

## BPed

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

Part A

Year	1st	Semester	1st	Credits	L	Т	Р	С
Teal	151	Semester	151	Credits	3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledg	ge 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 Developmententrepreneursh Employability V Professsonal E Gender X Human Values Environment V	nip X 'thics ✓	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	
Peferences Poeks	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	Yoga Education
Course Code	CC-104

			Part A					
Year	1st	Semester	1st	Credits	L	Т	Р	С
Tear	ist	Semester	ist	Credits	3	1	0	4
Course Type	Theory only							
Course Category	Discipline Co	ore						
Pre-Requisite/s	Knowledge of	of basic Fitness		Co-Requisite/s				
Course Outcomes & Bloom's Level	CO2- CO-2 CO3- CO-3 CO4- CO-4 CO5- CO-5	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 X 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 F

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	
	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-



## 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	Т	Р	С		
Teal	151	Semester	151	Credits	3	1	0	4		
Course Type	Theory only	eory only								
Course Category	Discipline Co	re								
Pre-Requisite/s	basic knowle	basic knowledge of computer Co-Requisite/s								
Course Outcomes & Bloom's Level	CO2- CO-2 E CO3- CO-3 A CO4- CO-4 C CO5- CO-5 C	ist and identify various teaching to bescribe methods of teaching and, pply various teaching techniques classify the types of education and compare various teaching techniq dodify the methods of teaching lea	teaching aids use. (BL2-Under learned by the student in real d various educative processes ues and use the best method	rstand) life.(BL3-Apply) (BL4-Analyze) of teaching.(BL5-Evaluate)						
Skill Development ✓ Entrepreneurship ✓ Employability X Professsonal Ethics X Gender X Human Values X 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, 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, Silde projector, Motion picture etc o	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	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	
	Bhardwaj, A. New media of educational planning. 2003New Delhi:Sarup of Sons. Bhatia, 8 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	_	_	-	-



## BPed

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

	Part A								
Year	1st Semester		1st	Credits	L	Т	Р	С	
Teal	151	Semester	151	Credits	3	1	0	4	
Course Type	Theory only	heory only							
Course Category	Discipline Co	re							
Pre-Requisite/s	basic knowle	asic knowledge of committee Co-Requisite/s							
Course Outcomes & Bloom's Level									
Coures Elements	Skill Development ✓ Entrepreneurship × Employability ✓ SDG3(Good health and well-being) SDG3(Good health and well-being)								

#### 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	Sports Training									
Course Code	CC-201									
	Part A									
Van					L	Т	Р	С		
Year	2nd	Semester	3rd	Credits	3	1	0	4		

			TaitA		1	T .					
Year	2nd	Semester	3rd	Credits	L	Т	Р	С			
Teal	Zilu	Semester	Sid	Credits	3	1	0	4			
Course Type	Theory only	ory only									
Course Category	Discipline Core	pline Core									
Pre-Requisite/s	Basic knowledge	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)										
Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professonal Ethics × Gender ✓ Human Values × Environment ×  Skill Development ✓ Entrepreneurship ✓ Employability ✓ SpG (Goals) SpG4(Quality education) SpG5(Gender equality) SpG15(Life on land)											

## Part B

	l 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 – Mean and Methods of 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	otal Marks Minimum Passing Marks External Evaluation Min. External Evaluation Internal Evaluation Min. Ir										
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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	Computer Application	ons in Physical Education									
Course Code	CC-202										
			Part A								
Year	2nd	Semester	3rd	Credits	L	Т	Р	С			
i ear	Zilu	Gemester	Sid	Credits	3	1	0	4			
Course Type	Theory only	y only									
Course Category	Discipline Core	cipline Core									
Pre-Requisite/s	Basic knowledge of	f operating computer		Co-Requisite/s							
Course Outcomes & Bloom's Level	CO2- Explain the us	se on MS excel, power point and Word	the field of Physical Education.(BL1-Rein Physical Education.(BL2-Understarg learning process in physical education	nd)	·						
Coures Elements	Skill Development x Entrepreneurship X Employability ✓ Professsonal Ethics Gender X Human Values X Environment X	(	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	References Books Irtegov, D. Operating system fundamentals. 2004 Firewall Media.			
MOOC Courses				
Videos				

