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	Educational Technology and Methods of Teaching in Physical Education
Course Code	CC-105

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 computer			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** CO-1 List and identify various teaching techniques and teaching aids.**(BL1-Remember)** **CO2-** CO-2 Describe methods of teaching and teaching aids use.**(BL2-Understand)** **CO3-** CO-3 Apply various teaching techniques learned by the student in real life.**(BL3-Apply)** **CO4-** CO-4 Classify the types of education and various educative processes.**(BL4-Analyze)** **CO5-** CO-5 Compare various teaching techniques and use the best method of teaching.**(BL5-Evaluate)** **CO6-** CO-6 Modify the methods of teaching learned by the student**(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) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
1	Introduction o Education and Education Technology- Meaning and Definitions o Types of Education- Formal, Informal and Non- Formal education. o Educative Process o Importance of Devices and Methods of Teaching.	group discussion, lecture methodology.	15
2	Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc. o Teaching Procedure – Whole method, whole – part – whole method, part – whole method. o Presentation Technique – Personal and technical preparation Command- Meaning, Types and its uses in different situations	group discussion, lecture methodology.	15
3	o Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids. o Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc o Team Teaching – Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid	group discussion, lecture methodology.	15
4	o Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids. o Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc o Team Teaching – Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid	group discussion, lecture methodology.	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	S.K. Mangal, Uma Mangal Essentials of Education Technology 2019 PHI Learning Private Limited
Articles	
References Books	Bhardwaj, A. New media of educational planning. 2003New Delhi:Sarup of Sons. Bhatia,& Bhatia, The principles and methods of teaching. 1959 New Delhi: Doaba Kochar, S.K. Methods and techniques of teaching 1982 New Delhi: Sterling Publishers Pvt. Ltd. Sampath, K.,Pannirselvam, A. &Santhanam, S. Introduction to educational technology 1981 New Delhi: Sterling Publishers Pvt. Ltd.
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	-	1	-	3	-	-	-	-	-	-	-	-	-	-	-
CO3	3	1	-	-	2	-	-	-	-	-	-	-	-	-	-
CO4	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	3	-	2	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	-	-	1	-	-	-	-	-	-	-	-	-	-

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	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	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	Research Methods in Physical Education and Sports
Course Code	MPCC0103[T]

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	graduate level knowledge of physical education			**Co-Requisite/s**				
Course Outcomes & Bloom's Level	**CO1-** Identify experimental designs and descriptive designs**(BL1-Remember)** **CO2-** Explain library techniques**(BL2-Understand)** **CO3-** Chose and present a research problem**(BL3-Apply)** **CO4-** Analyze the importance of research methods**(BL4-Analyze)** **CO5-** Select and use appropriate research tools.**(BL5-Evaluate)** **CO6-** Design research programs for development of sports in the society**(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) SDG16(Peace Justice and strong institutions)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	1.1Meaning, Definition of Research 1.2 Nature and Importance of Research 1.3 Scope of Research in Physical Education& Sports.	direct instructions, quiz activity	12
UNIT 2	2.1 Selection of Research Problem. 2.2 Hypothesis and Review of Related literature 2.3 Library Techniques.	lecture, quiz, open book exam	12
UNIT 3	3.1 Sampling-Meaning, Definition, Types and importance. 3.2 Sampling- Process and Techniques 3.3 Research Tools-Questionnaire, Interview, Opinion ire etc.	lecture, flip classes	12
UNIT 4	4.1 Historical Research-Meaning and Definition 4.2 Importance of Research Methods and Procedure. 4.3 Primary and Secondary Sources 4.4 External and Internal Criticism. 4.5 Descriptive Research- Meaning, definition Experimental Research- Meaning, Definition, 4.6 Experimental Designs and Laboratory Designs.	cooperative learning and brainstorming	12
UNIT 5	1 Research Proposal 5.2 Research Report 5.3 Preparation of a Research Report.	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	9
Practical					
Total Marks	**Minimum Passing Marks**	**External Evaluation**	**Min. External Evaluation**	**Internal Evaluation**	**Min. Internal Evaluation**
	0				

