Syllabus-2023-2024

BPed

Title of the Course	Anatomy and Physiology
Course Code	CC-102

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic Knowledge of Biology			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO-1 Recall the concepts of anatomy and recite various physiological effects on a human body due to exercise**(BL1-Remember)** **CO2-** CO-2 To D describe the effect of training on various human body systems. **(BL2-Understand)** **CO3-** CO-3 Apply the knowledge of Physiology for performance improvement of an athlete**(BL3-Apply)** **CO4-** CO-4 Simplify the anatomical concepts to the trainees**(BL4-Analyze)** **CO5-** CO-5 Compare the performances of an athlete through various Physiological Terms**(BL5-Evaluate)** **CO6-** CO-6 Compose and modify workout program based on physiological performances.**(BL6-Create)**							
Coures Elements	Skill Development ✕ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✓ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG5(Gender equality) SDG10(Reduced inequalities) SDG12(Responsible consuption and production)				

Part B

Modules	Contents	Pedagogy	Hours
1	Brief Introduction of Anatomy and physiology in the field of Physical Education. o Introduction of Cell and Tissue. o The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types o Gender differences in the skeleton. o Types of muscles	groupdiscussion, lecture, quiz	15
2	o Blood and circulatory system: Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output. o The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume. o The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism, o The Excretory system: Structure and functions of the kidneys and the skin. o The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands. o Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action, o Sense organs: A brief account of the structure and functions of the Eye and Ear.	group discussion, lecture, quiz	20
3	Definition of physiology and its importance in the field of physical education and sports. o Structure, Composition, Properties and functions of skeletal muscles o Nerve control of muscular activity: o Neuromuscular junction o Transmission of nerve impulse across it. o Fuel for muscular activity o Role of oxygen- physical training, oxygen debt, second wind, vital capacity.	group discussion, lecture, quiz	20
4	o Effect of exercise and training on cardiovascular system. o Effect of exercise and training on respiratory system. o Effect of exercise and training on muscular system o Physiological concept of physical fitness, warming up, conditioning and fatigue. o Basic concept of balanced diet – Diet before, during and after competition.	group discussion, lecture, quiz	20

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	. N. Murgesh .Basic Anatomy and Physiology 6th Sathya Publishers
Articles	
References Books	Moorthy, A. M. Anatomy physiology and health education. 2014 Karaikudi: Madalayam Publ icati ons. 7 Morehouse, L. E. & Miller, J. Physiology of exercise 1967 St. Louis: The C.V. Mos by Co.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1		2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	2	3	1	-	-	-	-	-	-	-	-	-	-
CO3	3	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-1	2	2	2	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-
CO6	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Health Education and Environmental Studies
Course Code	CC-103

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of science &Social Science			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO-1 Recall about Aims, Objectives, principles and other concepts of Health Education**(BL1-Remember)** **CO2-** CO-2 Explain about the Health problems and Environmental problems in India.**(BL2-Understand)** **CO3-** CO-3 Apply the knowledge of Health Education and Environmental Science to solve problems.**(BL3-Apply)** **CO4-** CO-4 Analyse about the health problems and Environmental problems in India.**(BL4-Analyze)** **CO5-** CO-5 Determine the possible solutions to the Health Problems and Environmental problems.**(BL5-Evaluate)** **CO6-** CO-6 Formulate efficient ways to manage environment problems and health issues in the current scenario.**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✓		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG7(Affordable and clean energy) SDG13(Climate action)				

Part B

Modules	Contents	Pedagogy	Hours
1	Concept, Dimensions, Spectrum and Determinants of Definition of Health, Health Education, Health Instruction, Health Supervision o Aim, objective and Principles of Health Education o Health Service and guidance instruction in personal hygiene	group discussion, lecture methodology, quiz	15
2	Communicable and Non Communicable Diseases o Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, o Personal and Environmental Hygiene for schools o Objective of school health service, Role of health education in schools o Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, firstaid and emergency care etc.	group discussion, lecture methodology, quiz	15
3	Definition, Scope, Need and Importance of environmental studies. o Concept of environmental education, Historical background of environmental education, o Celebration of various days in relation with environment. o Plastic recycling & probation of plastic bag / cover. o Role of school in environmental conservation and sustainable development.	lecture methodology, quiz	15
4	o Water resources, food resources and Land resources o Definition, effects and control measures of: o Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution o Management of environment and Govt. policies, Role of pollution control board.	lecture methodology, quiz	15

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
0		PBL		

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	. Park'stextbook of preventive and social medecine
Articles	
References Books	Gupta, A. P.). Anatomy and physiology 2010 Agra: Sumit Prakashan Gupta, M. and Gupta, M. C. Body and anatomical science 1980 . Delhi: Swaran Printing Press Guyton, A.C. Textbook of Medical Physiology, 9th Philadelphia: W.B .Saunders. Lamb, G. S. Essentials of exercise physiology 1982 Delhi: Surjeet Publication.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-
CO3	3	-	-	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	2	-	2	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-
CO6	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Yoga Education
Course Code	CC-104

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Knowledge of basic Fitness			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO-1 Recall about Aims, Objectives, principles and other concepts of Health Education **(BL1-Remember)** **CO2-** CO-2 Explain about the foundation of yoga and the Asanas**(BL2-Understand)** **CO3-** CO-3 Demonstrate various asanas of Yoga**(BL3-Apply)** **CO4-** CO-4 Categorize asanas according to their difficulty level.**(BL4-Analyze)** **CO5-** CO-5 Compare the effect of various asanas through research.**(BL5-Evaluate)** **CO6-** CO-6 Formulate an efficient lifestyle with the help of research in yoga.**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✓ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG16(Peace Justice and strong institutions) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
1	ject of that semester given by the subject teacher C. COURSE CONTENTS UNIT CONTENTS PEDAGOGY Unit 1 Introduction o Meaning and Definition of Yoga o Aims and Objectives of Yoga o Yoga in Early Upanisads o The Yoga Sutra: General Consideration o Need and Importance of Yoga in Physical Education and Sports	Background of concepts, quiz	15
2	o The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi o Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga	Background of concepts, quiz	15
3	Effect of Asanas and Pranayama on various system of the body Classification of asanas with special reference to physical education and sports o Influences of relaxtive, meditative posture on various system of the body o Types of Bandh Type of kriyas	Background of concepts, quiz	15
4	Basic, applied and action research in Yoga o Difference between yogic practices and physical exercises o Yoga education centers in India and abroad o Competitions in Yogasanas	Background of concepts, quiz	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	Shekar,K. C. Yoga for health. 2003 Delhi: Khel Sahitya Kendra.
Articles	
References Books	Brown, F. Y. How to use yoga 2000Delhi:Sports Publication. Shankar,G. Holistic approach ofyoga. 1998 New Delhi : Aditya Publishers. Rajjan, S. M. Yoga strenthening ofrelexation for sports man 1985 New Delhi:Allied Publishers. Gharote, M. L. &Ganguly, H. Teaching methods for yogic practices 1988 Lonawala: Kaixydahmoe. Gharote, M. L. &Ganguly, H. Teaching methods for yogic practices 1988 Lonawala: Kaixydahmoe. Rajjan, S. M. Yoga strenthening ofrelexation for sports man 1985 New Delhi:Allied Publishers. Shankar,G. Holistic approach ofyoga.1998 NewDelhi:Aditya Publishers.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	3	-	3	-	-	-	-	-	-	-	-	-
CO2	-	1	-	-	2	-	-	-	-	-	-	-	-	-	-
CO3	3	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	2	-	3	-	-	-	-	-	-	-	-	-	-
CO5	-	1	-	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	1	3	-	-	-	-	-	3	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Organization and Administration
Course Code	CC-106

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of committee			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO-1 Recall basic principles and functions of planning.**(BL1-Remember)** **CO2-** CO-2 Explain about time-table management and competition organization**(BL2-Understand)** **CO3-** CO-3 Use the instructions of competition organization for effective planning of sports events.**(BL3-Apply)** **CO4-** CO-4 Divide various sports tournaments to be held in schools and universities (intramurals and Extramurals)**(BL4-Analyze)** **CO5-** CO-5 Support the organization of various sports competitions**(BL5-Evaluate)** **CO6-** CO-6 Formulate an plan for program organization of a sports event**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG11(Sustainable cities and economies)				

Part B

Modules	Contents	Pedagogy	Hours
1	E. COURSE CONTENTS UNIT CONTENTS PEDAGOGY Unit 1 o Meaning and importance of Organization and Administration in physical education o Qualification and Responsibilities of Physical Education teacher and pupil leader o Planning and their basic principles, o Program planning: Meaning, Importance, Principles of program planning in physical education. o Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.	lecture methodology, group discussion	15
2	Office Management: Meaning, definition, functions and kinds of office management o Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record. o Budget: Meaning, Importance of Budget making, Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget	lecture methodology, group discussion	15
3	Facilities and equipment management: Types of facilities Infrastructure-indoor, out door. o Care of school building, Gymnasium, swimming pool, Play fields, Play grounds o Equipment: Need, importance, purchase, care and maintenance. o Time Table Management: Meaning, Need, Importance and Factor affecting time table.	lecture methodology, group discussion	15
4	Importance of Tournament, o Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament. o Organization structure of Athletic Meet o Sports Event Intramurals & Extramural Tournament planning	lecture methodology, group discussion	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	70	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	1. Voltmer, E. F. &Esslinger, A. A. The organization and administration of Physical Education. 1979 New York: Prentice Hall Inc.
Articles	
References Books	Broyles, F. J. &Rober, H. D. Administration of sports, Athletic programme: A Managerial Approach.1979. NewYork:Prentice hallInc Bucher, C. A. Administration of Physical Education and Athleticprogramme.1983 St.Lolis:The C.V.HosbyCo. Kozman, H.C. Cassidly, R. & Jackson, C. Methods in Physical Education1960 London: W.B.SaundersCo. Thomas, J. P. Organization & 1967 Madras: Sharma, V.M. & Tiwari, R.H Teaching Methods in PhysicalEducation.1979Amaravati:Shakti Publication.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	-	-	2	-	-	-	-	-	-	-	-	-	-
CO3	3	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	-	2	2	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	2	1	-	-	-	-	-	-	-	-	-	-
CO6	2	1	-	3	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Sports Training
Course Code	CC-201

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of sports and physical education			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** List and Define various Training components **(BL1-Remember)** **CO2-** Explain various Training processes.**(BL2-Understand)** **CO3-** Use various training plans to design a workout**(BL3-Apply)** **CO4-** Categorize various training load and training intensity according to different sports**(BL4-Analyze)** **CO5-** Compare various training methods and find out the best suitable method for an athlete.**(BL5-Evaluate)** **CO6-** Formulate a new training program according to the modern demand of the sports.**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✓ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	o Meaning and Definition of Sports Training o Aim and Objective of Sports Training o Principles of Sports Training o System of Sports Training – Basic Performance, Good Performance and High Performance Training	quiz, lecture methodology, group discussion	15
UNIT 2	o Strength – Mean and Methods of Strength Development o Speed – Mean and Methods of Speed Development o Endurance - Mean and Methods of Endurance Development o Coordination – Mean and Methods of coordination Development o Flexibility – Mean and Methods of Flexibility Development	quiz, lecture methodology, group discussion	15
UNIT 3	o Training Load- Definition and Types of Training Load o Principles of Intensity and Volume of stimulus o Technical Training – Meaning and Methods of Technique Training o Tactical Training – Meaning and Methods of Tactical Training	quiz, lecture methodology, group discussion	15
UNIT 4	o Periodization – Meaning and types of Periodization o Aim and Content of Periods – Preparatory, Competition, Transitional etc. o Planning – Training session o Talent Identification and Development	quiz, lecture methodology, group discussion	15

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT- 4	design a new timetable for course	PBL	BL6-Create	2

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	Science of sports Training
Articles	
References Books	Sports training principles
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	2	-	-	-	-	-	-	-	-	-	-	-
CO2	2	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	2	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	2	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	3	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Computer Applications in Physical Education
Course Code	CC-202

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of operating computer			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify the use of computer and various software in the field of Physical Education.**(BL1-Remember)** **CO2-** Explain the use on MS excel, power point and Word in Physical Education.**(BL2-Understand)** **CO3-** Use various computer software efficiently in teaching learning process in physical education.**(BL3-Apply)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**					

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	o Meaning, need and importance of information and communication technology (ICT). o Application of Computers in Physical Education o Components of computer, input and output device o Application software used in Physical Education and sports	quiz, lecture methodology, background of concepts	15
UNIT 2	o Introduction to MS Word o Creating, saving and opening a document o Formatting Editing features Drawing table , o page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes	quiz, lecture methodology, background of concepts	15
UNIT 3	o Introduction to MS Excel o Creating, saving and opening spreadsheet o creating formulas o Format and editing features adjusting columns width and row height understanding charts.	quiz, lecture methodology, background of concepts	15
UNIT 4	o Introduction to MS Power Point o Creating, saving and opening a ppt. file o format and editing features slide show , design , inserting slide number o picture ,graph ,table o Preparation of Power point presentations	quiz, lecture methodology, background of concepts	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	Sinha, P. K. & Sinha, P. (n.d.) Computer fundamentals. 4th BPB Publication
Articles	
References Books	Irtegov, D. Operating system fundamentals. 2004 Firewall Media.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	-	3	3	-	-	-	-	-	-	-	-	-	-
CO3	2	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Sports Psychology and Sociology
Course Code	CC-203

