, linear motion, angular motion,generalmotion,uniformmotion,PrincipalsrelatedtothelawofInertia, law of acceleration and law of counter force.

Force:Meaning and definition of force, sources of force, force components, Force applied at an angle pressure, Centripetal force centrifugal force

Friction:Buoyancy, Spin

UNIT -IV

16Hours

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, Airresistance, aero dynamics

Analysis of movement:Types of analysis, Kinesiological, Biomechanical, Cinematographic, Methods of analysis, qualitative, quantitative, predictive, Principles and Analysis of following movement (Throwing, Striking, Jumping,Squat, Dead Lift)

Transaction Mode

Lecture,Seminar,e-TeamTeaching,e-Tutoring,Dialogue,PeerGroupDiscussion,Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Deshpande,S.H. (2002). Manav Kriya Vigyan–Kinesiology (Hindi Edition). Amravati.*
- *Hanuman Vyayam Prasarak Mandal.*
- *Hoffman,S.J.(2005).Introduction to Kinesiology.Human Kinesiology publication In..*
- *Steven Roy,&RichardIrvin.(1983).Sports Medicine.Prentice HallInc.,New Jersery.*
- *Thomas.(2001).Manual of structural Kinesiology.McGrawHill,NewYork.*
- *Uppal,A.K.& Lawrence,Mamta.(2004).MP Kinesiology.Friends Publication,India.*
- *Uppal, A. (2004).Kinesiology in Physical Education and Exercise Science.Friends publications, Delhi.*
- *Williams,M.(1982).Biomechanics of Human Motion.Saunders Co,Philadelphia.*

Course Name: Sports Training
Course Code: BBP503

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Design and execute sports training programs effectively.
2. Recognize and develop the skills and fitness necessary for a specific sport.
3. Understand and implement strategic gameplay strategies.
4. Demonstrate leadership skills in a sports context.

Course Content

UNIT-I

16Hours

Introduction to sports training: Definition, Meaning, Aims and need of sports training, Characteristics and Principles of sports training
Planning: Meaning, principals and types of training plan

UNIT- II

14Hours

Training load: Factors affecting of training load, intensity, density, frequency Over load: Concept, types, causes, Symptoms, and Tackling of overload Conditioning: Meaning, definition, and importance

UNIT- III

15Hours

Training for important motor component: Strength, speed, endurance, flexibility coordinative ability/agility, their definition, types and specific training methods Methods of Training: Weight training, Circuit Training, Interval training, Fartlek training
Periodization: Meaning, Types, Aims, Training cycle

UNIT -IV

15Hours

Technical preparation: Fundamental and method for the development of technique Tactical preparation: - concept, methods of Tactical training
Warming up and cooling down: meaning, types, method and importance

Practical Work:

Endurance Training:(12 Min Run/Walk Test)

Strength Training: (Standing Broad Jump, sergeant Jump) Speed Training: (50 Meter Dash)

Agility: Shuttle Run, Dodging Run Test

Flexibility training: (Sit and Reach, Floor Touch, Bridge test)

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Haff, G.G and Triplett, N. (2016). Essential of Strength Training and Conditioning Human Kinetic. USA.*
- *Beachle, Thomas. R. Roger. W. (2008). Essentials of Strength Training and Conditioning .NSCA. USA*
- *Bompa, and Tudor. O. (1990). Theory and methodology of training: The key to Athletic performance, Kendall/Hunt, USA*
- *Bompa, Tudor. O. and Buzzichelli. C. (2015)., Periodization Training for sports. USA.*

Course Name: General English-I (CF)
Course Code: BBP517

L	T	P	Cr
2	0	0	2

TotalHours:30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. To understand the importance of language as a subject in life.
2. To develops and improves your core English skills whether for work, study or pleasure
3. To develop skills of reading, writing, speaking and listening
4. To develop vocabulary building