Part E

Books	1. Kamlesh M.L Methodology of Research in Physical Education and Recreation AHPER, Washington D.C.
Articles	
References Books	1- Best J.W Research in Education Prentice Hall, New Delhi 1982 2- Clarke H. David Research Processes in Physical Education, Recreation and Health. Prentice Hall Inc, Englewood Cliffs, New Jersey, 1985.
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	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	3	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	2	1	3	-	-	-	-	-	-	-	-	-	-	-	-

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	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

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	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	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	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-** CO 1 Recall the various types of tournaments organized at the national level**(BL1-Remember)** **CO2-** Explain the importance of indigenous activities.**(BL2-Understand)** **CO3-** Demonstrate the method of marking playing the court. **(BL3-Apply)** **CO4-** Apply the officiating technique of the concerned sport.**(BL4-Analyze)** **CO5-** Choose appropriate swimming training techniques.**(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
1	Officiating and coaching in chosen Racket game- I 1.1 Dimensions, layouts and marking of fields of chosen Racket Game –I 1.2 Rules and their interpretations of chosen Racket Game –I 1.3 Qualification and number of officials in the chosen Racket Game –I 1.4 Coaching in the chosen Racket Game –I	group discussion, marking practice	15
Unit-2	Officiating and coaching in chosen Racket game- II 2.1 Dimensions, layouts and marking of fields of chosen Racket Game –II 2.2 Rules and their interpretations of chosen Racket Game –II 2.3 Qualification and number of officials in the chosen Racket Game –II 2.4 Coaching in the chosen Racket Game –II	discussion ,marking practice, quiz	20
Unit-3	Indigenous Activities: 3.1 Concept of Indigenous activities. 3.2 History of Indigenous activities. 3.3 Principles and Importance of indigenous activities. 3.4 Various types of activities with different equipment.	problem based and experiential learning	20
Unit-4	Swimming Activities: 4.1 Swimming activities and its outcome. 4.2 Swimming pools, their dimensions and rules of swimming. 4.3 Maintenance of swimming pools. 4.4 Coaching and training in swimming.	problem based, game based, experiential 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	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 the various developmental stages of the differently abled children and how to teach them accordingly**(BL1-Remember)** **CO2-** Describe activity requirements of physically challenged persons**(BL2-Understand)** **CO3-** Apply worthwhile activity programs for various levels of mentally challenged persons.**(BL3-Apply)** **CO4-** Analyze the Individual education programs**(BL4-Analyze)** **CO5-** Select appropriate physical activities for visually challenged**(BL5-Evaluate)** **CO6-** Design programs for learning disabled **(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) SDG10(Reduced inequalities) SDG17(Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
unit I	Introduction 1.1 Meaning, Definition and Importance of Adapted Physical Education and Sports 1.2. Purpose, Aims and Objectives of Adapted Physical Education and Sports 1.3. Program organization of Adapted Physical Education and Sports 1.4. Organizations addressing and giving opportunities to people with disabilities. 1.5 Adapted Sports- Para Olympics and other Opportunities	Lecture,peer teaching	15
unit ii	Development of Individual Education Program (IEP) 2.1 The student with a disability 2.2 Components and Development of IEP. 2.3 Principles of Adapted Physical Education and Sports 2.4 Role of Physical Education teacher	Lecture , Group discussion Quiz, problem based learning	20
unit iii	Developmental Considerations of an Individual 3.1 Motor development 3.2 Perceptual Motor development 3.3 Early childhood and Adapted Physical Education 3.4 Teaching style, method and approach in teaching Adapted Physical Education	problem based and experiential learning	20
unit iv	Individual with unique need and activities 4.1 Behavioral and Special learning disability 4.2 Visual Impaired and Deafness 4.3 Health Impaired students and Physical Education 4.4 HRPF and its development for Individual with unique need 4.5 Role of games and sports in Adapted Physical Education	lecture, discussion 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	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-** Recall the rules regulations of the combative sport.**(BL1-Remember)** **CO2-** Interpret the gymnastics rules**(BL2-Understand)** **CO3-** Demonstrate the ability to lay out and mark the dimensions of the arena.**(BL3-Apply)** **CO4-** Analyze the gymnastic techniques **(BL4-Analyze)** **CO5-** Chose appropriate indigenous activities**(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
UNIT-1	Officiating and coaching in Chosen Combative Sports- I 1.1 Dimensions, layouts and marking of fields of Chosen Combative Sports- I 1.2 Rules and their interpretations of Chosen Combative Sports- I 1.3 Qualification and number of officials in the Chosen Combative Sports- I 1.4 Coaching in the Chosen Combative Sports- I	direct instructions, quiz activity	15
UNIT-2	Officiating and coaching in Chosen Combative Sports- II 2.1 Dimensions, layouts and marking of fields of Chosen Combative Sports –II 2.2 Rules and their interpretations of Chosen Combative Sports –II 2.3 Qualification and number of officials in the Chosen Combative Sports-II 2.4 Coaching in the chosen Combative Sports –II	game based. problem based and experiential learning.	20
UNIT-3	Indigenous Activities: 3.1 Indigenous activities for developing motor abilities. 3.2 Markings of Indigenous activities. 3.3 Indigenous activities for special occasions. 3.4 Outcomes and benefits of indigenous activities.	game based. problem based and experiential learning.	20
UNIT-4	Gymnastics Activities: 4.1 Introduction to Gymnastics.. 4.2 Various Gymnastic activities and their Equipment. 4.3 Qualification, duties of officials and scoring in gymnastics. 4.4 Coaching and training in Gymnastics.	game based, modal making, problem based and experiential 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**
	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-** Recall the importance of management of Physical Education.**(BL1-Remember)** **CO2-** Describe management of Physical Education and Sports at different level**(BL2-Understand)** **CO3-** Apply facility and financial management.**(BL3-Apply)** **CO4-** Categorize various schemes and policies of State &Central Government**(BL4-Analyze)** **CO5-** Supporting the policies of state and central government**(BL5-Evaluate)** **CO6-** Designing the mechanics of purchasing**(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) SDG10(Reduced inequalities)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	The Management Process: 1. Definition, Principles, Nature and Concept of Sports Management. 2. Progressive concept of Sports management. 3. The purpose and scope of Sports Management. 4. Essential skills of Sports Management. 5. Qualities and competencies required for the Sports Manager. 6. Event Management in physical education and sports.	direct instruction and cooperative learning	15
UNIT-2	Leadership in Sports Management Process: 2.1 Meaning and Definition of leadership. 2.2 Leadership style and method. 2.3 Elements of leadership. 2.4 Forms of Leadership. 2.4.1 Autocratic 2.4.2 Laissez-faire 2.4.3 Democratic 2.4.4 Benevolent Dictator 2.5 Qualities of administrative leader. 2.6 Preparation of administrative leader. 2.7 Leadership and Organizational performance.	cooperative and inquiry based learning	20
UNIT-3	Planning and Management of sports at Institutional level: 3.1 Sports Management in Schools, colleges and Universities. 3.2 Factors affecting planning 3.3 Planning a school or college sports programme. 3.4 Directing of school or college sports programme. 3.5 Controlling a school, college and university sports programme. 3.5.1 Developing performance standard 3.5.2 Establishing a reporting system 3.5.3 Evaluation 3.5.4 The reward/punishment system	peer teaching and quiz activities	20
UNIT-4	Financial Management in Sports: 4.1 Financial management in Physical Education & sports in schools, Colleges and Universities. 4.2 Objectives and scope of financial planning. 4.3 Management of Infrastructure, finance and personal 4.4 Mechanics of purchase and audit.	lecture, quiz and cooperative learninig	20