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	-	3	3	-	-	-	-	-	-	-	-	-	-
CO3	2	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	Measurement and Eval	uation in Physical Education						
Course Code	CC-204							
		Part /	4					
Year	2nd	Semester	3rd	Credits	L T P C 3 1 0 4			
Course Type	Theory only	y only						
Course Category	Discipline Core	Discipline Core						
Pre-Requisite/s	basic knowledge about	t sports, sports equipment's and physical educa	tion of 11 and 12 class	Co-Requisite/s				
Course Outcomes & Bloom's Level	CO2- Summarize class	physical fitness tests and sports skill tests( <b>BL1</b> - sification of tests and their evaluation procedure ious physical fitness tests and skill tests( <b>BL3-A</b>	(BL2-Understand)					
Coures Elements	Skill Development ✓ Entrepreneurship X Employability ✓ Professsonal Ethics X Gender X Human Values X 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	3	-	-	-	-	-	-	-	-	-	-	-
CO2	2	2	-	-	3	-	-	-	-	-	-	-	-	-	-
CO3	1	1	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	Kinesiology an	siology and Biomechanics						
Course Code	CC-205	205						
			Part A					
Year	2nd Semester 3rd		2-4	Credits	L	Т	Р	С
rear	2nd	Semester	3rd	Credits	3	1	0	4

Year	2nd	Semester	3rd	Credits	L	Т	Р	С
tear	ZIIU	Semester	Sid	Credits	3	1	0	4
Course Type	Theory only	heory only						
Course Category	Discipline Core	cipline Core						
Pre-Requisite/s	basic science	sic 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 Developm Entrepreneurs Employability Professsonal B Gender X Human Values Environment >	hip X √ Ethics X	SDG (Goals)	SDG3(Good health and well-being) SDG15(Life on land) SDG16(Peace Justice and strong institution	s)			

#### 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	-	3	3	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	3	-	3	-	-	-	-	-	-	-	-	-	-
CO3	-	2	2	3	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	Research and Statistics	s in Physical Education								
Course Code	CC-206									
			Part A							
Year	2nd	Semester	3rd	Credits	L	Т	Р	С		
i eai	Ziid	Gennester	Sid	oreuts .	3	1	0	4		
Course Type	Theory only	ry only								
Course Category	Discipline Core	cipline Core								
Pre-Requisite/s	basic mathematical ski	ills and knowledge about 11 and 12 clas	s physical education	Co-Requisite/s						
Course Outcomes & Bloom's Level	CO2- Explain and disc	ify the basics of statistics and research( suss types of research and research pro istical techniques to compare sports per	olems(BL2-Understand)							
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics X Gender X Human Values X Environment X		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 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	-	3	2	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	-	3	-	2	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	SPORTS NU	S NUTRITION AND WEIGHT MANAGEMENT						
Course Code	EC-104	4						
	Part A							
Year	1ot	Semester	1ot	Credits	L	Т	Р	С
iear	1st	Semester	1st	Credits	3	1	P C 0 4	4