Course Contents

UNIT - I **08Hours**

Vocabulary: -
Synonyms
Antonyms
Homonyms and homophones
Common abbreviation in use

UNIT - II **08 Hours**

Common Error & Transformations:
Common errors in sentences especially regarding number, gender, pronoun/ proposition.
Kinds of Sentences – Assertive, interrogative, exclamatory, imperative.
Kinds of sentences- simple, compound, complex
Tenses: - Indefinite/ continuous

UNIT- III **07 Hours**

Reading writing of Unseen Passage:
Comprehension of unseen passage
Application for leave, scholarship, job, complaint

UNIT- IV **07 Hours**

Text book aspects of English Prose, edited by O.P.Mohan, The Following topics are included this.
Dusk
The ant and grass hopper& Mr. Collins
Ulysses and the Cyclops & The faithful friends

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *The Home Coming – R.N. Tagore*
- *The Diamond Necklace- Guy De Maupassant*
- *Engine trouble – R.K. Narayan*
- Grooming of a Boy (Abraham loonies letter to Son)
- *Stopping By Woods on a Snowy Evening - Robert Frost*

Course Name: Professional Ethics in Physical Education (DE-VII)
Course Code: BBP506

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop a deep understanding of ethical principles and values within the context of physical education.
2. Enhance decision-making skills when faced with ethical dilemmas in sports and physical education.
3. Promote professional conduct and responsible coaching practices that align with ethical standards.
4. Cultivate a culture of sportsmanship, fair play, and integrity in sports and physical activities.

Course Content

UNIT- I

14Hours

Introduction to Professional Ethics in Physical Education, Overview of the course objectives and significance of ethics in physical education, Introduction to ethical principles and their application in sports and physical education contexts

UNIT- II

13Hours

Ethical Principles in Sports and Physical Education, Examination of ethical principles such as fairness, integrity, respect, and responsibility, Analysis of case studies highlighting ethical issues in sports and physical education, Discussions on the importance of ethical behavior and its impact on the learning environment

UNIT- III

10Hours

Sportsmanship and Fair Play: Understanding the concepts of sportsmanship and fair play, exploring the role of sportsmanship in promoting respect, teamwork, and healthy competition, Analysis of real-life examples of sportsmanship and fair play in various sports contexts

UNIT- IV

08Hours

Ethical Decision Making in Physical Education: Introduction to the decision-making process and ethical frameworks, Analysis of ethical dilemmas in physical education and sports, Practice in applying ethical reasoning and making informed decisions in challenging situations.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Authors: Claude Scheuer and Jean-Luc Thill-Luxembourg Editor: Charlot Cassar Last edition: October, 2015*
- *Authors: R.S. Naagarazan July 2006, Professional Ethics in human Value*

Course Name: Exercises Physiology (DE-VII)
Course Code: BBP516

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Approximate the basic principles of physiology and Exercise Physiology
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Illustrate of physiology and co-relate the principles of physiology. Appraise the effects during the training and practical sessions.

CourseContent

UNIT-I

14Hours

Functional Adaptations to Exercise: Hormonal control during exercise, Exercise and neuromuscular system, metabolic adaptations to exercise, Cardio-respiratory changes, Effects of exercise and training on health and fitness

UNIT-II

08Hours

Energy Continuum and Recovery Process: Metabolism and exercise Recovery from exercise, Replenishment of energy stores during recovery process, Removal of excess lactic acid produced during exercise, Restoration of myoglobin oxygen stores

UNIT-III

13Hours

Exercise in hot and cold environment: Body temperature regulations, Physiological responses to exercise in the heat, Acclimatization to exercise in heat, Physiological responses to exercise in cold, Health risks during exercise in the cold

UNIT-IV

10Hours

Altitude and physiology: Exercise performance at altitude, Physiological responses to acute altitude exposure, chronic altitude exposure and acclimatization
Aging process and Ergogenic: Age related changes and exercise, Ergogenic aids and physical activity