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of psychology and sports psychology			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall meaning and importance of culture**(BL1-Remember)** **CO2-** Explain relationship between social science and Physical Education**(BL2-Understand)** **CO3-** Apply the concepts of sports psychology in Physical education.**(BL3-Apply)** **CO4-** Analyse mental preparation strategies, aggression and stress in sports**(BL4-Analyze)** **CO5-** Evaluation of sports performance after application of various sports psychology concepts.**(BL5-Evaluate)** **CO6-** Develop new ways of dealing with self-talk, anxiety and other psychological issues related to sports.**(BL6-Create)**							
Coures Elements	Skill Development ✕ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✓ Human Values ✓ Environment ✓		**SDG (Goals)**	SDG2(Zero hunger) SDG3(Good health and well-being) SDG5(Gender equality) SDG7(Affordable and clean energy) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	o Meaning, Importance and scope of Educational and Sports Psychology o General characteristics of Various Stages of growth and development o Types and nature of individual differences; Factors responsible -Heredity And environment o Psycho-sociological aspects of Human behavior in relation to physical education and sports	direct instructions, quiz activity	15
Unit-2	o Nature of learning, theories of learning, Laws of learning, o Plateau in Learning; & transfer of training o Meaning and definition of personality, characteristics of personality, o Dimension of personality, Personality and Sports performance o Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. o Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary. o Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety o Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance	lectures/ cooperative learning	15
UNIT-3	o Orthodoxy, customs, Tradition and Physical Education. o Festivals and Physical Education. o Socialization through Physical Education. o Social Group life, Social conglomeration and Social group, Primary group and Remote group.	peer teaching and quiz activities	15
UNIT 4	o Features of culture, o Importance of culture. o Effects of culture on people life style. o Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method	lecture, quiz and cooperative learninig	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. S.K.Mangal, Shubhra Mangal Sports Psychology 1st SAGE publications Private Limited
Articles	
References Books	1- Ball, D. W. & Loy, J. W. Sport and social order; Contribution to the sociology of sport. 1975 London: Addison Wesley Publishing Co., Inc. 2- Blair, J.& Simpson, R. Educational psychology, 1962 New York:McMillan Co. 3- Cratty, B. J. Psychology and physical activity. 1968 Eaglewood Cliffs. Prentice Hall. 4 Kamlesh, M.L. Psychology inphysical education and sport. 1998 New Delhi:Metropolitan Book Co. 5 Loy, J. W., Kenyon, G. S. & McPherson, B. D. Sport and social system. 1978 Londo Addison Wesley Publishing Company Inc. 6 Loy, J. W., Kenyon, G. S. & McPherson, B. D. Sports culture and society. 1981 Philadelphia: Lea &Febiger. 7 Mathur, S.S., Educational psychology. 1962 Agra.VinodPustakMandir.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	2	2	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	-	-	2	-	-	-	-	-	-	-	-	-
CO3	2	2	2	2	3	-	-	-	-	-	-	-	-	-	-
CO4	2	-	1	3	-	-	-	-	-	-	-	-	-	-	-
CO5	2	1	-	2	-	-	-	-	-	-	-	-	-	-	-
CO6	1	-	1	-	-	2	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Measurement and Evaluation in Physical Education
Course Code	CC-204

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge about sports, sports equipment's and physical education of 11 and 12 class			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify various physical fitness tests and sports skill tests**(BL1-Remember)** **CO2-** Summarize classification of tests and their evaluation procedure.**(BL2-Understand)** **CO3-** Demonstrate various physical fitness tests and skill tests**(BL3-Apply)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✓		**SDG (Goals)**	SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	o Meaning of Test & Measurement & Evaluation in Physical Education o Need & Importance of Test & Measurement & Evaluation in Physical Education o Principles of Evaluation	quiz, lecture methodology, group discussion	15
UNIT 2	o Criteria of good Test o Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms) o Type and classification of Test o Administration of test, advance preparation – Duties during testing – Duties after testing.	quiz, lecture methodology, group discussion	15
UNIT 3	o AAHPER youth fitness test o National physical Fitness Test o Indiana Motor Fitness Test o JCR test o U.S Army Physical Fitness Test	quiz, lecture methodology, group discussion	15
UNIT 4	o Lockhart and McPherson badminton test o Johnson basketball test o McDonald soccer test o S.A.I volleyball test o S.A.I Hockey test	quiz, lecture methodology, group discussion	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	Kansal D. K Test and measurement in sports and physical education 1996 New Delhi: D.V.S. Publications. Kansal D. K Test and measurement in sports and physical education 1996 New Delhi: D.V.S. Publications.
Articles	
References Books	Bangsbo, J. Fitness training in football: A scientific approach. 1994 Bagsvaerd, Denmark: Ho+Storm.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	3	-	-	-	-	-	-	-	-	-	-	-
CO2	2	2	-	-	3	-	-	-	-	-	-	-	-	-	-
CO3	1	1	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Kinesiology and Biomechanics
Course Code	CC-205

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic science knowledge of school level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall the concepts of kinesiology and biomechanics**(BL1-Remember)** **CO2-** Explain various mechanical concepts, kinetics and Kinematics of human Movement**(BL2-Understand)** **CO3-** Apply Kinetics and Kinematics concepts in the field of physical Education**(BL3-Apply)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	.Introduction to Kinesiology and biomechanics o Meaning and Definition of Kinesiology and Sports Biomechanics o Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches. o Terminology of Fundamental Movements o Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity	quiz, lecture methodology, group discussion	15
UNIT 2	Fundamental Concept of Anatomy and Physioloy o Classification of Joints and Muscles o Types of Muscle Contractions o Posture – Meaning, Types and Importance of good posture. Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal	quiz, lecture methodology, group discussion	15
UNIT 3	Mechanical Concepts o Force - Meaning, definition, types and its application to sports activities o Lever - Meaning, definition, types and its application to human body. o Newton's Laws of Motion – Meaning, definition and its application to sports activities. o Projectile – Factors influencing projectile trajectory.	quiz, lecture methodology, group discussion	15
UNIT 4	Kinematics and kinetics of Human Movement o Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration o Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. o Linear Kinetics – Inertia, Mass, Momentum, Friction. o Angular Kinetics – Moment of inertia ,Couple, Stability.	quiz, lecture methodology, group discussion	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	V. D. Bindal Textbook of Kinesiology 1st JP Brothers Medical Publishers
Articles	
References Books	Bunn, J. W. Scientific principles of coaching. 1972 Englewood Cliffs, N.J.: Prentice Hall Inc.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	-	3	3	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	3	-	3	-	-	-	-	-	-	-	-	-	-
CO3	-	2	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Research and Statistics in Physical Education
Course Code	CC-206

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic mathematical skills and knowledge about 11 and 12 class physical education			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall and identify the basics of statistics and research**(BL1-Remember)** **CO2-** Explain and discuss types of research and research problems**(BL2-Understand)** **CO3-** Use various statistical techniques to compare sports performances.**(BL3-Apply)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	Introduction to Research o Definition of Research o Need and importance of Research in Physical Education and Sports. o Scope of Research in Physical Education & Sports. o Classification of Research o Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.	case study, quiz, group discussion	15
UNIT 2	Survey of Related Literature o Need for surveying related literature. o Literature Sources, Library Reading o Research Proposal, Meaning and Significance of Research Proposal. o Preparation of Research proposal / project. o 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. and submit the report to the institution.	case study, quiz, group discussion	15
UNIT 3	Basics of Statistical Analysis o Statistics: Meaning, Definition, Nature and Importance o Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables o Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram	case study, quiz, group discussion	15
UNIT 4	Statistical Models In Physical Education and Sports o Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data o Measures of Variability: Meaning, importance, computing from group and ungroup data o Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data	case study, quiz, group discussion	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	J.P. Verma M. Ghufran Statistics for Psychology 1st McGraw Hill Education
Articles	
References Books	Best, J.W. Research in education 1963 U.S.A.: Prentice Hall.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	-	3	2	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	-	3	-	2	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	SPORTS NUTRITION AND WEIGHT MANAGEMENT
Course Code	EC-104

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic of Science			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO-1 List basic nutrition guidelines and role of nutrition in sports**(BL1-Remember)** **CO2-** CO-2 Summarize the process of ingestion of nutrients**(BL2-Understand)** **CO3-** CO-3 Apply the knowledge of nutrition in planning of weight management.**(BL3-Apply)** **CO4-** CO-4 Analyzing the current fitness situation of an individual through calculation of BMI**(BL4-Analyze)** **CO5-** CO-5 Determine the ways to live a healthy lifestyle through fitness program**(BL5-Evaluate)** **CO6-** CO-6 Develop an efficient weight management plan.**()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
1	Meaning and Definition of Sports Nutrition o Basic Nutrition guidelines o Role of nutrition in sports o Factor to consider for developing nutrition plan	quiz, lecture methodology, group discussion	15
2	Carbohydrates, Protein, Fat – Meaning, classification and its function o Role of carbohydrates, Fat and protein during exercise o Vitamins, Minerals, Water – Meaning, classification and its function o Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.	quiz, lecture methodology, group discussion	15
3	Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management o Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss o Obesity – Definition, meaning and types of obesity, o Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.	quiz, lecture methodology, group discussion	15
4	Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight o Balanced diet for Indian School Children, Maintaining a Healthy gain and loss Lifestyle Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight	quiz, lecture methodology, group discussion	15

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
0		PBL		

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	T.C. Roy . Sports Nutrition and Weight Management - R Sons Book
Articles	
References Books	Bess Esen, D. H. Update on obesity. 2008 J ClinEndocrinolMetab.93(6), 2027-2034. Butryn, M.L., Phelan, S., &Hill, J. O Consistent selfmonitoring of weight: a key component of successful weight loss maintenance. 2007 . (Silver Spring). 15(12), 3091- 3096. Chu, S.Y. & Kim, L. J. Maternal obesity and risk of stillbirth: a metaanalysis. 2007 Am J ObstetGynecol, 197(3), 223-228. DeMaria, E. J. Bariatric surgery for morbid obesity. 2007 N Engl J Med,356(21), 2176- 2183.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	3	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	-	3	-	-	-	-	-	-	-	-	-	-	-
CO3	3	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	1	2	2	3	-	-	-	-	-	-	-	-	-	-
CO5	1	-	-	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	SPORTS MANAGEMENT
Course Code	EC-208

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	General knowledge about daily management and physical education			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recite about leadership its elements, forms, style and qualities**(BL1-Remember)** **CO2-** Explain about management of sports in schools and universities.**(BL2-Understand)** **CO3-** Apply the budgeting system in physical education of schools and universities**(BL3-Apply)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✓		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	o Nature and Concept of Sports Management. o Progressive concept of Sports management. o The purpose and scope of Sports Management. o Essential skills of Sports Management. o Qualities and competencies required for the Sports Manager. o Event Management in physical education and sports.	group discussion, lecture methodology.	15
UNIT 2	o Meaning and Definition of leadership o Leadership style and method. o Elements of leadership. o Forms of Leadership. • Autocratic • Laissez-faire • Democratic • Benevolent Dictator o Qualities of administrative leader. o Preparation of administrative leader. Leadership and Organizational performance.	group discussion, lecture methodology.	15
UNIT 3	o Sports Management in Schools, colleges and Universities. o Factors affecting planning o Planning a school or college sports programme. o Directing of school or college sports programme. o Controlling a school, college and university sports programme. • Developing performance standard • Establishing a reporting system • Evaluation • The reward/punishment system	group discussion, lecture methodology.	15
UNIT 4	o Financial management in Physical Education & sports in schools, Colleges and Universities. o Budget – Importance, Criteria of good budget, o Steps of Budget making o Principles of budgeting	group discussion, lecture methodology.	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	233	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	Dr. Samiran Chakraborty. Sports Management 2007 Prerna Prakashan
Articles	
References Books	Ashton, D. Administration of physical education for women. 1968 New York: The Ronal Press Cl.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	2	3	-	-	-	-	-	-	-	-	-	-	-
CO3	2	-	3	2	3	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Statistics in Physical Education& Sports
Course Code	MPCC-0201

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of statistics in physical education and sports			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** quote the meaning and importance of statistics in sports**(BL1-Remember)** **CO2-** Describe reliability and how it is depicted**(BL2-Understand)** **CO3-** Apply the T- test &F-tests**(BL3-Apply)** **CO4-** Classify the different methods of measuring variability**(BL4-Analyze)** **CO5-** Analyze normal curve and its different scoring scales**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
Unit 1	1.1 Statistics: Meaning, Definition, Nature and Importance. 1.2 Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables and Calculation. 1.3 Graphical Presentation of Class Distribution, Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram. 1.4 Measures of Central Tendency: Mean Median and Mode-Meaning, Definition, Importance, Advantages and Disadvantages. 1.5 Calculation of Mean and Median, Grouped and Ungrouped data, Raw Mode and calculation of mode from class intervals.	group discussion, lecture, direct instructional learning	12
Unit 2	Measures of Variability 2.1Deviation, Percentiles and Quartiles-Meaning and Use. 2.2Calculation of Deviation Percentiles and Quartiles. 2.3 Range, Quartile Deviation, Mean/Average Deviation, Standard Deviation-Meaning, Definition and use. 2.4 Calculation of Quartile, Mean and Standard Deviation from Grouped and Ungrouped data.	cooperative and inquiry based learning	12
Unit 3	Correlation: 3.1 Meaning and Types. 3.2 Calculation of Karl Pearson (Product Moment Method) and Spearman-Rank Order Correlation Method.	problem based and experiential learning	12
Unit 4	The Normal Curve: 4.1 Meaning, Principles, Laws, Properties and Uses. 4.2 Divergence from Normality-Skewness and Kurtosis. 4.3 Scoring Scales- Sigma scale, Z Scale, T Scale.	cooperative learning and peer teaching	12
Unit 5	The Normal Curve: 4.1 Meaning, Principles, Laws, Properties and Uses. 4.2 Divergence from Normality-Skewness and Kurtosis. 4.3 Scoring Scales- Sigma scale, Z Scale, T Scale.	group project, quiz	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	Guilford J.P, Fundamental of Statistics in Psychology Educational, New York: McGraw Hill Book Cp. Inc. 1956.
Articles	
References Books	Best, john W., Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963. Clarke David H. and Clarke H. Harrison, Research Process in Physical Education, Recreation and Health, Englewood Cliffs, New Jersey Prentice Hall Inc. 1979 Good V. Caster and Scates Douglas E, Methods of research Application, Century, New York, 1954. Bolnmera Paul and Lindquist, EF, Statistical Methods in Psychology and Education, Calcutta: Oxford Book Co.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	2	3	1	-	-	3	-	-	-	-	-	-	-	-	-
CO3	3	1	2	3	3	-	-	-	-	-	-	-	-	-	-
CO4	2	3	1	3	3	-	-	-	-	-	-	-	-	-	-
CO5	3	2	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Sports Psychology
Course Code	MPCC-0202

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of sports psychology to understand the behavior of student and attitude towards sports			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify the different concepts of sports psychology**(BL1-Remember)** **CO2-** Describe the cognitive process and its role in performance of athletes**(BL2-Understand)** **CO3-** Present the different philosophies of education**(BL3-Apply)** **CO4-** Categorize different types of emotions and how sports achievement are effected**(BL4-Analyze)** **CO5-** Justify how personality development takes place through games and sports**(BL5-Evaluate)**							
Coures Elements	Skill Development ✕ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✓ Human Values ✓ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality)				