Year	1st	Semester	1st	Credits	L	Т	Р	С	
Tear	ISI	Semester	ist	Credits	3	1	0	4	
Course Type	Theory only								
Course Category	Discipline Co	zipline Core							
Pre-Requisite/s	Basic of Scie	ssic of Science Co-Requisite/s							
Course Outcomes & Bloom's Level	CO2- CO-2 S CO3- CO-3 A CO4- CO-4 A CO5- CO-5 I	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 X Gender X Human Values X Environment X		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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	SPORTS MANAGEM													
Course Code	EC-208													
Part A  Year 2nd Semester 3rd Cre  Course Type Theory only  Course Category Discipline Core  Pre-Requisite/s General knowledge about daily management and physical education Co-Red  Course Outcomes & Bloom's Level CO3- Apply the budgeting system in physical education of schools and universities (BL2-Understand)  Skill Development  Employability  Employability  SDG3(Good health a														
Year	2nd	Semester	3rd	Credits	L	T	Р	С						
Total	Ziid	Comester	oru -	Greates	3	1	0	4						
Course Type	Theory only	nly												
Course Category	Discipline Core	ine Core												
Pre-Requisite/s	General knowledge	about daily management and physical ed	ucation	Co-Requisite/s										
	CO2- Explain about	management of sports in schools and un	versities.(BL2-Understand)											
Coures Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professsonal Ethics X Gender X Human Values X			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 CI.								
MOOC Courses									
Videos									

	Course / It to calculation matrix														
COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

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

			Part A										
Year	1st	Semester	2nd	Credits	L	Т	Р	С					
leai	15t Jeniestei		Zilu	Credits	3	1	0	4					
Course Type	Theory only	eory only											
Course Category	Discipline Core	cipline Core											
Pre-Requisite/s	Basic knowled	ge of statistics in physical education ar	nd sports	Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Describe CO3- Apply the CO4- Classify	e meaning and importance of statistics reliability and how it is depicted(BL2-la 5 T- test &F-tests(BL3-Apply) the different methods of measuring var normal curve and its different scoring s	Understand) iability(BL4-Analyze)										
Coures Elements	Skill Developm Entrepreneursl Employability v Professsonal E Gender X Human Values Environment X	nip × / tthics × ×	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG16(Peace Justice and strong institution	s)								

#### Part B

· · · · · · · · · · · · · · · · · · ·	ait b	
Contents	Pedagogy	Hours
Statistics: Meaning, Definition, Nature and Importance. 1.2 Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables and Calculation. 13 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
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
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
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
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
	Contents  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, Pitsotgram, 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.  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.  Correlation: 3.1 Meaning and Types. 3.2 Calculation of Karl Pearson (Product Moment Method) and Spearman-Rank Order Correlation Method.  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	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, Gydye, 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.  Measures of Variability 2.1Deviation, Percentiles and Quartiles-Meaning and Use. 2.2Calculation of Deviation 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.  Correlation: 3.1 Meaning and Types. 3.2 Calculation of Karl Pearson (Product Moment Method) and Spearman-Rank Order Correlation Method.  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 group project, quiz

## 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Sports Biomechanics
Course Code	MPCC-0301

$\mathbf{D}$	_	rt	٨

Tutt								
Year	2nd	Semester	3rd	Credits	L	Т	Р	С
Teal	Zild	Semester	Siu	Credits	3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	general knowled	ge of physical education at graduation	on level	Co-Requisite/s				
Course Outcomes & Bloom's Level	CO2- Interpret th CO3- Illustrate no CO4- Categorize CO5- Evaluate th	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 Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X Human Values X Environment X	o X nics X	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG15(Life on land) SDG16(Peace Justice and strong institution					

#### 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 • Landing Triple 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		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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

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

			raitA					
Year	2nd	Semester	3rd	Credits	L	Т	Р	С
Tear	ZIIU	Semester	3id	Credits	3	1	0	4
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge	of physical education at graduation le	evel	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 X Employability ✓ Professsonal Ethics X Gender X Human Values X Environment X  SDG (Goals) SDG3(Good health and well-being) SDG8(Decent work and economic gro							

#### 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
	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • Landing Triple 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		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 / Industrial Made														
COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