TransactionMode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *W.Larry Kenney, Jack H. Wilmore, DavidL. Costill,2012 ,Physiology of Sports and Exercises*
- *RobertA.Robergs,ScottO.Roberts,2000,Fundamental Principles of Exercise Physiology for Fitness, Performance, and Health*
- *LarryG.Shaver,1982,Essentials of Exercise Physiology*
- *Dr.SandhyaTiwari,2006,Exercise Physiology*
- *M.Dena Gardiner,1985,The Principles of Exercise Therapy*
- *EdwardL.Fox ,Richard W.Bowers,Merle L.Foss,1981,The Physiological Basis of Physical Education and Athletics*
- *Michael S. Bahrke, Charles E. Yesalis, 2002, Performance – Enhancing Substances in Sport and Exercises.*

Course Name: Computer Application (DE-VII)
Course Code: BBP508

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Interpret the basics of computer hardware and software.
2. Implement the knowledge about the applications of computers in physical education.
3. Solve logical skills to programming in a variety of languages.
4. Display the skills in utilizing web technologies.

Course Content

UNIT-I

10Hours

History and Basics of Computer: Brief history of development of computers, Generations of computers, Types of PCs-Desktop, Laptop, Notebook, Laptop, Workstations etc
Basic components of computer system Memory: RAM, ROM, and other types of memory

UNIT-II

14Hours

Computer Software & hardware: Using Mouse and moving icons on the screen, My Computer, Recycle Bin, Status Bar, Start-menu selection, running an application, Window Explorer to view files, folders and directories, creating and Renaming of files and folders, Operating and Closing of different Windows, Minimize, Restore and Maximize forms of windows.

UNIT-III

05Hours

Basic components of a window: Desktop, Frame, Title Bar, Menu, Bar, Status Bar, Scroll Bars, Using right button of the Mouse, Creating shortcut, Basic Windows Accessories: Power Point, Presentation, Notepad, Paint, Calculator, Word pad, using Clipboard
MS excel, Mail, Internet: Introduction of MS Excel, Internet- Create account on any mail, Uses of Internet, Types of Word Processor

UNIT-IV

16Hours

Creating and Saving a documents, Editing and Formatting—
Changing color, Size Font, alignment of text, Formatting paragraphs with line or paragraph spacing, adding,
Headers and footers, numbering pages
Using grammar and spell check utilities, etc, printing a document.
Inserting Word Art, Clipart and Pictures, Page Setting, Bullet and Numbering, Borders, shading
Format Painter find and replace.

Practical Work:

Visit to Computer lab: Identification and familiarization of computer components and peripherals.

Demonstration of computer operation Familiarization with keyboard and switches
Demonstration of Printer Controls

Practical of MS-Office (word, PowerPoint, excel): Loading of papers of printer, creating a document, editing, copy, move, sentence/blocks, tab setting, search formatting of output and printing

Use of continuous stationary and loose sheets

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Sinha, P.K. (1980). Introduction to Computer*
- *Subramanian. (1890). Introduction to Computers, Tata Mc Graw Hill*
- *Kumar, S.K. (2004) Computer Education Patiala: Twenty First Century Publishers*

Course Name: Game & Sports-III (Skill Based)
Course Code: BBP518

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Contrast the rules of any one game from Ball Badminton, Table Tennis, Netball, Baseball, and Circle Style Kabaddi.
2. Demonstrate the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Display officiating signals of the game.

Course Content

60Hours

Ball Badminton
Table Tennis
Netball
Baseball
Circle Style Kabaddi

Course Name: Track & Field–V(Skill Based)
Course Code: BBP511

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop skills in starting and finishing techniques of decathlon, heptathlon, and pentathlon events.
2. Display the skills in ground marking and officiating in real game situations.
3. Indicate and appraise the rules and regulations of throwing events.
4. Examine the track and field documentation and report.