Part B

Modules	Contents	Pedagogy	Hours
Unit 1	1.1 Sports Psychology: Meaning, Definition, 1.2 Nature and Scope of sports psychology. 1.3 Role of a Sport Psychologist	direct instructions, quiz activity	12
Unit 2	2.1Cognitive Process (Memory, Thinking, Reasoning, Problem Solving etc) 2.2 Motor Skills (Fine and Gross) 2.3 Effect of Individual differences on skill acquisition and sports performance. 2.4 Role of Cognitive Process in Performance Enhancement	cooperative and inquiry based and cognitive learning	12
Unit 3	3.1 Emotion: Meaning, Definition, Types and Characteristics. 3.2 Theories of Emotion (Inverted U, Drive , IZOF by Hanin) 3.3 Factors effecting Sports Achievement such as Stress, Fear, Frustration and aggression. 3.4 Motivation: Meaning, Definition, Types . Theories (Maslow's Need Theory , Achievement Theory and Importance of Motivation in Sports Achievement.	lecture, flipped classes	12
Unit 4	4.1 Personality: Meaning, Definition. 4.2 Theories of Personality (Psychodynamics, Trait, Social Learning) 4.3 Dimensions of Personality, Personality Trait of Athletes 4.4 Personality development through Physical Activities and Games.	brainstorming, open book exam and quiz	12
Unit 5	5.1 Psychological Dimensions of Competition-Psycho-Regulative Method for Activation and Mental Relaxation. 5.2 Effect of Audience on the performance of the Athletes. 5.3 Psychological Preparation for competition- Short term and Long Term Preparation.	project work, peer teaching and quiz	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	Kamlesh M.L., Psychology of physical Education and Sports, New Delhi: Metropolitan Book Co., Pvt. Ltd. 1983
Articles	
References Books	Alderman, R.B, Psychological Behavior in sports, Philadelphia: London, Sounders Company, 1974 But Susan Dorcas, Psychology of Sports, Network: Van Nastrand Reinhold Company Crattybrayant, J., Movement Behaviour and Motor Learning, Philadelphia: Lea and Febiger, 1973 Craty Bryant, J., Psychology and Physical Activity, New Jersey Englewood Cleffs, Prentice Hall Inc. 1965 Cratty Bryant, J., Psychological Proportion and Athletics Excellence, New York: Movement publications Inc. 1978
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	2	3	1	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	1	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Exercise Physiology
Course Code	MPCC-0203

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of exercise physiology is the study of how the human body works both when you're healthy and when you're not			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Quote the various concepts of exercise physiology**(BL1-Remember)** **CO2-** Identify the different muscles and its role in sports**(BL2-Understand)** **CO3-** Determine the role of nutrition in sports**(BL3-Apply)** **CO4-** Illustrate the functions of various systems of the body**(BL4-Analyze)** **CO5-** Evaluate the relationship of exercise physiology and physical education**(BL5-Evaluate)**							
Coures Elements	Skill Development ✕ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✓		**SDG (Goals)**	SDG7(Affordable and clean energy) SDG8(Decent work and economic growth) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
Unit 1	1.1 Exercise Physiology: Meaning, Definition, 1.2 Importance and Scope. 1.3 Relationship of exercise physiology and physical education	direct instruction and cooperative learning	12
Unit 2	2.1 Types of Muscles and Types of muscular cells: 2.2 Characteristics of Voluntary and Non voluntary Muscles. 2.3 Design, Functions and Energy for Muscular Function 2.4 Chemical Changes during muscular contraction.	cooperative and inquiry based learning	12
Unit 3	3.1 Structure and functions of different systems of the body 3.2 Effect of exercise on various systems. (Muscular System, Cardio-vascular System, Respiratory system, Nervous System and Digestive System)	peer teaching and quiz activities	12
Unit 4	4.1 Second Wind and Oxygen Debt. 4.2 Warm up, Conditioning and Fatigue . 4.3 Work Capacity under different environmental conditions. (Hot, Humid, Cold, High and Low Altitude)	cooperative learning and brainstorming	12
Unit 5	5.1 Sports and Nutrition. 5.2 Concept of Balanced Diet. 5.3 Pre Competition, During Competition and after competition diet of sportsman. 5.4 Effect of smoking, Alcohol, Banned drugs on Sports Performance.	Lecture, quiz	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	1. Mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics Philadelphia: W.B. Saunders Company, 1976
Articles	
References Books	1- Guyton, Arthur C. Text Book of medical physiology Philadelphia: W.B. Saunder company, 1976 2- Morehouse, L.E. and Miller, A.T. Physiology of Exercise Saint Louis: The C.V. Mosby Company,1976 4 Bourne, Geoffery H. The Strucrure and Functon of Muscles London Academic Press 1973
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	2	3	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	3	1	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Sports Biomechanics
Course Code	MPCC-0301

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	general knowledge of physical education at graduation level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall the concept of biomechanics and kinesiology**(BL1-Remember)** **CO2-** Interpret the various types of movements**(BL2-Understand)** **CO3-** Illustrate newton's laws of motion**(BL3-Apply)** **CO4-** Categorize force and friction**(BL4-Analyze)** **CO5-** Evaluate the mechanical analysis of Sports Skills**(BL5-Evaluate)** **CO6-** Design programs for improvement of movements**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG15(Life on land) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	1.1 Biomechanics and Kinesiology: Meaning, Nature and Importance. 1.2 Principles of plane and axis. Various types of movements.	direct instructions, quiz activity	12
UNIT 2	Kinetics and Kinematics 2.1 Motion: Linear motion, Rotary motion, Angular Motion, Curvilinear motion, Motion of transition. 2.2 Balance, Newton's Laws of Motion, Acceleration, Velocity and speed. 2.3 Force, Work, Power and Energy, Weight and Projectile. 2.4 Leverage-Principles and Types.	cooperative and inquiry based learning	12
UNIT 3	3.1 Friction-Resistance, Water and Air Resistance. 3.2 Elasticity. 3.3 Spin 3.4 Centrifugal and centripetal force.	peer teaching and quiz activities	12
UNIT 4	Mechanical Analysis of Motor Movements-Walking, Jumping, Running, Throwing, Catching, Holding, Climbing, Lifting, Swinging, Gliding, Pulling.	brainstorming, open book exam and quiz	12
UNIT 5	Mechanical Analysis of Sports Skills 5.1 Athletics(Running, Jumping, Throwing) 5.2 Swimming. 5.3 Football. 5.4 Basketball 5.5 Volleyball. 5.6 Cricket.	project work, peer teaching and quiz	12

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	Koley Shyamal Textbook of biomechanics AITBS publisher New Delhi
Articles	
References Books	Bunn, Hohn W Scientific Principles of Coaching Englewood Cliffs, N.J.: Prentice Hall Inc., 1972 Simonian Charles Fundamentals of Sport Biomechanics Englewood Cliffs, n.J.: Prentice Hall Inc., 1911 Hay, James, G. The Biomechanics of Sports Techniques Englewood Cliffs, N.J.: Prentice Hall, Inc., 1970 Broer, M. Roin R. and Zernicke, R. Ronald F. Efficiency of Human Movement Philadelphia: W.E. Saunder Co., 1979 Hay, James G. and Reid J. Gavind The Anatomical and Mechanical Basis of Human Motion Englewood Cliffs, N.J.: prentice Hall Inc., 1982
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	3	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Sports Specialization –I
Course Code	MPCC-0302

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of physical education at graduation level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall historical development and modern trends**(BL1-Remember)** **CO2-** Describe the latest changes of the game**(BL2-Understand)** **CO3-** Demonstrate the different strategies**(BL3-Apply)** **CO4-** Criticize the tactics of the game**(BL4-Analyze)** **CO5-** Choose appropriate techniques**(BL5-Evaluate)** **CO6-** Create new tactics in the game**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	History 1.1 Origin and development of the game at National and International Level 1.2 National and International Bodies. 1.3 Historical development and modern trends	direct instructions, quiz activity	12
UNIT 2	Rules/Laws 2.1 Rules of the game and their interpretations. 2.2 Latest changes of rules & their impact on the game 2.3 Layout, maintenance and marking of the play field	lectures/ cooperative learning	12
UNIT 3	Technical and tactical terms 3.1 Techniques {basics and advanced} & Their Application 3.2 Tactics & Their Application 3.3 Strategies and their planning	lecture, flip classes	12
UNIT 4	Role and responsibilities 4.1 Role and responsibilities of coach 4.2 Role and responsibilities of officials 4.3 Role and responsibilities of umpire/referee	problem based, game based, experiential learning	12
UNIT 5	Players and Tournaments 5.1 Arjuna awardees, Dronacharya awardees and Rajiv Gandhi Khel Ratna awardees of the game	group discussion, flipped class quiz	12

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	Bunn, J. W. The art of officiating 3rd Prentice-Hall, 1950.
Articles	
References Books	Hall. Bunn, J. W Scientific principles of coaching. 2nd Prentice hall 1955 Dyson, G. H The mechanics of athletics 2nd University of London Press, 1962 ; Original from, Indiana University. Singer, R. N Coaching, athletic & psychology. - New York, McGraw-Hill
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	3	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	2	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Tests Measurement &Evaluation in Physical Education
Course Code	MPCC-0303

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Electives							
Pre-Requisite/s	general awareness of physical education at graduation level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall the modern trends in measurement and evaluation**(BL1-Remember)** **CO2-** Describe the various tests in sports**(BL2-Understand)** **CO3-** Demonstrate the practice and conduct of skill tests**(BL3-Apply)** **CO4-** Criticize socio and psychological tests**(BL4-Analyze)** **CO5-** Choose anthropometric tests**(BL5-Evaluate)** **CO6-** Create new skill tests**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG9(Industry Innovation and Infrastructure) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	Test, Measurement and Evaluation-Meaning, Definition and Importance. • Modern Trends in Measurement and Evaluation. • Test Evaluation-Criteria of Test Selection, Objectivity, Reliability, Norms of Validity. a. Classification of tests b. Construction of knowledge and skill tests.	direct instructions, quiz activity	12
UNIT 2	A. Physical Fitness and Motor Fitness Tests. • AAHPER Youth Fitness Test. • National Physical Fitness Test. • Indiana Motor Fitness Test. • Philip's JCR Test. B. Common Motor Strength Tests. • Baroni –Common Motor Strength test. • Newton Motor Strength test. • Cozen's athletic ability test. • Mc.Cloy's General motor ability test. C.Cardio vascular and Respiratory Tests. • Harvard Step Test. • Cooper's 12 min continuous run/walk test. • Kraus-weber strength test. • Roger strength test.	lecture, quiz, open book exam	12
UNIT 3	Sports Skill tests: Need and Use. • Badminton- Lockhart and Mcpherson Badminton skill test, Miller wall Volley test. • Basketball-Johnson Basketball skill test, Lilich Basketball skill test. • Hockey-Harbansingh Hockey Test. • Tennis- Dyer Tennis skill test, Hewitt Tennis skill test. • Volleyball-Russell Lange test, Brady Volleyball Skill Test. • Football-Mcdonald Football skill test, SAI Football skill test.	peer teaching and quiz activities	12
UNIT 4	Socio and Psychological Tests. • Mc.Cloys behavior rating scale. • Cowell social behavior trend index. • Peterson's Social capacity test. • Swakhyal test.	experiential and problem based learning	12
UNIT 5	Anthropometric measurements. • Equipments. • Body Fat measurement, General body measurements. • Body composition measurements.	group discussion, flipped class quiz	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	Safrit, Margaret J. Introduction to Measurement in Physical Education and Exercise Science St. Louis: Mosby, 1995.
Articles	
References Books	ACSM's Health / Fitness Facility Standards and Guidelines New York: HumanKinetics, 1992 Barrow, Harold M. and McGhee Rosemary, A Practical Approach to Management inPhysical Education Pniladelphia: Lea and Febiger 1979 Clake, H. Harrison Application of Measurement to Health and Physical Education New Jersey: Prentice Hall Inc. 1976. Edmund O. Acevedo and Michael A. Starks Exercise Testing and Prescription labManual USA: Human Kinetics Publishers, 2003.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	2	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	3	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Scientific principles of sports training and coaching
Course Code	MPCC-0401

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	pre knowledge of Physical fitness and its Officiating			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO 1 Recognize motor components and how they are trained.**(BL1-Remember)** **CO2-** CO2 Describe a training load**(BL2-Understand)** **CO3-** CO 3 Demonstrate the methods of training components.**(BL3-Apply)** **CO4-** CO4 Categorize between the different motor components and the method of training them.**(BL4-Analyze)** **CO5-** CO 5 Compare between tactics and techniques**(BL5-Evaluate)** **CO6-** CO6 Design planning and training programs for competitions**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✓		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG7(Affordable and clean energy) SDG8(Decent work and economic growth) SDG11(Sustainable cities and economies) SDG12(Responsible consuption and production) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
1	Sports Training: • Definition and meaning of Sports Training and Coaching. • Aims and objectives. • Characteristics. • Principles.	direct instructions, quiz activity	12
2	Training Load: • Factors. • Principles. • Overload-Meaning,Reasons, Characteristics, Remedies to overcome overload. • Adaptation Procedure-Meaning, Stages of Adaptation process.	lectures/ cooperative learning	12
3	Training of Motor Components: • Strength-Meaning, Types, Characteristics, Principles of strength of training, Methods of strength training, Strength training for women and children. • Endurance-Meaning, Types, Characteristics, Methods of Endurance training. • Speed- Meaning, Types, Characteristics, Methods of speed training. • Flexibility-Meaning, Types, Characteristics, Methods of flexibility training. • Coordination- Meaning, Characteristics, Classification, Importance, Training methods of coordinative abilities.	lecture, flip classes	12
4	Techniques- Meaning, Techniques of different games, Importance of training, Factors effecting training, Stages of Training and effects on training process, Correction of faults-Skill, Style and Technique. • Tactics-Meaning, Aims, Training, Principles of preparation of tactics, Difference between tactics and strategy.	cooperative learning and peer teaching	12
5	Planning of Training and Competition: • Planning of Training- Meaning, Importance, Principles and Types. • Periodization-Meaning, High Performance and Periodization, Period and Types. • Competition-Meaning, Importance, Scope, Methods, Frequency, Preparation of Competition.	group discussion, flipped class quiz	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. Singh, H. Sports Training, General Theory and methods Patials: NSNIS,1984
Articles	
References Books	1- Harre, Dietrich Principles of Sports Training Berlin: Sporulated, 1982 2- Dick W. Frank Sports Training Principles London: Lepus Books, 1980 4 Matvyew, L.P Fundamental of sports Training Moscow: Progress Publishers, 1981
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	3	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Sports specialization –II
Course Code	MPCC-0402