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

	•		Part A						
Year	2nd	Semester	3rd	Credits	L	Т	Р	С	
rear	ZIIG	Gennester	Sid	Credits	3	1	0	4	
Course Type	Theory only	Theory only							
Course Category	Discipline Electiv	/es							
Pre-Requisite/s	general awarene	ess of physical education at graduation	on level	Co-Requisite/s					
Course Outcomes & Bloom's Level	CO2- Describe the CO3- Demonstration CO4- Criticize so CO5- Choose and CO5- Choose and CO5- CO5- CO5- CO5- CO5- CO5- CO5- CO5-	modern trends in measurement and ne various tests in sports(BL2-Unde steep and conduct of skill to be psychological tests(BL4-An thropometric tests(BL5-Evaluate) w skill tests(BL6-Create)	rstand) ests(BL3-Apply)						
Coures Elements	Skill Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X Human Values X Environment X	o√ nics X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG9(Industry Innovation and Infrastructur SDG15(Life on land) SDG17(Partnerships for the goals)	e)				

#### 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

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

			Part A						
Year	2nd	Semester	4th	Credits		Т	Р	С	
Teal	Zilu	Semester	401	Credits	3	1	0	4	
Course Type	Theory only	Theory only							
Course Category	Discipline Core								
Pre-Requisite/s	pre knowledge	of Physical fitness and its Official	ting	Co-Requisite/s					
Course Outcomes & Bloom's Level	CO2- CO2 Des CO3- CO 3 Der CO4- CO4 Cate CO5- CO 5 Cor	cognize motor components and horibe a training load(BL2-Unders monstrate the methods of training agorize between the different mol mpare between tactics and technign planning and training program	stand) g components.(BL3-Apply) tor components and the method iques(BL5-Evaluate)	of training them.(BL4-Analyze)					
Coures Elements	Skill Development ✓ Entrepreneurship × Employability ✓ Professsonal Ethics ✓ Gender × Human Values × Environment ✓ Entronment ✓ Environment ✓ Environment ✓ SDG (Goals) Environment ✓ SDG (Goals) SDG								

#### 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	Harre, Dietrich Principles of Sports Training Berlin: Sporulated, 1982     Dick W. Frank Sports Training Principles London: Lepus Books, 1980     Matvyew, L.P Fundamental of sports Training Moscow: Progress Publishers, 1981
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Sports speciali	ts specialization –II							
Course Code	MPCC-0402	C-0402							
Part A									
Voor	2nd	Semester	4th	Credits	L	Т	Р	С	
Year	ZIIU	Semester	401	Credits	•				

			raitA					
Year	2nd	Semester	4th	Credits	L	Т	Р	С
tear	ZIIQ	Semester	401	Credits	3	1	0	4
Course Type	Theory only						•	
Course Category	Discipline Core	9						
Pre-Requisite/s	basic knowledg	ge of Graduation level		Co-Requisite/s				
Course Outcomes & Bloom's Level	CO2- CO2 Exp CO3- CO 3 Ap CO4- CO4 Cat CO5- CO5 Jus	emember psychological prepara plain specific motor abilities(BL: ply skill tests(BL3-Apply) tegorize common injuries (BL4- stify mechanical Analysis of Adv eate skill tests(BL6-Create)	2-Understand) -Analyze)					
Coures Elements	Skill Development   Entrepreneurship   Employability   Professsonal Ethics   Gender   Human Values   Environment   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	

COs	PO1	PO2	PO3	PO4	PO5	P06	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	2	-	1	ı	1	1	ı	-	1		-	1	-	-
CO4	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	2			-		ı	-	-	-	-	-	-	-



## MPES

Title of the Course	Research Methods in Physical Education and Sports
Course Code	MPCC0103[T]
•	· ·

P	'ar	t	Α	

T dit//											
Year	1st	Semester	1st	Credits	L	Т	Р	С			
Tear	ist	Semester	ist	Credits	3	1	0	4			
Course Type	Theory only	heory only									
Course Category	Discipline Cor	ipline Core									
Pre-Requisite/s	graduate leve	duate level knowledge of physical education Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Explain CO3- Chose a CO4- Analyze CO5- Select a	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 Developr Entrepreneurs Employability Professsonal Gender X Human Value Environment	ship √ X Ethics √ s X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG16(Peace Justice and strong institution	s)						