Course Content

60Hours

Competitive walk & Steeple Chase,
Decathlon,
Heptathlon,

**Course Name: Organizing Camp & Recreation
(Entrepreneurship)
CourseCode:BBP519**

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Summarize the fundamental principles of effective teaching practice.
2. Prepare and maintain records related to their work in the school.
3. Demonstrate their assessment skills through the work they perform in the school.
4. Actively participate in co-curricular and extracurricular activities organized by the school.

Course Content

60Hours

This camp aims to engage participants in a variety of physical activities while promoting the importance of fitness, teamwork, and personal wellness. Through interactive sessions, sports, and outdoor adventures, participants will develop physical skills, leadership qualities, and a deeper understanding of health and wellness.

Course Name: Yoga (Skill Based)
Course Code: BBP520

L	T	P	Cr
0	0	4	2

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Engage in teaching practice and conduct research in the field of yoga.
2. Explain the fundamentals and advantages of yoga using their own words.
3. Articulate various concepts of yogic practice in their own words.
4. Demonstrate yoga asanas (poses) and elucidate their benefits.

Course Content

60Hours

Yoga, Asanas prescribed by Maharshi 'Patanjali',
Shudhikriyas, jalneti, sutraneti, dugdhaneti, kunjil, nauli, bhastika, shatkriya, pranayams,
anulom-vilom, kapalbhati

Nadis, Aasanas and Pranayam, Suryanamaskar

Kriyas

Shat Kriyas: Meaning, techniques and benefits of neti, dharti, kapalapathi, trataka, nauli, basti

Bandhas: Meaning, techniques and benefits of jalendrabandha, jihvabandha, uddiyanabandha,
mulabandha

Mudras

Meaning, techniques and benefits of hasta mudras, asamyuktahastam, samyuktahastam, mana
mudra, kaya mudra, banda mudra, adhara mudra
Meditation: Meaning, Techniques and
benefits of meditation, Passive and active meditation, saguna meditation and nirguna
meditation.

Semester-VI

Course Name: Fundamental of Research in Physical Education
Course Code:BBP601

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Solve the Memorize of Physical Education that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.
2. Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.
3. Ability to design, implement and evaluate process or program to meet desired needs in the field of physical education and sport sciences.
4. Recognition of the need for and an ability to engage in continuing professional development

Course Content

UNIT-I

15Hours

Introduction to Research, Definition of Research, Need and importance of Research in Physical Education and Sports, Scope of Research in Physical Education & Sports

UNIT-II

15Hours

Survey of Related Literature, Need for surveying related literature, Literature Sources,Library Reading,Research Proposal,Meaning and Significance of Research Proposal

UNIT-III

14Hours

Basics of Research Problems, Classification of Research, Research Problem, Meaning of the term, Location and Criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations

UNIT-IV

16Hours

Research proposal, Preparation of project

Research Report: A group project is to be Undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc.

Submit the report to the institution.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Best, J.W. (1963). Research in education U.S.A.: Prentice Hall.* *Bompa, T. O. & Haff, G. G. (2009)*
- *Periodization: theory and methodology of training, 5th ed. Champaign, IL: Human Kinetics. Brown, L. E., & Ferrigno, V. A. (2005)*
- *Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics. Brown, L.E. & Miller, J., (2005)*
- *How the training work. In: Training Speed, Agility, and Quickness. Brown, L.E. & Ferrigno, V.A & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics. Carl, E. K., & Daniel, D. A. (1969)*
- *Modern principles of athletes training St. Louis: St. Louis's Mosby Company. Clark, H. H., & Clark, D. H. (1975)*

**Course Name: Test, Measurement and Evaluation in Physical
Course Code: BBP602**

L	T	P	Cr
4	0	0	4

TotalHours:60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Recognize the need and importance of tests, measurement, and evaluation in physical education.
2. Acquire knowledge about the administration of different motor fitness and physical fitness tests.
3. Memorize anthropometric measurements.
4. Develop skills in interpreting the results of the above tests.