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of Graduation level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO 1 Remember psychological preparations**(BL1-Remember)** **CO2-** CO2 Explain specific motor abilities**(BL2-Understand)** **CO3-** CO 3 Apply skill tests**(BL3-Apply)** **CO4-** CO4 Categorize common injuries **(BL4-Analyze)** **CO5-** CO5 Justify mechanical Analysis of Advanced Skills**(BL5-Evaluate)** **CO6-** CO6 Create skill tests**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours
1	PHYSICAL FITNESS 1.1 General and specific Warm-Up Exercises. 1.2 General and specific fitness. 1.3 Specific motor abilities	lecture, background of concepts	12
2	PSYCHOLOGICAL PREPARATION 2.1 Specific Psychological abilities 2.2 Team conflicts (Haw to identify conflict and solve it) 2.3 Team building (On and off court/field)	lecture, quiz, open book exam	12
3	MECHANICAL ANALYSIS 3.1 Mechanical Analysis of Basic Skills 3.2 Mechanical Analysis of Advanced Skills 3.3 Mechanical Analysis of Body Movements used for high performance	problem based and experiential learning	12
4	INJURIES & PREVENTIONS 4.1 Most Common injuries and their Preventions 4.2 Common injuries, their First aid & Treatments 4.3 Most Common injuries and their Rehabilitation	cooperative learning and peer teaching	12
5	TESTS & BATTERIES 5.1 Fitness Tests 5.2 Skill Tests 5.3 Test Batteries	group project, quiz and game based learning.	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	
Articles	
References Books	Singer RN Coaching, athletic & psychology New York, McGraw-Hill . Dyson, G. H . The mechanics of athletics University of London Press, 1962 3- Hall. Bunn, J. W Scientific principles of coaching 2nd Prentice hall 1955
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Sports medicine
Course Code	MPCC-0403

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic general Education of Graduate Level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO 1 Identify sports injuries and its remedies**(BL1-Remember)** **CO2-** CO2 Explain the concept of sports medicine**(BL2-Understand)** **CO3-** CO 3 Discuss about massage and its different therapies**(BL3-Apply)** **CO4-** CO4 Categorize the various therapies of massage**(BL4-Analyze)** **CO5-** CO5 Relate women and sports**(BL5-Evaluate)** **CO6-** CO6 Design a nutritional diet for athletes**(BL6-Create)**							
Coures Elements	Skill Development ✕ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✓ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG11(Sustainable cities and economies) SDG16(Peace Justice and strong institutions) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
1	Sports Medicine: Meaning, Definition, • Aims, Objectives, • Modern Concepts and Importance. • Athletic Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.	direct instructions, quiz activity	12
2	Sports Injuries and Remedies: • Injuries: • General Injuries: Wound, Lesion, Contusion, Burn, Abrasion, Sprain, Strain, Fracture. • Special Injuries: Injuries on Back, Abdomen, Thigh, Knee, Ankle, Feet, Legs. • Reasons for Injuries, Preventive measures for injuries, • Rehabilitation.	lecture, quiz, open book exam	12
3	Massage and various therapies: • Hydrotherapy: Contrast Bath, Sauna bath, Water Massage, Whirlpool. • Cryotherapy: Ice pack, Gel and chemical cold Pack, Ice Massage, melting ice cryotherapy. • Electrotherapy: Shortwave diathermy, Ultrasound, Electric moist heating pad, stimulant, Infrared, Ultraviolet electric waves. • Exercise Therapy: Isotonic, Isometric, Isokinetic Exercise training. • Massage: Meaning, Importance, need and Types.	lecture, quiz and cognitive learning.	12
4	Nutritional diet for athletes and drugs: • Athlete Nutritional Diet – Factors effecting balance diet • Athlete's Diet for different sports and games • Malnutrition in athletes and its care. • Doping – Meaning, History, Definition, Classification, Types, Use of drugs and their side effects, • Role of Coach and Managers in solving the problem of doping.	cooperative learning and peer teaching	12
5	Women Athlete: • Anatomical and Physiological differences. • Health Problems: Menses, Pregnancy, Special problems.	group discussion, flipped class quiz	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	Pandey, P.K Outline of Sports Medicine J.P. Brothers Pub., New Delhi, 1987.
Articles	
References Books	Bengt O. Eriksson et al Sports Medicine Guinness Publication, 1990 Christine M. Drews Physiology of Sports and Exercise Human Kinetics, USA, 1999 Erikson, B.O. et al Sports Medicine Guiness Pub. Great Britain, 1990 Jain, Rachna Sports Medicine KSK, New Delhi, 2002 Jeyaprakash, C. S Sports Medicine J.P. Brothers Pub., New Delhi, 2003.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Principles and Organization of Recreation& Leisure Time Activities
Course Code	MPEB-0204

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of organizing and Recreation			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify the concepts in recreation **(BL1-Remember)** **CO2-** Describe the facts and figures related to recreation in India and abroad.**(BL2-Understand)** **CO3-** Apply the social factors effecting recreation**(BL3-Apply)** **CO4-** Analyze the different kinds of recreation programs**(BL4-Analyze)** **CO5-** Justify the various government recreation schemes **(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours
Unit 1	Concept of Recreation: 1.1 Definition, Theory, Methodology. 1.2 Concept of Recreation and Philosophy. 1.3 Work, Relaxation and Recreation. 1.4 Importance of recreation for Individual, Groups, Society, National and International brotherhood, Nature of Recreation activities.	direct instruction and cooperative learning	12
Unit 2	History of Recreation: 2.1 History of different activities and living styles of various civilizations, 2.2 History of Vedic age, Epic age, Buddha age, Maurya age, British period, India after independence. 2.3 Activities of villages and sources of recreation.	lectures/ cooperative learning	12
Unit 3	3.1 Planned momentum for recreational activities in India. 3.2 Effect of Recreation on educational and industrial institutions, Y.M.C.A, Balbhavans, National and International Associations. 3.3 Comparative study of recreation-Agitation of Recreation in U.K, U.S.A, U.S.S.R, Japan, France and Germany and its effect on India. 3.4 Recreational Schemes of State and National Government	peer teaching and quiz activities	12
Unit 4	4.1 Factors effecting Recreation 4.2 Factors effecting population explosion, age, tribes and social status. 4.3 Types of communities, urban, semi urban, rural, slums and business. 4.4 Tools giving momentum to recreation and recreational institutions. Facilities for training. 4.5 Effect of religions, tribes, knowledge and rituals.	cooperative learning and flipped classes	12
Unit 5	5.1 Planning and Management. 5.2 Survey of sources and needs. 5.3 Preparing aims and objectives, Managing programmes, Managing funds. 5.4 Place of training in recreational skills. 5.5 Purchase, preservation and distribution of recreational tools. 5.6 Establishment of evaluation methods.	group discussion, flipped class quiz	12

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	Dheer . S. &Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.
Articles	
References Books	H.D. Meyer and C.K., Bright bill community Recreation', A guide to its organization. New Zercy,1964. Two Experienced Professors,Organization, Adminsitration and Recreation in Physical Education, Parkash brothers, Educational Publishers, Ludhiana 1986 Butler G.O, Introduction to "Community Recreaton, NewyorkMc Graw-hill Co. Inc.1959 Dubey C.H. Shri, A Recreation, L.N.C.P.E. Gwalior.(M.P.)
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	1	-	-	-	-	-	-	-	-	-	-	-	-
CO2	3	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	3	1	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Yogic sciences & Naturopathy
Course Code	MPEB-0404

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic Knowledge of Graduate level or Some Basic About Yoga Education			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO 1 List naturopathy therapies**(BL1-Remember)** **CO2-** CO2 Describe the effect of yoga on the different systems of the body**(BL2-Understand)** **CO3-** CO 3 Apply the yoga philosophy**(BL3-Apply)** **CO4-** CO4 Classify asanas and know its effects on the body**(BL4-Analyze)** **CO5-** CO5 Evaluate the various asanas **(BL5-Evaluate)** **CO6-** CO6 Develop concepts of naturopathy BL6**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✓ Environment ✕		**SDG (Goals)**	SDG2(Zero hunger) SDG6(Clean water and sanitation) SDG8(Decent work and economic growth) SDG9(Industry Innovation and Infrastructure) SDG10(Reduced inequalities) SDG13(Climate action)				

Part B

Modules	Contents	Pedagogy	Hours
1	Yoga-Meaning and Importance, Paths, Precautions • Difference between exercises and Yoga, • Types of Asanas and Suryanamaskara. • Ashtang Yoga- Different types of Pranayama and its importance, Kriyas, Bandhas and Mudra sciences-Nadis: Chandranadi, Surya nadi and Agninadi.	direct instructions, quiz activity	12
2	Place of Shodhankarma in Yoga, • Nature of Mechanical Shodhankarma and Classification. • Effect of yoga on different systems, plexis, Kundlini, • Scientific observations of Yogasana.	lecture, quiz, open book exam	12
3	Philosophy of Sankhya yoga, Yoga Psychology, Yoga science of Vibhuti, Prana science of Yoga. • Panchprana-Upprana and factors deciding pranayama. • Asanas and Pranayama for therapy of various diseases • Inculcating spiritual values through pranayam	lecture, quiz and cognitive learning.	12
4	Naturopathy-Meaning, History, Importance and Agencies. • Principles of Naturopathy	cooperative learning and peer teaching	12
5	Different therapies done through Naturopathy. •Shivambu method, Acupressure and Acupuncture methods, Magnetic therapy	group discussion, flipped class quiz	12

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	K. N. Udupa, R. C. Prasad Stress and Its Management by Yoga Motilal Banarsidass 1985
Articles	
References Books	K.Chandrasekar Sound Health Through Yoga PremKalyan Publications, Sedapatti, 1999. Swami Kuvalayananda and Dr. S.L. Vinebar Yogic Therapy CHEB , New Delhi , 1968 M. L. Gharote, S. K. Ganguly Teaching Methods for Yogic Practices Kaivalyadhama 2001 M.L. Gharote Applied Yoga Kaivalyadhama, Lonavla 1990
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	2	2	3	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Athletics
Course Code	MPPC-0205

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of athletics			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall proper approach run technique for high jump. **(BL1-Remember)** **CO2-** Explain correct take-off form for high jump.**(BL2-Understand)** **CO3-** Apply straddle roll technique during clearance over the bar in high jump.**(BL3-Apply)** **CO4-** Analyze landing techniques and adjust for optimal performance in high jump.**(BL4-Analyze)** **CO5-** Evaluate individual high jump performance and adapt strategies for improvement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off	experiential, problem based, skill practice and game based learning	60

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	3	-	1	-	-	-	-	-	-	-	-	-	3	2	3
CO3	2	-	1	-	-	-	-	-	-	-	-	-	-	3	1
CO4	1	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	3	-	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Basketball
Course Code	MPPC-0206

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of measurement			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and ball handling. **(BL1-Remember)** **CO2-** Summarize various passing, shooting, and dribbling techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including guarding and pivoting.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours
Unit 1	Basketball• Stance and Position • Receiving • Pass • Dribbling • Shooting • Rebounding and boxing out • Offence • Defense • Fast Break • Faking • System of play Individual tactics Team tactics	experiential, problem based, skill practice learning	60

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	basketballBasketball• Stance and Position • Receiving • Pass • Dribbling • Shooting • Rebounding and boxing out • Offence • Defense • Fast Break • Faking • System of play Individual tactics Team tactics	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	3	2	-	-	-	-	-	-	-	-	-	-	2	1	1
CO3	-	-	3	-	-	-	-	-	-	-	-	-	3	2	-
CO4	2	-	1	-	-	-	-	-	-	-	-	-	-	-	-
CO5	1	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	KhoKho ,Kabaddi ,Weight training
Course Code	MPPC-0304

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Remember and demonstrate basic skills and rules.**(BL1-Remember)** **CO2-** Explain techniques of indigenous sports.**(BL2-Understand)** **CO3-** Perform copious skills efficiently and effectively.**(BL3-Apply)** **CO4-** Associate ground marking rules and officiating.**(BL4-Analyze)** **CO5-** Evaluate the strategies **(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG11(Sustainable cities and economies) SDG15(Life on land) SDG16(Peace Justice and strong institutions) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	kho khoKho-Kho • General skills of the game-Running, chasing, Dodging, Faking etc. • Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul. • Skills in Running-Zigzag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills. • Ground Marking • Rules and their interpretations and duties of officials.	experiential, problem based, skill practice and game based learning.	60

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	kho khoKho-Kho • General skills of the game-Running, chasing, Dodging, Faking etc. • Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul. • Skills in Running-Zigzag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills. • Ground Marking • Rules and their interpretations and duties of officials.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	-	-	-	-	-	-	-	-	-	-	-	3	-	3
CO2	-	3	-	-	-	-	-	-	-	-	-	-	-	3	3
CO3	2	-	1	-	-	-	-	-	-	-	-	-	3	3	3
CO4	1	2	-	-	-	-	-	-	-	-	-	-	3	3	-
CO5	2	-	3	-	-	-	-	-	-	-	-	-	-	2	3
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Yoga
Course Code	MPPC-0305

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify different Pranayama techniques and their basic effects on the body and mind.**(BL1-Remember)** **CO2-** Explain the purpose and benefits of Kriyas in yoga practice.**(BL2-Understand)** **CO3-** Practice selected Corrective Asana under supervision.**(BL3-Apply)** **CO4-** Simplify the basic steps of Surya Namaskara. **(BL4-Analyze)** **CO5-** Compare and contrast different categories of Asana **(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG11(Sustainable cities and economies) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	1.1 Biomechanics and Kinesiology: Meaning, Nature and Importance. 1.2 Principles of plane and axis. Various types of movements.	problem based and experiential learning.	60