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	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 the role of diet in sports performance**(BL1-Remember)** **CO2-** Interpret the role of hydration in physical activity.**(BL2-Understand)** **CO3-** Calculate daily caloric requirement and expenditure**(BL3-Apply)** **CO4-** Analyze the common myths of weight loss**(BL4-Analyze)** **CO5-** Select a balanced diet for school children**(BL5-Evaluate)** **CO6-** Create and prepare weight management plans**(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)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	. Introduction to Sports Nutrition 1.1 Meaning and Definition of Sports Nutrition 1.2 Basic components of Nutrition 1.3 Factor to consider for developing nutrition plan 1.4 Balance diet and its components, Nutritional deficiencies. 1.5 Understanding of malnutrition and nutritional supplements.	direct instructions, quiz activity	15
UNIT-2	Nutrients: Ingestion to energy metabolism 2.1 Carbohydrates, Protein, Fat – Meaning, classification and its function 2.2 Role of carbohydrates, Fat and protein during exercise 2.3 Vitamins, Minerals, Water – Meaning, classification and its function 2.4 Role of hydration during exercise 2.5 Establishing daily caloric requirement and expenditure	lecture, quiz, open book exam	20
UNIT-3	Nutrition and Weight Management 3.1 Obesity – Definition, meaning, types and causes of obesity; Health risks associated with Obesity and Solutions for Overcoming Obesity 3.2 Concept of BMI (Body mass index), Dieting versus exercise for weight control, 3.3 Common Myths about Weight Loss 3.4 Concept of weight management in modern era, Factor affecting weight management	lecture, flipped classes	20
UNIT-4	Steps of planning of Weight Management 4.1 Determination of desirable body weight 4.2 Daily calorie intake and expenditure in weight management 4.3 Role of diet and exercise in weight management 4.4 Designing diet plan and exercise schedule for weight gain and loss 4.5 Balanced diet for Indian School Children.	cooperative learning and peer teaching	20