Course Content

UNIT-I

16Hours

Introduction: Meaning & definition of test, measurement and evaluation, Importance of test, measurement and evaluation in physical education, Organization and administration of tests results, Presentation and interpretation of tests results

Construction & Characteristics of an effective test: validity, reliability, objectivity, subjectivity, economy, standard norms

UNIT-II

14Hours

Physical (General) Fitness Test: Sergeant Test, Kraus Webber test, Rogers strength test, Motor fitness test: J.C. R. test, AAPHER's youth fitness test

Cardio-vascular test: Harvard step test, 12-minute walk and Run test

UNIT-III

15Hours

Test for motor fitness: Indiana motor fitness test (for elementary and high schoolboys, girls and college men), Oregon motor fitness Test

Motor ability test: Newton test, Barrow test, Cozan test

Motor Educability test: Metheny Johnson test, Iowa brace test

UNIT-IV

15Hours

Sports skill test, Basketball: Johnson basketball test, Harrison Basketball battery Mc-Donald volley soccer test. Badminton: Lockhart and McPherson Badminton test, Hockey: Schmithals-French Achievement test, Soccer: Warner test of soccer skills, Volleyball: Helmen Volley ball test, Lawn Tennis: Sherman united onsecutive Rally test, Tennis: Dyer tennis test

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Vijayalaksmi, M. (2006). Evaluation in Physical Education .Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar*
- *Madhuri T .W. (2006). Measurement and Evaluation in Physical Education. Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar*
- *Mishra, S.C. (2005). Test and Measurement in Physical Education. Sports Publication, G-6, 23/23 BEMCA House, Ansari Road, Darya Ganj*
- *McCloy, C.H. (2004) . Test and Measurement in Physical Education. Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar*

Course Name: Pedagogy in Physical Education (VAC)
Course Code: BBP615

L	T	P	Cr
2	0	0	2

Total Hours:30

Course Outcomes:

1. Develop understanding on the use of technology in physical education
2. Develop skills of applying technology in physical education
3. Critically analyze the implications of technology in sports

Course Content

Unit-I

05 hours

Educational technology-concept, Nature and Scope, Forms of educational technology: teaching technology, instructional technology, and behavior technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stage; media application stage and computer application stage.

Unit- II

06 hours

Systems Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies; Instructional Strategies and Media for Instruction. Effectiveness of Communication in instructional system; Communication -Modes, Barriers and Process of Communication

Unit -III

09 hours

Instructional Design: Concept, Views. Process and stages of Development of Instructional Design, Overview of Models of Instructional Design; Instructional Design for Competency
Based Teaching: Models for Development of Self Learning Material. New Horizons of Educational Technology Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical fiber technology - laser disk, computer conferencing

Unit -IV

10 hours

Audio-visual media - meaning, importance and various forms Audio/Radio: Broadcast and audio recordings - strengths and Limitations, criteria for selection of instructional units, script writing, pre-production, postproduction process and practices, Audio Conferencing and Interactive Radio Conference. Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CCTV in instruction and Training, Video Conferencing, SITE experiment, countrywide classroom project and Satellite based instructions.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested readings:

- *Amita Bhardwaj, New Media of Educational Planning". Sarup of Sons, New Delhi-2003*
- *Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi :Doaba House), 1959. 42*
- *K.Sampath,A. Pannirselvam and S.Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.*
- *Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982*
- *Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company,Philadelphia and London), 1952.*

Course Name: Sports Medicine (Discipline Elective-VIII)
Course Code: BBP606

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Demonstrate a breadth of knowledge across the spectrum of the exercise sciences and a deeper understanding in the areas of physiology, motor behavior, and biomechanics.
2. Apply the scientific method to understand, evaluate, and solve problems in the exercise sciences.
3. Utilize the central components of a liberal education, including critical thinking, information literacy, oral and written communication, and quantitative reasoning skills, in analyzing problems in the exercise sciences.
4. Understand the concept of Upper limb and thorax injuries