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	yogaYoga 1. Surya Namaskara, 2. Pranayams 3. Corrective Asanas 4. Kriyas 5. Asanas • Sitting • Standing • Laying Prone Position, • Laying Spine Position	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	3	-	-	-	-	-	-	-	-	-	-	3	-	-
CO2	-	2	3	-	-	-	-	-	-	-	-	-	-	3	3
CO3	1	-	2	-	-	-	-	-	-	-	-	-	3	3	3
CO4	2	1	-	-	-	-	-	-	-	-	-	-	3	3	-
CO5	-	3	2	-	-	-	-	-	-	-	-	-	-	3	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Coaching lessons
Course Code	MPPC-0405

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of specialized game.			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall and understand coaching roles **(BL1-Remember)** **CO2-** Understand the methodology of lesson plan preparation.**(BL2-Understand)** **CO3-** Apply coaching techniques.**(BL3-Apply)** **CO4-** Analyze and evaluate coaching practices.**(BL4-Analyze)** **CO5-** Create inclusive coaching plans **(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG11(Sustainable cities and economies) SDG16(Peace Justice and strong institutions) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	coaching lessons of specialized game.	experiential, problem based, skill practice learning	60

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	coaching lessons	Field work	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	3
CO2	-	3	1	-	-	-	-	-	-	-	-	-	3	-	-
CO3	2	3	2	2	3	-	-	-	-	-	-	-	-	3	3
CO4	2	2	3	3	-	-	-	-	-	-	-	-	3	3	3
CO5	2	2	3	-	-	-	-	-	-	-	-	-	3	2	1
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Sports Specialization
Course Code	MPPC-0406

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of specialized game			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall the fundamental techniques and rules specific to the chosen sports specialization.**(BL1-Remember)** **CO2-** Explain the biomechanical principles and physiological aspects underlying performance in the chosen sport specialization.**(BL2-Understand)** **CO3-** Apply coaching strategies and teaching methodologies.**(BL3-Apply)** **CO4-** Analyze athletes' performance and technique through video analysis, observation, and feedback.**(BL4-Analyze)** **CO5-** Evaluate athletes' progress and readiness for competition.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	Sports Specialization: Track and field / Gymnastics / Swimming (4 internal lesson at prcticing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)	Field work	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	2	-	1	-	-	-	-	-	-	-	-	-	3	-	3
CO3	-	1	3	-	-	-	-	-	-	-	-	-	2	3	1
CO4	2	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	3	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Athletics
Course Code	MPPC0105[P]

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall basics rules of running and jumping events**(BL1-Remember)** **CO2-** Explain fundamental skills and techniques required for running and jumping events.**(BL2-Understand)** **CO3-** Perform basic duties of officiating.**(BL3-Apply)** **CO4-** Analyse eligibility rules for participants and interpretation of officiating rules.**(BL4-Analyze)** **CO5-** Evaluate the effectiveness of the strategies of officiating.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	track and field Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off • Style of Jump • Clearance of Bar Landing1. Hurdle Races • Types of Races • Start • Take off • Flight • Landing • Finish 2. Relay Races • Types of Races • Start • Batton Exchange • Finish	trainning, observation method and experiential learning	60

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	track and field Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off • Style of Jump • Clearance of Bar Landing1. Hurdle Races • Types of Races • Start • Take off • Flight • Landing • Finish 2. Relay Races • Types of Races • Start • Batton Exchange • Finish	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	1	3	-	-	-	-	-	-	-	-	3	2	1
CO3	3	-	2	3	-	-	-	-	-	-	-	-	3	3	2
CO4	3	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

MPES

Title of the Course	Badminton
Course Code	MPPC0106[P]

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of badminton			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify and describe racket parts, grips, and shuttle grips. **(BL1-Remember)** **CO2-** Explain basic stances used in badminton.**(BL2-Understand)** **CO3-** Execute basic strokes and responsibilities of officials in badminton.**(BL3-Apply)** **CO4-** Classify drills and lead-up games.**(BL4-Analyze)** **CO5-** Evaluate, identify and suggest strategies for enhancement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG5(Gender equality) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	badminton Badminton UNIT-I Brief history and development of Badminton in India, Asia and Olympic. Teaching, Training and Coaching of Badminton, Selection of a Badminton Player, Organizing Badminton Tournament, Types of Tournament UNIT-II Layout of Badminton Court and its Dimensions, Rules and laws of Badminton. Duties and Power of Official, Size and Weight of Equipments UNIT-III Technical and Tactical Preparation of Different Strokes.Preparation of a player before, during and after the Game.Tactical Formation of Attack and defense, Importance of Warming Up and Cool Down. UNIT-IV Service (2) Drive (3) Over Lead (4) Drop (5) Smash (6) Net Shots (7) Under Arm (8) Back Hand Training During Preparation Period, Training, During Completion Period, Training During Transitional Period, Organizing Training Sessions.	experiential, problem based, skill practice and game based learning.	60

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	badminton Badminton UNIT-I Brief history and development of Badminton in India, Asia and Olympic. Teaching, Training and Coaching of Badminton, Selection of a Badminton Player, Organizing Badminton Tournament, Types of Tournament UNIT-II Layout of Badminton Court and its Dimensions, Rules and laws of Badminton. Duties and Power of Official, Size and Weight of Equipments UNIT-III Technical and Tactical Preparation of Different Strokes.Preparation of a player before, during and after the Game.Tactical Formation of Attack and defense, Importance of Warming Up and Cool Down. UNIT-IV Service (2) Drive (3) Over Lead (4) Drop (5) Smash (6) Net Shots (7) Under Arm (8) Back Hand Training During Preparation Period, Training, During Completion Period, Training During Transitional Period, Organizing Training Sessions.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	1	-	-	-	-	-	-	-	-	-	2	2	1
CO3	1	-	2	-	-	-	-	-	-	-	-	-	1	2	3
CO4	3	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	1	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Track and Field (Running Events)
Course Code	PC-101

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall basics rules of running events**(BL1-Remember)** **CO2-** Explain fundamental skills and techniques required for running events and relay.**(BL2-Understand)** **CO3-** Perform basic duties of officiating in running events, and overseeing relay patterns and baton exchanges.**(BL3-Apply)** **CO4-** Analyse eligibility rules for participants and interpretation of officiating rules.**(BL4-Analyze)** **CO5-** Evaluate the effectiveness, identify areas and suggest strategies of officiating.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Track and Field: Running Event o Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. o Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug o Ground Marking, Rules and Officiating o Hurdles: · Fundamental Skills- Starting, Clearance and Landing Techniques. · Types of Hurdles · Ground Marking and Officiating. Relays: Fundamental Skills o Various patterns of Baton Exchange o Understanding of Relay Zones o Ground Marking o Interpretation of Rules and Officiating.	Field work	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	-	-	-	3	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	2	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	-	-	1	-	-	-	-	-	-	-	-	-	-
CO5	-	-	1	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	GYMNASTICS
Course Code	PC-102

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall and demonstrate basic gymnastic movements with rules.**(BL1-Remember)** **CO2-** Explain the techniques and its execution.**(BL2-Understand)** **CO3-** Perform floor exercises and various movements with proficiency.**(BL3-Apply)** **CO4-** Analyse safety precautions and guidelines related to gymnastics.**(BL4-Analyze)** **CO5-** Evaluate personal progress, identify areas and suggest strategies in gymnastics skills.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG11(Sustainable cities and economies) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Gymnastics: Floor Exercise o Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. o Vaulting Horse o Approach Run, Take off from the beat board, Cat Vault, Squat Vault.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	3	2	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	1	3	1	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	KABADDI
Course Code	PC-103

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Remember and demonstrate basic skills and rules.**(BL1-Remember)** **CO2-** Explain abundant techniques of indigenous sports.**(BL2-Understand)** **CO3-** Perform copious skills efficiently and effectively.**(BL3-Apply)** **CO4-** Associate ground marking rules and officiating.**(BL4-Analyze)** **CO5-** Evaluate, identify and suggest strategies for enhancement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Kabaddi: Fundamental Skills o Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing. o Skills of Holding the Raider-Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques. o Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense. o Ground Marking, Rules and Officiating	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	0	70	0	30	0

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	-	3	-	-	-	-	-	-	-	-	-	-	-
CO5	1	3	1	2	2	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	KHO KHO
Course Code	PC-104

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify basic skills and rules.**(BL1-Remember)** **CO2-** Explain techniques for chasing opponents.**(BL2-Understand)** **CO3-** Perform copious skills and techniques efficiently and effectively.**(BL3-Apply)** **CO4-** Analyse ground marking rules and the responsibilities of officials in the game.**(BL4-Analyze)** **CO5-** Evaluate, identify and suggest strategies for enhancement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
1			

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Kho Kho: o General skills of the game-Running, chasing, Dodging, Faking etc. o Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul. o Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills. o Ground Marking o Rules and their interpretations and duties of officials.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	0	70	0	30	0

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	1	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	-	3	-	-	-	-	-	-	-	-	-	-
CO4	1	2	-	2	3	-	-	-	-	-	-	-	-	-	-
CO5	1	3	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Track and Field (Jumping Events)
Course Code	PC-105

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall proper approach run technique for high jump. **(BL1-Remember)** **CO2-** Explain correct take-off form for high jump.**(BL2-Understand)** **CO3-** Apply straddle roll technique during clearance over the bar in high jump.**(BL3-Apply)** **CO4-** Analyze landing techniques and adjust for optimal performance in high jump.**(BL4-Analyze)** **CO5-** Evaluate individual high jump performance and adapt strategies for improvement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Track and Field Athletics: Jumping Events o High Jump (Straddle Roll) o Approach Run, o Take off o Clearance over the bar. o Landing	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	2	3	-	-	-	-	-	-	-	-	-	-
CO3	2	3	-	3	-	-	-	-	-	-	-	-	-	-	-
CO4	1	-	-	3	1	-	-	-	-	-	-	-	-	-	-
CO5	-	3	1	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	YOGA
Course Code	PC-106

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify different Pranayama techniques and their basic effects on the body and mind.**(BL1-Remember)** **CO2-** Explain the purpose and benefits of Kriyas in yoga practice.**(BL2-Understand)** **CO3-** Practice selected Corrective Asana under supervision.**(BL3-Apply)** **CO4-** Simplify the basic steps of Surya Namaskara.**(BL4-Analyze)** **CO5-** Compare and contrast different categories of Asana **(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being)				

Part B

Modules	Contents	Pedagogy	Hours
1			

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
2	Yoga: o Surya Namaskara, o Pranayams o Corrective Asanas o Kriyas o Asanas · Sitting · Standing · Laying Prone Position, · Laying Spine Position	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	3	-	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	3	2	-	-	-	-	-	-	-	-	-	-
CO4	1	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	1	3	1	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	TABLE TENNIS
Course Code	PC-107

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify and describe different grips used in table tennis. **(BL1-Remember)** **CO2-** Explain the rules and the role of officials during matches.**(BL2-Understand)** **CO3-** Demonstrate basic service techniques in table tennis**(BL3-Apply)** **CO4-** Analyse proper stance, ready position, and footwork.**(BL4-Analyze)** **CO5-** Evaluate, identify and suggest strategies for enhancement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Table-tennis Fundamental Skills o The Grip-The Tennis Grip, Pen Holder Grip. o Service-Forehand, Backhand, Side Spin, High Toss. o Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shit, Loop Drive. o Stance and Ready position and foot work. o Rules and their interpretations and duties of officials.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	3	-	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	1	3	1	1	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Track and Field (Throwing Events
Course Code	PC-208

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of athletics			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize basic skills and techniques of throwing events. **(BL1-Remember)** **CO2-** Explain various techniques of throwing events.**(BL2-Understand)** **CO3-** Perform different throwing techniques to enhance performance.**(BL3-Apply)** **CO4-** Analyze techniques and interpret rules related to throwing events.**(BL4-Analyze)** **CO5-** Evaluate personal skills and suggest strategies for improvement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Track and fields (Throwing Events) o Discus Throw, Javelin, Hemmer throw, shot-put o Basic Skills and techniques of the Throwing events o Ground Marking / Sector Marking o Interpretation of Rules and Officiating. o Grip o Stance o Release o Reserve/ (Follow through action) o Rules and their interpretations and duties of officials	experiential, problem based, skill practice learning	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	2	2	-	-	-	-	-	-	-	-	-	-	-
CO2	1	3	3	2	2	-	-	-	-	-	-	-	3	3	1
CO3	1	2	-	2	2	2	-	-	-	-	-	-	3	2	-
CO4	2	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	2	2	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	TAEKWONDO
Course Code	PC-209

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall basic stances and punching techniques. **(BL1-Remember)** **CO2-** Explain various kicking techniques and forms.**(BL2-Understand)** **CO3-** Perform sparring techniques and forms.**(BL3-Apply)** **CO4-** Analyze opponent movements during sparring.**(BL4-Analyze)** **CO5-** Evaluate personal progress and develop strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	Taekwondo Fundamental Skills o Player Stances walking, extending walking, L stance, cat stance. o Fundamental Skills Sitting stance punch, single punch, double punch, triple punch. o Punching Skill from sparring position front-fist punch, rear fist punch, double punch, and four combination punch. o Foot Tenchniques (Balgisul) standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaeDollyoChagi), Jump kick (TwimyoChagi), o Poomsae (Forms) Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques) o Sparring (Kyorugi) One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring. o Board Breaking (Kyokpa) eye control, balance, power control, speed, point of attack. o Rules and their interpretations and duties of officials.	Games	BL3-Apply	2

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	3	2	3	-	-	-	-	-	-	-	-	-	-
CO3	3	2	-	3	-	-	-	-	-	-	-	-	-	-	-
CO4	2	3	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	VOLLEYBALL
Course Code	PC-210

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	Players Stance-Receiving the ball and passing to the team mates, o The Volley (Over head pass), o The Dig(Under hand pass). o Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. o Rules and their interpretations and duties of officials.	Games	BL3-Apply	2

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	3	3	-	-	-	-	-	-	-	-	-	-	-
CO3	1	2	-	3	3	-	-	-	-	-	-	-	-	-	-
CO4	-	3	2	-	2	-	-	-	-	-	-	-	-	-	-
CO5	2	-	3	-	2	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	CRICKET
Course Code	PC-211