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	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 the role of motivation in sports performance**(BL1-Remember)** **CO2-** Explain the entrepreneurial process**(BL2-Understand)** **CO3-** Demonstrate an understanding of entrepreneurship.**(BL3-Apply)** **CO4-** Illustrate the method of generating funds for business ventures.**(BL4-Analyze)** **CO5-** Select appropriate methods in Counseling athletes in stress management.**(BL5-Evaluate)** **CO6-** Design a new enterprise, catering to various demands of sports industry**(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) SDG10(Reduced inequalities) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	1.1 Meaning and Definition of Entrepreneurship 1.2 Concept and characteristics Entrepreneurship. 1.3 Need and Importance of entrepreneurship in sports 1.4. Understanding Sports Business industry.	direct instructions, quiz activity	15
UNIT-2	2.1. Understanding the entrepreneurial process. 2.2. Types of Entrepreneurs. 2.3. Risk and Rewards in entrepreneurship. 2.4. Leading sports companies and media channels	cooperative and inquiry based learning	20
UNIT-3	3.1. Identifying the areas of business. 3.2. Understanding financial aspects of the business. 3.3. Government and private Organizations supporting entrepreneurships in India 3.4. Generating / arranging funds for the business.	lecture, flipped classes	20
UNIT-4	4.1 Entrepreneurship in the sports Goods / Equipment. 4.2 Entrepreneurship in Sports wears. 4.3 Entrepreneurship in Sports management / Event management. 4.4 Entrepreneurship in Sports software/fitness / Nutrition.	cooperative learning and peer teaching	20

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	Gymnastics
Course Code	PEP-406

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	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-** 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) SDG10(Reduced inequalities) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
Unit 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.	experiential, problem based, skill practice learning	60

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	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-** Quote the concepts of exercise**(BL1-Remember)** **CO2-** Describe techniques of planning and executing exercise programs for various groups as per their medical and social needs.**(BL2-Understand)** **CO3-** Determine and effectively guide elderly persons on the need and quality of a exercise program.**(BL3-Apply)** **CO4-** Analyze type of exercise requirement for different groups of people as per their needs**(BL4-Analyze)** **CO5-** Chose effective exercise program as per the need of the individual.**(BL5-Evaluate)** **CO6-** Design weight loss exercise program for obese persons**(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) SDG4(Quality education) SDG10(Reduced inequalities) SDG15(Life on land)				

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Introduction, Meaning, Concept and scope of talent identification in sports 1. Need and Importance of talent identification. 2. Principles of talent identification. 3. Scope of Talent identification. 4. Role of Physical Education teacher / coach in talent identification.	direct instructions, quiz activity	15
UNIT-2	Understanding Human Body 2.1 Genetics and Environment and their role in sports performance. 2.2 Body types and their relation to sports. 2.3 Basic Anthropometry 2.4 Anthropometric assessment and data recording.	lectures/ cooperative learning	20
UNIT-3	Fitness Tests 3.1 AAPHER youth fitness test 3.2 JCR test 3.3 Coopers 12 minute run/walk test 3.4 Harvard Step test.	lecture, flipped classes	20
UNIT-4	Skill Tests for talent identification 4.1 Skill tests for Ball games 4.2 Skill test for Racket games. 4.3 Skill test for Athletic abilities 4.4 Psychological tests related to sports abilities.	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	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