Course Content

UNIT-I

12Hours

Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance
Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches,
Need and Importance of the study of sports injuries in the field of Physical Education
Prevention of injuries in sports: Common sports injuries, Diagnosis, First Aid, Treatment,
Laceration, Blisters, Contusion, Strain, Sprain, Fracture, Dislocation and Cramps
Bandages: Types of Bandages– trapping and supports

UNIT-II

10Hours

Basic Rehabilitation: Basic Rehabilitation, Strapping/tapping, definition, principles
precautions contraindications
Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions
Show reversal technique exercises: Isotonic, Isokinetic, Isometric, Stretching Definition, types
of stretching, advantages, dangers of stretching, manual muscle grading

UNIT-III

09Hours

Upper limb and thorax injuries: Shoulder-sprain, strain, dislocation, and strapping,
Elbow: Sprain, strain, strapping
Wrist and Fingers: Sprain strain, strapping
Thorax, Rib fracture: Breathing exercises, relaxation techniques, Freehand exercise,
stretching and strengthening exercise for shoulder, elbow, wrist and hand, Supporting and
aiding techniques and equipment for upper limb and thorax injuries

UNIT-IV

14Hours

Lower limb and abdomen injuries: Hip-adductor strain, dislocation, strapping. Knee: sprain, strain, strain, strapping

Ankle: sprain, strain, strapping

Abdomen: Abdominal wall, contusion, abdominal muscles strain

Free exercises: Stretching and strengthening, Exercise for Hip, knee, ankle and Foot, Supporting and aiding techniques and equipment for lower limb and abdomen injuries

Practical lab:

Practical and visit to physiotherapy centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, visit to TV centre etc. should be planned internally.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- *Christopher M.Norris.(1993).Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd*
- *James, A.Gould & George J.Davies,(1985), Physical Therapy, Toronto:C.V. Mosby Company.*
- *Morris B.Million(1984)Sports Injuries and Athletic Problem,New Delhi:Surjeet Publication,*
- *Pande. (1998).Sports Medicine.New Delhi: Khel Shitya Kendra*
- *The Encyclopedia of Sports Medicine,(1998),The Olympic Book of Sports Medicine, Australia: Tittel Black well Scientific publications*
- Practical:Anthropometric Measurements

Course Name: Sports Journalism (Discipline Elective-VIII)
Course Code: BBP607

L	T	P	Cr
3	0	0	3

TotalHours:45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Comprehend the history and development of communication at various levels of the society and its role with respect to modern day technology.
2. Articulate and apply the principles and laws of freedom of speech and incorporate this fundamental right when functioning at different political structures.
3. Articulate the basics of journalism and recognize the contributions of therenowned journalists to the field of print media
4. Display an elementary knowledge of the role and importance of communication at media platforms

Course Content

UNIT-I

11Hours

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

10Hours

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

09Hours

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

15Hours

Report Writing on Sports, Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games,Preparing report of an annual sport meet for publication in newspaper, Organizations of press meet

Note:

Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working, Album collection of sports news

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

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

Course Name: Project Meet(Athletics)
Course Code: BBP613

L	T	P	Cr
0	0	6	3

TotalHours:90

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop effective project management skills, including project planning, scheduling, resource allocation, and risk assessment, to successfully execute Project Meet initiatives.
2. Analyze and apply advanced tools and techniques for project monitoring and control, ensuring that Project Meet stays on track, within scope, and on budget.
3. Demonstrate leadership and team work abilities by collaborating with diverse stakeholders, managing conflicts, and fostering a positive project environment during Project Meet execution.
4. Evaluate the outcomes and impact of Project Meet on the targeted audience or community, and prepare comprehensive reports and presentations to communicate project results effectively.

Course Content

90Hours

Students will organize project meet