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall batting, bowling, and fielding techniques. **(BL1-Remember)** **CO2-** Explain advanced batting strokes and bowling variations.**(BL2-Understand)** **CO3-** Apply defensive and offensive fielding strategies.**(BL3-Apply)** **CO4-** Analyze game situations and make strategic decisions.**(BL4-Analyze)** **CO5-** Evaluate personal performance and develop improvement plans.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	o Batting-Forward and backward defensive stroke o Bowling-Simple bowling techniques o Fielding-Defensive and offensive fielding o Catching-High catching and Slip catching o Stopping and throwing techniques o Wicket keeping techniques	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	3	3	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	2	3	2	3	2	-	-	-	-	-	-	-	-	-	-
CO5	-	-	3	2	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Tennis
Course Code	PC-212

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize different grips used in tennis.**(BL1-Remember)** **CO2-** Explain the basic rules of tennis regarding scoring, serving, and official duties.**(BL2-Understand)** **CO3-** Demonstrate proper stance, techniques and footwork.**(BL3-Apply)** **CO4-** Simplify different serves and techniques.**(BL4-Analyze)** **CO5-** Evaluate, identify and suggest strategies for enhancement.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	o Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip. o Stance and Footwork. o Basic Ground strokes-Forehand drive, Backhand drive. o Basic service. o Basic Volley. o Over-head Volley. o Chop o Tactics Defensive, attacking in game o Rules and their interpretations and duties of officials.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	3	3	3	-	-	-	-	-	-	-	-	-	-
CO3	-	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO4	-	3	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	-	2	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Kinesiology & Bio mechanics
Course Code	PEL - 301

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic Knowledge of Biology and Anatomy			**Co-Requisite/s**	Knowledge of Physics.			
Course Outcomes & Bloom's Level	**CO1-** Recognize the skeletal structure of human body by identifying the origin and insertion of various muscles.**(BL1-Remember)** **CO2-** Explain the basic structure and functions of primary joints of the body**(BL2-Understand)** **CO3-** Apply newton's laws of motion in sports activities**(BL3-Apply)** **CO4-** Illustrate the role of various mechanical principles in human movement**(BL4-Analyze)** **CO5-** Justify the qualitative and quantitative analysis of human movements**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours
Unit-1	Introduction to Kinesiology and Sports Biomechanics 1.1 Meaning and Definition of Kinesiology and Sports Biomechanics 1.2 Importance of Kinesiology and Biomechanics in sports and physical activities 1.3 Origin and Insertion on bones and Action of major Muscles 1.4 Types of joints with their structure and functions	direct instructions, quiz activity	15
Unit-2	. Mechanical Concepts 2.1 Speed/ Velocity/ Acceleration 2.1.1 Velocity as a Vector Quantity 2.1.2 Determining the Direction of the Velocity Vector 2.1.3 Calculating Average Speed, Average Velocity and average Acceleration 2.1.4 Average Speed versus Instantaneous Speed 2.2 Distance, Displacement (Calculating average distance and displacement) 1. Fundamental concepts of following terms – 2.3.1 Fluid résistance 2.3.2 Buoyancy 2.4 Newton's Laws of Motion – and their application to sports activities.	direct instructions, quiz activity	20
Unit-3	Kinetic/Kinematics Concept for Analysis Human Motion 3.1 Fundamental concepts of following terms – 3.2 Axes and Planes 1. Centre of Gravity 2. Equilibrium 3. Line of Gravity 3.3 Basic Concept related to kinetics 3.3.1 Inertia 3.3.2 Mass 3.3.3 Force 3.3.4 Centre of Gravity 3.3.5 Pressure 3.3.6 Density 3.3.7 Torque 3.3.8 Impulse 3.3 The Biomechanics of the Human Upper Extremity. 3.4 The Biomechanics of the Human Lower Extremity.	direct instructions, quiz activity and cooperative learning.	20
Unit-4	Qualitative/ Quantitative Analysis 4.1 Angular Kinematics of Human Movement. 4.2 Linear Kinetics of Human Movement	peer teaching and cooperative learning	20

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	Pawankumar .G.Souza De Gracie Illona" Textbook of Biomechanics Kinesiology"Jaypee brothers ,Ist Jan 2022
Articles	
References Books	Anthony J. Blazevich Sports Biomechanics: The Basics: Optimising Human Performance 3rdBloomsbury Clarke, D.H. (1975). Exercise Physiology 1st New Jersey: Prentice Hall Inc., Englewood Cliffs. David, L Costill. Physiology of Sports and Exercise. 8th Human Kinetics 2004 Anthony J. Blazevich, Sports Biomechanics: The Basics: Optimising Human Performance, Bloomsbury, 3rd Edition Clarke, D.H. (1975). ,Exercise Physiology, New Jersey: Prentice Hall Inc., Englewood Cliffs. David, L Costill. Physiology of Sports and Exercise.Human Kinetics 2004, 8th Edition.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Basic and Systemic Anatomy
Course Code	PEL-101

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic Knowledge of 12 biology			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO 1 understand the basic structure and function of human body.**(BL1-Remember)** **CO2-** CO 2 Relate and interpret the role of exercise on body systems and its relation to well being, through literature reviews and physical conditioning exercises.**(BL2-Understand)** **CO3-** CO 3 apply the knowledge of anatomy and physiology in physical activity classes at the school level.**(BL3-Apply)** **CO4-** CO4 Analyze the various body movements**(BL4-Analyze)** **CO5-** CO 5 Evaluate the cardio-respiratory adaptations to long term exercise**(BL5-Evaluate)** **CO6-** CO6 create anatomy and physiology related pedagogical materials exploring their creative imaginations while working in groups and using technology**(BL6-Create)**							
Coures Elements	Skill Development ✕ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours
1	1.1Validation of Anatomy and Physiology in the field of Physical Education 1.2 Structural and functional demonstration of human cell 1.3 Skeletal System- classification and functions 1.4 Anatomical terms related to body movements 1.5 Structure and types of bones, joints in human body, Effects of exercise on skeletal system	lecture and direct instructional learning	15
2	1 Structure and function of Muscle 2.2 Major classifications of Muscles 2.3 Types of muscle fiber and Sliding Filament Theory of Muscular Contraction 2.4 Types of muscular contractions (Isotonic, Isometric, Isokinetic) and their roles in physical activity. 2.5 Concept of agonist and antagonist muscles and muscle imbalance; Effect of exercise on muscular system	cooperative and inquiry based learning	20
3	3.1 Structural and functional introduction to circulatory system 3.2 Concept of stroke volume, cardiac output and cardiac index 3.3 Respiratory System (structural and organizational overview); Functional mechanism of respiration (External and Internal Respiration) 3.4 Concept of recovery oxygen and second wind 3.5 Cardio-respiratory adaptations to long term exercise	Flip classes and quiz activities	20
4	4.1Structural units and functional mechanism of digestive system and excretory system 4.2 Effect of exercise on Digestive System and Excretory System 4.3 Classification of Nervous System on the basis of its structure and functions 4.4 Structural and Functional interpretation of neuro-muscular junction with all or none law 4.5 Effect of exercise on nervous system	lecture, quiz and cooperative learning	20

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	1- Foss, M. L., Keteyian, S. J. & Fox, E. L. Fox's physiological basis for exercise and sport 6th Boston, Mass, WCB/McGraw-Hill. 1998
Articles	
References Books	Bannister, L. H. & et.al. Gray's Anatomy. 38th Churchill Livingstone, New York, 1999
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	3	-	2	-	-	-	-	-	-	-	-	-
CO2	3	2	3	3	-	3	-	3	-	-	-	-	2	3	3
CO3	3	2	2	2	2	2	3	3	-	-	-	-	3	3	3
CO4	2	2	2	2	-	3	-	-	-	-	-	-	-	-	-
CO5	2	-	1	1	3	3	-	-	-	-	-	-	-	-	-
CO6	3	3	3	3	2	3	3	3	-	-	-	-	3	3	3

Syllabus-2023-2024

BPES

Title of the Course	English
Course Code	PEL-103

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic grammar knowledge			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall the basics of language and its structure**(BL1-Remember)** **CO2-** understand the fundamental knowledge of English Language. **(BL2-Understand)** **CO3-** Illustrate the ability to communicate in English and remember short Stories**(BL3-Apply)** **CO4-** Analyze the barriers to communication**(BL4-Analyze)** **CO5-** Determine the interview skills**(BL5-Evaluate)** **CO6-** Enable students to inculcate creative & aesthetic sensitivity.**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Unit- 1 1.1 Developing Grammatical Skills 1.2 Articles 1.3 Nouns, Pronouns 1.4 Adjectives and adverbs	direct instructions, quiz activity	15
UNIT-2	2.1 Correspondence 2.2 Business letters 2.3 Notices 2.4 Presentation Skills 2.5 Interview Skills 2.6 Group Discussion 2.7 Debate 2.8 Speech 2.9 Seminar skills	lecture, quiz, open book exam	20
Unit-3	3.1 Welcome and Vote of thanks 3.2 Writing of Reports 3.3 Précis Writing	lecture, flipped classes	20
Unit 4	4.1 Problematic 4.2 Reflective 4.3 Imaginative 4.4 Communication Skills and Personality development	experiential and problem based learning	20

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	
Articles	
References Books	1. Wren & Martin High School English Grammar 2. Sharma R.C., Mohan Krishna, Business Correspondence and Report Writing 3. Mc Carthy, Michael, Felicily O'Dell, English Vocabulary in Use. 4. Marting Haurings, Advanced English Grammar. 5. G.O.E. Lydall, A practical Guide to précis Writing & indexing, London: Macdonald & Evans Ltd. (1955)
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	2	-	2	-	-	-	-	-	-	-	2	-	1
CO3	2	-	1	3	-	3	-	-	-	-	-	-	-	3	2
CO4	-	2	-	3	-	-	-	-	-	-	-	-	-	-	-
CO5	2	2	3	-	2	-	-	-	-	-	-	-	-	-	-
CO6	2	2	-	2	-	-	-	-	-	-	-	-	-	3	2

Syllabus-2023-2024

BPES

Title of the Course	Methods in physical education
Course Code	PEL-202

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Disciplinary Major							
Pre-Requisite/s	Basic Knowledge of Physical Education and Tournaments			**Co-Requisite/s**	Basic Knowledge of Commands			
Course Outcomes & Bloom's Level	**CO1-** To recall the concept of teaching method **(BL1-Remember)** **CO2-** To describe the techniques of teaching and its importance during the class**(BL2-Understand)** **CO3-** To participate in inter university competition and to conduct classes in smooth manner **(BL3-Apply)** **CO4-** To analyze the effectiveness of teaching tools **(BL4-Analyze)** **CO5-** To create the importance of tournament and competition among students **(BL5-Evaluate)** **CO6-** To create and design lesson plan teaching aids **(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	1.1Meaning of the term" teaching method" its scope and importance i. The factors to be considered in determining the method of teaching. 1.2 Types of teaching methods i.Part-whole method, whole part method, command method, discussion method, project method, demonstration method. 1.3Principles of teaching	Lecture method, PPT Presentation	10
UNIT-2	Presentation Techniques i. Personal preparation. ii. Technical preparation. iii. Steps of presentation. iv. Command and their techniques. v. Types of class management. 2. Lesson planning 2.3 Types of lessons and their values i. Objectives of different lesson plans a ii-different parts of the lesson plan . iii. Skill practice/group work. iv. Class activity/recreation part (reassembly revision and dismissal).	Lecture method, PPT Presentation	9
UNIT-3	3.1 Organization and conduct of competitions i. Track and field ii. Gymnastics. iii. Weight lifting, body building and best physique contest. iv. Wrestling and combatives. v. Swimming, diving -aquatics. vi. Games and sports tournaments. 3.2 Tournaments - organization, meaning and their types i. Knock -out types of elimination double elimination tournaments.. ii. League-(single-double)or round robin type. iii. Combination type of tournament. iv. Challenge type (ladder-pyramaid type).	lecture, Assignment	10
UNIT-4	4.1 Audio-visual aids and teaching gadgets i. Values and uses of audio-visual aids. ii. Criteria for selecting the aids. iii. Steps to be followed in using teaching aids. iv. Special events –Demonstration, .Play days. ,Sports for all	lecture, discussion and assignment	10
UNIT-5	5.1 Marking of track and play fields: i. Track and field - track 400 m standard and 200m. ii. Play field - football, volleyball, basketball, hockey, badminton, kabaddi, kho- kho, softball as per international regulation.	Lecture , PPT Presentation	6

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	Tirunaryanan,c. and hariharan, s. methods in physical education,karai kudi south india press, 1962. Kozman, b. cassidy, rosalind and jakson,c.d.,methods in physical education, london: w.b. saunders company, 1960.
Articles	
References Books	Knapp, clyde and hagman, e.p. teaching methods foe physical education, New York: Mc graw hill book co., 1948.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Basic computer application
Course Code	PEL-203

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					3	1	0	4
Course Type	Theory only							
Course Category	Disciplinary Major							
Pre-Requisite/s	Basic knowledge of operating computer			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify the use of computer and various software in the field of Physical Education.**(BL1-Remember)** **CO2-** Explain the use on MS excel, power point and Word in Physical Education.**(BL2-Understand)** **CO3-** Use various computer software efficiently in teaching learning process in physical education.**(BL3-Apply)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG4(Quality education)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	o Meaning, need and importance of information and communication technology (ICT). o Application of Computers in Physical Education o Components of computer, input and output device o Application software used in Physical Education and sports	quiz, lecture methodology, background of concepts	15
UNIT 2	o Introduction to MS Word o Creating, saving and opening a document o Formatting Editing features Drawing table , o page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes	quiz, lecture methodology, background of concepts	15
UNIT 3	o Introduction to MS Excel o Creating, saving and opening spreadsheet o creating formulas o Format and editing features adjusting columns width and row height understanding charts.	quiz, lecture methodology, background of concepts	15
UNIT 4	o Introduction to MS Power Point o Creating, saving and opening a ppt. file o format and editing features slide show , design , inserting slide number o picture ,graph ,table o Preparation of Power point presentations	quiz, lecture methodology, background of concepts	15

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	Sinha, P. K. & Sinha, P. (n.d.) Computer fundamentals. 4th BPB Publication
Articles	
References Books	Irtegov, D. Operating system fundamentals. 2004 Firewall Media.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	-	3	3	-	-	-	-	-	-	-	-	-	-
CO3	2	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Sports Psychology
Course Code	PEL-302

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Knowledge of general psychology			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recall the basic concepts of psychology**(BL1-Remember)** **CO2-** Discuss the factors determining one's overall personality.**(BL2-Understand)** **CO3-** Determining the competencies and skills of sport manager.**(BL3-Apply)** **CO4-** Analyzing the various laws of learning and their relevance in teaching learning process.**(BL4-Analyze)** **CO5-** Evaluating the psychology of sports person.**(BL5-Evaluate)** **CO6-** Developing a school sports program**(BL6-Create)**							
Coures Elements	Skill Development ✕ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✓ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Introduction of Sports Psychology: 1.1 Meaning and nature of Sports Psychology. 1.2 Historical Evolution of Sports Psychology 1.3 Relevance of Sports Psychology in Physical Education and coaching. 1.4 Psychological factors affecting sports performances.	Background of concept, direct instructions	15
UNIT-2	Personality and Sports: 2.1 Meaning and nature of Personality. 2.2 Theories of personality in sports 2.3 Dimensions of personality and development of personality Motivation 2.4 Types of motivation and condition of developing achievement motivation.	lectures/ cooperative learning	20
UNIT-3	Learning 3.1 Meaning nature and principles of Learning, Types of Learning. 3.2 Laws of learning, Transfer of learning 3.3 Factors affecting learning 3.4 Learning curve, Plateau	direct instructions, quiz activity and cooperative learning.	20
Unit-4	Sports Sociology and Leadership: 4.1 Nature of Sports Sociology. 4.2 Importance of Sports Sociology in Physical Education. 4.3 Socialization and value education through Physical Education. 4.4 Impact of society on sports and vice versa	flip teaching and assignment	20

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	Kamlesh, M.L., Psychology in physical education and sport., 8th edition, 1998). New Delhi: Metropolitan Book Co.
Articles	Taylor, Jim, Assessment in Applied Sport Psychology, 5th Human kinetics 2018
References Books	Alison and Robinson. Excelling in Sport Psychology: Planning, Preparing, and Executing, 3rd Edition, Applied Work, Sean Fitzpatrick 2018 Taylor, Jim, Assessment in Applied Sport Psychology, 5th Edition, Human kinetics 2018 Coumbe-Lilley , Complex Cases in Sport Psychology, Routledge 2018 Ball, D. W. & Loy, J. W. , Sport and social order; Contribution to the sociology of sport., 1975London: Addison Wesley Publishing Co., Inc.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	1	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	1	-	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Sports Training
Course Code	PEL-303

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Knowledge of Exercise Physiolgy and Sports Biomechanics.			**Co-Requisite/s**	Knowledge of Training.			
Course Outcomes & Bloom's Level	**CO1-** identify the fundamental concepts, theories and principles of human body training related to sports performance.**(BL1-Remember)** **CO2-** Discuss how to tackle overload on athletes.**(BL2-Understand)** **CO3-** Apply skills to train different fitness components and related planning**(BL3-Apply)** **CO4-** Categorize fitness components and how to train them**(BL4-Analyze)** **CO5-** Select appropriate types of periodization in training**(BL5-Evaluate)** **CO6-** Create training programs**(BL6-Create)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✓ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG5(Gender equality) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Introduction to Sports Training 1.1 Meaning and nature of Sports Training 1.2 Aim and Objective of Sports Training 1.3 Principles of Sports Training 1.4 Characteristics of Sports Training	direct instructions, quiz activity	15
UNIT-2	Training Components 2.1 Strength: its type and means methods employed for developing them 2.2 Speed: its type and means methods employed for developing them 2.3 Endurance: its type and means methods employed for developing them 2.4 Flexibility: its type and means methods employed for developing them 2.5 Coordinative abilities: means methods employed for developing them	cooperative and inquiry based learning	20
UNIT-3	Load 3.1 Principles of load and its components 3.2 Determination of Optimum load, 3.3 Overload its causes and identification 3.4 Tackling Over Load.	flip classes and quiz activities	20
Unit-4	Training programming and planning 4.1 Periodization and its types of Periodization. 4.2 Aim and Content of Periods–Preparatory, Competition, Transitional period. 4.3 Planning: Meaning and types. 4.4 Principles of Planning.	cooperative learning and assignments	20

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	Uppal, A.K., Science of Sports Training, Friends Publication 1999 New Delhi
Articles	Jensen, R. C.& Fisher, A.G. Scientific basis of athletic conditioning. 2nd Philadelphia: Lea and Fibiger, 1979
References Books	Singh, H, Sports training, general theory and methods, NSNIS,Patiala. Jensen, R. C.& Fisher, A.G. Scientific basis of athletic conditioning.2nd edition, Philadelphia: Lea and Fibiger, 1979 Dick, W. F., Sports training principles, 4th, Lepus London 1980 Dr. Sharad Chandra Mishra, Sports training, Sports Publication
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	2	3	-	-	-	-	-	-	-	-	-	-	-
CO3	-	2	3	-	3	-	-	-	-	-	-	-	-	-	-
CO4	1	-	3	3	-	-	-	-	-	-	-	-	-	-	-
CO5	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	3	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Officiating & coaching-III
Course Code	PEL-304

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	understanding the concept of coaching			**Co-Requisite/s**	Basic skills of badminton and Tennis			
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	Vanaik.AK, Officiating &Coaching, Friends publication New Delhi.
Articles	Singer RN Coaching, athletic & psychology New York, McGraw-Hill
References Books	Singer RN, Coaching, athletic & psychology, New York, McGraw-Hill. Dyson, G. H, The mechanics of athletics, University of London Press, 1962 Hall. Bunn, J. W, Scientific principles of coaching, Prentice hall 1955 Bunn, J. W, The art of officiating, Prentice-Hall, 1950.
MOOC Courses	
Videos	https://www.youtube.com/watch?v=g3y5n1oZrE0

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	-	1	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	2	-	-	1	-	-	-	-	-	-	-	-	-	-	-
CO3	-	1	3	1	-	-	-	-	-	-	-	-	-	-	-
CO4	3	3	2	1	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Adapted Physical Education
Course Code	PEL-403

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Knowledge of various disabilities			**Co-Requisite/s**	Knowledge of Physical Education			
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✕ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG2(Zero hunger) SDG3(Good health and well-being) SDG10(Reduced inequalities) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
0	0	0	0	0	0

Part E

Books	Winnick, J. P. Adapted Physical Education and Sports. Human Kinetics 4th Pangrazi, R.P. and Dauer, V. P. Dynamics Physical
Articles	
References Books	-Cratty, B.J.. . Adapted Physical Education in the Mainstream 4th edition, Love Publishing Company. Hall Block.E.Martin, A teacher's guide to adapted physical education, 4th edition, Brookes publishing. Michael Horvat, Taylor & Francis, Developmental And Adapted Physical Education Making Ability, 6th Edition, Taylor & Francis. Winnick.J,Poretta.david.l, Adapted Physical Education and Sport, 7th edition, The Ohio State University.
MOOC Courses	
Videos	https://www.youtube.com/watch?v=j65bARcKmU0

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Officiating and coaching-IV
Course Code	PEL-404

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic Knowledge about Combat sports and Gynmastics			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0	0	0	0	

Part E

Books	Vanaik Anil Dr, Officiating &Coaching, Friends publication New Delhi.
Articles	
References Books	Singer, R. N., Coaching, athletic & psychology, M.C. Graw Hill.New york 1972. Bunn, J. W. The art of officiating sports, Englewood cliffs N.J. Prentice 1968. Hall. Bunn, J. W, Scientific principles of coaching, 2nd, Prentice-Hall physical education series 1972
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	2	2	-	-	-	-	-	-	-	-	-	-	-
CO3	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	3	3	-	-	-	-	-	-	-	-	-	-	-
CO5	-	1	2	-	2	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Sports Management
Course Code	PEL-501

Part A

Year	3rd	**Semester**	5th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of management.			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1 Govindrajulu, .N. Management of Physical Education and Sports Programme - Friends Publication New Delhi 2005
Articles	
References Books	1- Bucher, C.A. : . Management of Physical Educational and Sports 12th - McGarw Hill Co. USA 2002 2- Kamlesh, M. L. Management Concepts in Physical Education and Sports B.V. Gupta Publication New Delhi 2000 3- .Frosdick, S., &Walley, L. Sports and Safety Management A division of Reed Education and Professional Publishing Ltd.USA 2003 4 Chakrarborti, S.(2007). New Delhi: Sports Management. Friends Publication. New delhi 2007
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	2	-	2	-	-	-	-	-	-	-	-	-
CO3	-	-	2	-	2	-	-	-	-	-	-	-	-	-	-
CO4	3	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	-	3	-	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	3	3	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Sports Journalism
Course Code	PEL-502

Part A

Year	3rd	**Semester**	5th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of journalism			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG2(Zero hunger) SDG4(Quality education) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. Varma A.K. Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd. 1993
Articles	
References Books	1- Ahiya B.N. . Theory and Practice of Journalism: Set to Indian context 3rd Surjeet Publications Delhi 1988 2- Bhatt S.C. Broadcast Journalism Basic Principles . Haranand Publication New Delhi 1993 3- Ahiya B.N. Chobra S.S.A. Concise Course in Reporting. Surjeet Publication New delhi 1990 4 Kannan K Soft Skills, Yadava College Publication Madurai 2009
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	2	2	-	3	-	1	-	-	-	-	-	-	-
CO2	-	2	3	3	-	-	2	-	-	-	-	-	2	-	2
CO3	-	2	-	3	2	-	3	-	-	-	-	-	2	2	3
CO4	2	2	-	2	-	2	-	-	-	-	-	-	-	-	-
CO5	1	-	3	-	2	-	-	-	-	-	-	-	-	-	-
CO6	3	2	-	3	-	2	-	-	-	-	-	-	-	2	1

Syllabus-2023-2024

BPES

Title of the Course	Fitness Training & Nutrition
Course Code	PEL-503

Part A

Year	3rd	**Semester**	5th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of fitness			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✕ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✓ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG2(Zero hunger) SDG3(Good health and well-being) SDG5(Gender equality)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. Marc Mclean Strength Training Nutrition 101:: 1st CreateSpace Independent Publishing Platform, 3
Articles	
References Books	1- Bates M. . Health Fitness Management 2nd USA: Human Kinetics 2008 2- Fink, H.H., Burgoon,L.A., &Mikesky, A.E. Practical Applications in Sports Nutrition. 4th . Jones and Bartlett Publishers 2006 3- Lancaster S. &Teodoressu, R. Athletic Fitness for Kids 7th USA: Human Kinetics. 2008 4 Nicholas bjorn Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Muscle Building Series 5th CreateSpace Independent Publishing Platform
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	-	3	-	3	-	-	-	-	-	-	-	-	-
CO2	-	3	3	-	-	3	-	2	-	-	-	-	-	-	-
CO3	2	2	-	2	2	2	2	-	-	-	-	-	-	-	-
CO4	2	-	2	-	2	-	-	-	-	-	-	-	-	-	-
CO5	-	2	-	2	-	2	-	-	-	-	-	-	-	-	-
CO6	1	2	2	1	3	-	-	2	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Athletic care & Rehabilitation
Course Code	PEL-504

Part A

Year	3rd	**Semester**	5th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of athletics and injuries			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✓ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG2(Zero hunger) SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. . Uppal.A.K ,Saini Namita,Ruhelau Saryu .Posture,athletic care and first aid 2nd Friends publication,New Delhi
Articles	
References Books	1- Dr Amandeep Singh . Athletic Care and Rehabilitation Friends Publications (India), 2- Dr. Tarsem Singh) Athletic Care and Rehabilitation , 1st . (Sports Educational Technologies 3- Rathbome, J.I. Corrective Physical education, 7th London: W.B. Saunders & Co. 1965 4 Stafford and Kelly, Preventive and Corrective Physical Education, 3rd Ronald Press Company,New York
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	3	2	2	-	-	-	2	-	-	-	-	-	-	-
CO2	-	-	2	-	2	-	2	-	-	-	-	-	2	2	1
CO3	2	3	-	3	-	2	-	-	-	-	-	-	3	2	1
CO4	-	2	-	1	-	-	-	2	-	-	-	-	-	-	-
CO5	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	3	2	-	1	-	-	-	-	-	-	-	-	-	1	2

Syllabus-2023-2024

BPES

Title of the Course	Talent Identification
Course Code	PEL-603

Part A

Year	3rd	**Semester**	6th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of physical education			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✓ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG8(Decent work and economic growth) SDG12(Responsible consuption and production) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. Narayan Lakshmi Therapeutic exercises 3rd Jaypee brothers medicalpublishers (p) ltd New delhi
Articles	
References Books	1- Russell K. Athletic talent: from detection to perfection. 7th Technol Sport 1989 .2. Bartmus U, Neumann E, de Marées H.. The talent problem in sports 7th Sports Med 1987 3- Williams AM, Reilly T.. J Talent identification and development in soccer Sport Sci 2000; ,. 4 Kansal, D.K. Test and measurement in sports and physical education New Delhi:D.V.S. Publications 1996
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	2	2	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	2	2	2	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	3	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	2	2	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Sports Entrepreneurship
Course Code	PEL-604

Part A

Year	3rd	**Semester**	6th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of sports			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG10(Reduced inequalities) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. 1. , Peter Thiel, Zero to One: Notes on Start Ups, or How to Build the Future 0804139296 (ISBN13: 9780804139298
Articles	
References Books	1- Karnik Vinit .Business of sports Popular Prakashan.2020 .2. Karnik Vineet Business of sports 1st ISBN : 9788195609369 3- Beech John,Chadwick Simon Business of Sport Management 2nd Kindle ,.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	3	-	-	-	-	-	-	-	-	-	-	-
CO2	3	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO3	3	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	2	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	2	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	2	2	3	2	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Athletics-I
Course Code	PEP-104

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic athletic skills			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG8(Decent work and economic growth)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12

Part E

Books	
Articles	
References Books	singh gurmeet "marking techniques of track and field" friends publication 2022
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	1	3	3	3	2	-	1	-	-	-	-	3	3	3
CO2	2	3	3	3	3	3	3	3	-	-	-	-	3	2	3
CO3	3	2	3	3	2	3	2	3	-	-	-	-	2	3	3
CO4	3	2	3	3	3	2	-	1	-	-	-	-	2	2	3
CO5	1	2	2	2	3	2	2	1	-	-	-	-	2	2	2
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Gymnastics
Course Code	PEP-105

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Gymnastics: Floor Exercise o Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. o Vaulting Horse o Approach Run, Take off from the beat board, Cat Vault, Squat Vault.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	3	2	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	1	3	1	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Yoga
Course Code	PEP-106

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
2	Yoga: o Surya Namaskara, o Pranayams o Corrective Asanas o Kriyas o Asanas · Sitting · Standing · Laying Prone Position, · Laying Spine Position	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	3	-	-	-	-	-	-	-	-	-	-	-
CO3	1	3	2	3	2	-	-	-	-	-	-	-	-	-	-
CO4	1	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	1	3	1	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Athletics II
Course Code	PEP-204

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Disciplinary Major							
Pre-Requisite/s	basic knowledge of athletics			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	-	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	3	-	3	-	-	-	-	-	-	-	-	-	-	-
CO4	2	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	1	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Basketball
Course Code	PEP-205

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Disciplinary Major							
Pre-Requisite/s	basic knowledge of ball games			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	1. Introduction and history of Basketball at national and International level 2. Important competition at National and International level. 3. Fundamental Skills (Pass) a. Two hand chest pass b. Two hand bounce pass c. One hand baseball pass 4. Receiving Techniques a. Two hand receive b. One hand receive c. Receiving in running d. Receiving in static position 5. Dribbling a. Low dribble b. High dribble c. Variations 6. Shooting a. Lay up shot b. Set shot c. Jump shot d. Free shot 7. Rebound a. Defensive rebound b. Offensive rebound 8. Lay out of basketball court 9. Basketball drills	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12

Part E

Books	
Articles	
References Books	1. Jeery V. Krasue, Ed. D. Basketball Skills and Drills, The Marine Sports Publishing Division 2000 2. Moontasir, Abbas, Principles of Basketball, Bombay Skonda Publication, 2000. 3. Srivatsan, S. Basketball, NIS Publication, Patiala. 4. Ted St. Mootin, The Art of Shooting Basketball, 2001. 5. Total Basketball, The Ultimate Basketball Encyclopedia, Sports Media Publishing Inc. 2003. 6. Wissel Hal, Basketball Step to success, 2012.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-
CO2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3
CO3	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	3	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Mass demonstration
Course Code	PEP-206

Part A

Year	1st	**Semester**	2nd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Disciplinary Major							
Pre-Requisite/s	The student must know the reaction to the basic commands.			**Co-Requisite/s**	The students must act in a coordination to the command.			
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG11(Sustainable cities and economies)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	60	18	40	12

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Badminton
Course Code	PEP-305

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	Knowledge of Racquet Games			**Co-Requisite/s**	Knowledge of sports Training			
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG4(Quality education) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG11(Sustainable cities and economies) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	**Contents**	**Pedagogy**	**Hours**

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18

Part E

Books	Dr. Devendra. K. Kansal, Test, Measurement and Evaluation in Sports and Physical Education, 5th Edition, Friends Publication Agra.
Articles	
References Books	Dr. Hardayal Singh, Science of Sports Training, Friends Publication (INDIA)
MOOC Courses	
Videos	https://www.youtube.com/watch?v=d4QJMcvGfAc

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO3	2	-	-	2	3	-	-	-	-	-	-	-	-	-	-
CO4	2	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	3	3	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Yoga
Course Code	PEP-306

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of Yoga			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG10(Reduced inequalities) SDG11(Sustainable cities and economies) SDG15(Life on land) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT	1. Meaning and concept of Yoga 2. History and Development of the Yoga in India and abroad 3. Various Asanas in sitting position and their advantages 4. Various Asanas in standing position and their 5. Various Asanas in lying position and their advantages Suryanamaskar and its benefits. 6. Yogasana for treating various body ailments. 1. Suryanamaskar- Practice and advantages. 2. Meaning and concept of Pranayama. 3. Various types of Pranayama, their principles and practice. Effect of Pranayama on body and their role in correcting health disorders. 4. Meditation – Types and techniques. 5. Officiating and scoring in Yoga competitions. 6. Coaching and career opportunities in Yoga.	Field work	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18

Part E

Books	Iyengar.B.K.S "IIGHT ON YOGA" jAN 1966
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO3	3	2	3	2	-	-	-	-	-	-	-	-	-	-	-
CO4	2	2	-	3	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	2	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Judo/ Taekwondo
Course Code	PEP-405

Part A

Year	2nd	**Semester**	4th	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge about Combative Sports			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT	1. History and Development of the game at International and National level. 2. Dimensions and marking of playing area. 3. Basic requirements/ equipment of the game. 4. Fundamental skills of the game. 5. Skill tests, scoring and arrangement of the skill tests. 6. National and international organisations / federations of the game. 7. Rules and their interpretations of the game. 8. Team selection and coaching in that game. 9. Officiating & Referee / Umpire /scorer for self-employment.	Field work	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18

Part E

Books	Eric Dominy, Judo Basic Principles, Sterling Publishing Co.
Articles	
References Books	Hardayal Singh, Science of Sports Training, Friends Publication (INDIA).
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	3	3	-	-	-	-	-	-	-	-	-	-	-
CO4	1	-	-	-	2	-	-	-	-	-	-	-	-	-	-
CO5	2	-	2	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Gymnastics
Course Code	PEP-406

Part A

					L	T	P	C
Year	2nd	**Semester**	4th	**Credits**	0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	Individual has to be Physically Fit to be able to learn gymnastics activities.			**Co-Requisite/s**	Basic knowledge of Sports Training.			
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG10(Reduced inequalities) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	1. History and Development of the Gymnastics at International and National level. 2. Various forms / types of gymnastic activities. 3. Basic requirements/ equipment for the gymnastics. 4. Fundamental skills/movements in the gymnastics. 5. National and international organisations / federations of gymnastics. 6. Rules, scoring and their interpretations in gymnastic competitions. 7. Team selection and coaching in gymnastics. 8. Officiating & Referee / Umpire /scorer for self-employment.	Field work	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18

Part E

Books	lokesh "Skills & Tactics - A book on Gymnastics for Men and Women " jan 1 2019
Articles	
References Books	Dr. Hardayal Singh, Science of Sports Training, Friends Publication.
MOOC Courses	
Videos	https://www.youtube.com/watch?v=4H3tV2NtZnw

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	2	3	-	-	-	-	-	-	-	-	-	-	-
CO3	-	2	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	-	-	3	-	-	-	-	-	-	-	-	-	-
CO5	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Game of specialization -I
Course Code	PEP-505

Part A

Year	3rd	**Semester**	5th	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Foundation core							
Pre-Requisite/s	Basic knowledge of physical education at graduation level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • LandingTriple Jump • Approach Jump • Take off • Hop • Step • Style of Jump • Landing 3. High Jump • Approach Run • Take off • Style of Jump • Clearance of the bar • Landing 4. Pole Vault • Grip • Approach Run • Take off	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100					
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18

Part E

Books	Bunn, J. W. The art of officiating 3rd Prentice-Hall, 1950.
Articles	
References Books	Hall. Bunn, J. W Scientific principles of coaching. 2nd Prentice hall 1955 Dyson, G. H The mechanics of athletics 2nd University of London Press, 1962 ; Original from, Indiana University. Singer, R. N Coaching, athletic & psychology. - New York, McGraw-Hill
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	3	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	2	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Weight Lifting
Course Code	PEP-506

Part A

Year	3rd	**Semester**	5th	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of equipment's and rules.			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18

Part E

Books	
Articles	
References Books	1. Katyal P.N. Manual of Weight Lifting, Ambala Cantt. Green Printing Press. 2. Meenu Sya' Teach yourself Weight Training Prerna Orakashan, Delhi, 2004. 3. The best of Joe Weider' s Muscle of fitness. Training tips of Routines. 4. Thomas R. Baechle Roger W. Earle Weight Training Steps to success. Human Kinetics, 2006.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	1	-	-	-	-	-	-	-	-	-	-	-
CO2	3	2	-	2	-	-	-	-	-	-	-	-	2	2	2
CO3	2	-	2	3	-	-	-	-	-	-	-	-	3	1	2
CO4	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Counselling in sports
Course Code	PEP-601

Part A

Year	3rd	**Semester**	6th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of Sports			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✕ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✓ Human Values ✓ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG5(Gender equality) SDG6(Clean water and sanitation) SDG12(Responsible consuption and production) SDG13(Climate action)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. . Kamlesh,M L Psychology in Physical Education and Sports, Educational Publishers and Distributors. New Delhi
Articles	
References Books	1- McCleod John An introduction to counseling 3rdMcGraw-Hill Education 1- McCleod John An introduction to counseling 3rdMcGraw-Hill Education 2- Sheard Michael Mental toughness –the mindset behind sporting achievement 2nd Routledge publihers
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	-	3	-	-	-	-	-	-	-	-	-	-
CO3	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	-	3	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Exercise Prescription/Therapeutic Exercises
Course Code	PEP-602

Part A

Year	3rd	**Semester**	6th	**Credits**	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of physical education			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✕ Entrepreneurship ✓ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG2(Zero hunger) SDG3(Good health and well-being) SDG4(Quality education) SDG10(Reduced inequalities) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**

Part E

Books	1. Narayan Lakshmi Therapeutic exercises 3rd Jaypee brothers medicalpublishers (p) ltd New delhi
Articles	
References Books	1- Barron, H.M. &Mchee, R. . , A Practical approach to measurement in physical education. 5th Philadelphia: Lea and Febiger 1997 .2. Barron, H.M. &Mchee, R. A Practical approach to measurement in physical education 4th (1997)..Philadelphia: Lea and Febiger 3- . JosephKandel and Chritine Adamec ,. The Encyclopaedia of Senior Health and Wellbeing 3rd Facts on file 2003 4 Frederic Delavier Strength Training Anatomy 3rd Human Kinetics Publishers2010
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	3	2	2	2	-	-	-	-	-	-	-	-	-	-
CO2	3	-	-	-	-	1	-	-	-	-	-	-	3	-	2
CO3	1	2	-	2	2	-	2	-	-	-	-	-	-	2	-
CO4	2	-	2	2	3	-	-	-	-	-	-	-	-	-	-
CO5	2	2	3	3	-	3	-	-	-	-	-	-	-	-	-
CO6	2	2	2	2	1	-	-	-	-	-	-	-	-	3	2

Syllabus-2023-2024

BPES

Title of the Course	Game of specialization II
Course Code	PEP-605

Part A

Year	3rd	**Semester**	6th	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Foundation core							
Pre-Requisite/s	basic knowledge of Graduation level			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)** **CO6- ()**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG4(Quality education) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	09
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	40	40	12	60	18

Part E

Books	
Articles	
References Books	Singer RN Coaching, athletic & psychology New York, McGraw-Hill . Dyson, G. H . The mechanics of athletics University of London Press, 1962 3- Hall. Bunn, J. W Scientific principles of coaching 2nd Prentice hall 1955
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPES

Title of the Course	Power Lifting
Course Code	PEP-606

Part A

Year	3rd	**Semester**	6th	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of equipment's and rules.			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG1(No poverty) SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	30	40	12	60	18

Part E

Books	
Articles	
References Books	1. Katyal P.N. Manual of Weight Lifting, Ambala Cantt. Green Printing Press. 2. Meenu Sya' Teach yourself Weight Training Prerna Orakashan, Delhi, 2004. 3. The best of Joe Weider' s Muscle of fitness. Training tips of Routines. 4. Thomas R. Baechle Roger W. Earle Weight Training Steps to success. Human Kinetics, 2006.
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	1	-	-	-	-	-	-	-	-	-	-	-
CO2	3	2	-	2	-	-	-	-	-	-	-	-	2	2	2
CO3	2	-	2	3	-	-	-	-	-	-	-	-	3	1	2
CO4	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Teaching Practices
Course Code	TP-101

Part A

Year	1st	**Semester**	1st	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
1	Teaching practices: 10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.	Role Play	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0		0		0
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	-	3	-	-	-	-	-	-	-	-	-	-	-
CO3	2	2	-	2	-	-	-	-	-	-	-	-	-	-	-
CO4	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	3	1	2	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Teaching Practice
Course Code	TP-202

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG4(Quality education) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	Teaching practices: 10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course. TP 301 Teaching practices: 10 teaching lesson plans for Racket Sport/ Team Games/ Indigeneous Sports out of which 5 lessons internal and 5 lessons external at school.	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	3	2	3	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	2	2	3	-	-	-	-	-	-	-	-	-	-
CO3	3	2	3	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	3	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	2	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Sports specialization
Course Code	TP-203

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✕ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	Sports Specialization: Track and field / Gymnastics / Swimming (4 internal lesson at prcticing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	3	-	3	-	-	-	-	-	-	-	-	-	-
CO2	-	1	3	2	-	-	-	-	-	-	-	-	-	-	-
CO3	3	3	3	3	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	3	3	2	-	-	-	-	-	-	-	-	-	-
CO5	-	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Syllabus-2023-2024

BPed

Title of the Course	Games specialization
Course Code	TP-204

Part A

Year	2nd	**Semester**	3rd	**Credits**	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s				**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Recognize proper player stance and passing techniques. **(BL1-Remember)** **CO2-** Discuss various hitting and serving techniques.**(BL2-Understand)** **CO3-** Apply defensive strategies including digging and blocking.**(BL3-Apply)** **CO4-** Analyze opponent strategies and adjust defensive positioning.**(BL4-Analyze)** **CO5-** Evaluate personal performance and adapt strategies.**(BL5-Evaluate)**							
Coures Elements	Skill Development ✓ Entrepreneurship ✕ Employability ✓ Professsonal Ethics ✓ Gender ✕ Human Values ✕ Environment ✕		**SDG (Goals)**	SDG3(Good health and well-being) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 1	Games Specialization: Kabaddi, Kho-kho, Base ball, cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis (4 internal lesson at prcticing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
100	32	70	23	30	9

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	1	3	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	3	1	-	-	-	-	-	-	-	-	-	-	-
CO3	2	3	-	3	2	-	-	-	-	-	-	-	-	-	-
CO4	-	2	3	2	3	-	-	-	-	-	-	-	-	-	-
CO5	3	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-