#### 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

	1 4112
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	

COs	PO1	PO2	PO3	PO4	PO5	P06	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	2	1	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO3	3	-	2	1	ı	1	1	ı	-	1		-	1	-	-
CO4	-	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	2	1	3			-		ı	-	-	-	-	-	-	-



## 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	Т	Р	С					
leai	151	Semester	ZIIG	Credits	3	1	0	4					
Course Type	Theory only	eory only											
Course Category	Discipline Core	scipline Core											
Pre-Requisite/s	Basic knowled	ge of organizing and Recreation		Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Describe CO3- Apply the CO4- Analyze	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) 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
М			•

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 • Landing Triple 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		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, Administration and Recreation in Physical Education, Parkash brothers, Educational Publishers, Ludhiana 1986  Butler G.O., Introduction to "Community Recreation, NewyorkMc Graw-hill Co. Inc.1959  Dubey C.H. Shri, A Recreation, L.N.C.P.E. Gwalior.(M.P.)
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	1	-	-	-	-	-	-	-	-	-	-	-	-
CO2	3	3	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	3	1	-	-	1		ı	-	-	-	-	-	-	-
CO4	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

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

			I alt A						
Year	2nd	Semester	4th	Credits	L	Т	Р	С	
real	ZIIG	Geniestei	401	Greats	3	1	0	4	
Course Type	Theory only								
Course Category	Discipline Core								
Pre-Requisite/s	Basic Knowledge	of Graduate level or Some Basic About	t Yoga Education	Co-Requisite/s					
Course Outcomes & Bloom's Level	CO2- CO2 Descri CO3- CO 3 Apply CO4- CO4 Classif CO5- CO5 Evalua	aturopathy therapies (BL1-Remember) be the effect of yoga on the different sy the yoga philosophy(BL3-Apply) fy asanas and know its effects on the bite the various asanas (BL5-Evaluate) op concepts of naturopathy BL6(BL6-Ci	stems of the body(BL2-Understand) ody(BL4-Analyze)						
Coures Elements	Skill Development Entrepreneurship Employability ✓ Professsonal Ethic Gender X Human Values ✓ Environment X	✓	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Athletics	tics						
Course Code	MPPC-0205	PC-0205						
·	·		Part A					
Year	ear 1st Semester 2nd Credits		L	Т	Р	С		
rear	ISL	Semester	Znd	Credits	0	0	2	2
Course Type	Lab only							
Course Category	Discipline Co	ore						
Pre-Requisite/s	basic knowle	edge of athletics		Co-Requisite/s				
Course Outcomes & Bloom's Level	CO2- Explair CO3- Apply s CO4- Analyz	proper approach run technique n correct take-off form for high j straddle roll technique during cl te landing techniques and adjus te individual high jump perform	ump (BL2-Understand) earance over the bar in high jou t for optimal performance in h	imp.(BL3-Apply) igh jump.(BL4-Analyze)				
Coures Elements	Skill Develop Entrepreneu Employability Professsona Gender X Human Value Environment	rship X y ✓ I Ethics X es X	SDG (Goals)	SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG16(Peace Justice and strong institution	s)			

#### 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		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 • Landing Triple 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		BL3-Apply	60

# Part D(Marks Distribution)

	Fait D(Maiks Distribution)												
			Theory										
Total Marks	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												
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation								

# Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Basketball											
Course Code	MPPC-0206											
	Part A											
Year	1st	Semester	2nd	Credits	L	Т	Р	С				
rear	isi	Semester	2110	Credits	0	0	2	2				
Course Type	Lab only			·								
Course Category	Discipline Co	ipline Core										
Pre-Requisite/s	basic knowle	dge of measurement		Co-Requisite/s								
Course Outcomes & Bloom's Level	CO2- Summa CO3- Apply of CO4- Analyz	nize proper player stance and ball arize various passing, shooting, an defensive strategies including gua e opponent strategies and adjust te personal performance and ada	nd dribbling techniques.(BL2-L rding and pivoting.(BL3-Apply defensive positioning.(BL4-An	)								
Coures Elements	Skill Develop Entrepreneur Employability Professsonal Gender X Human Value Environment	ship X	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
	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

	Part E
Books	
Articles	
References Books	
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	=	-	-	-



## MPES

Title of the Course	KhoKho ,Kaba	noKho ,Kabaddi ,Weight training							
Course Code	Course Code MPPC-0304								
Part A									
					L	Т	Р	С	

Part A										
Year	2nd	Semester	3rd	Credits	L	Т	Р	С		
i eai	Zilu	Semester	Sid	Credits	0	0	2	2		
Course Type	Lab only	only								
Course Category	Discipline Cor	е								
Pre-Requisite/s				Co-Requisite/s						
Course Outcomes & Bloom's Level	CO2- Explain CO3- Perform CO4- Associa	O1- Remember and demonstrate basic skills and rules (BL1-Remember) O2- Explain techniques of indigenous sports (BL2-Understand) O3- Perform copious skills efficiently and effectively (BL3-Apply) O4- Associate ground marking rules and officiating (BL4-Analyze) O5- Evaluate the strategies (BL5-Evaluate)								
Coures Elements	Skill Developm Entrepreneurs Employability Professsonal Gender X Human Values Environment 3	ship X √ Ethics X s X	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 institution SDG17(Partnerships for the goals)	s)					

#### 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	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	2	-	-	-	-	-	-	-	-	-	-	-	3	-	3
CO2	-	3	-		-	-	-	1	-	-	-	-	-	3	3
CO3	2	-	1	-	-	-	-	-	-	-	-	-	3	3	3
CO4	1	2	-	-	-	-	-	-	-	-	-	-	3	3	-
CO5	2	-	3	-	-	-	-	-	-	-	-	-	-	2	3
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Yoga								
Course Code	MPPC-0305								
	•		Part A						
Year	2nd	0	3rd	Credits	L	Т	Р	С	
Year	2nd	Semester	3rd	Credits	0	0	2	2	
Course Type	Lab only	ıly							
Course Category	Discipline Core	ipline Core							
Pre-Requisite/s		Co-Requisite/s							
Course Outcomes & Bloom's Level									
Coures Elements	Skill Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X Human Values X Environment X	p ✓ nics ✓	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Year 2nd	0405 Semester	Part A							
	Semester	Part A	T						
	Semester								
	Jeilleatei	Year 2nd Semester 4th Credits							
		401	Oredita	0	0	2	2		
Course Type Lab on	ab only								
Course Category Discipl	ne Core								
Pre-Requisite/s basic l	nowledge of specialized game.		Co-Requisite/s						
Course Outcomes & CO2-1 & Bloom's Level CO4-	tecall and understand coaching roles inderstand the methodology of lesso pply coaching techniques.(BL3-App nalyze and evaluate coaching practi treate inclusive coaching plans (BL6	n plan preparation.(BL2-Und ly) ces.(BL4-Analyze)	erstand)						
Skill Development   Entrepreneurship ×  Employability ✓  Coures Elements  Professonal Ethics ✓  Gender ×  Human Values ×  Environment ×  Skill Development ✓  SDG3(Good health and well-being)  SDC4(Quality education)  SDC4(Quality education)  SDC3(Good health and well-being)  SDC4(Quality education)  SDC4(Quality educa									

# Part B

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

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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Sports Specializ	orts Specialization									
Course Code	MPPC-0406										
			Part A								
Year	2nd	2nd Semester 4th Credits									
Tear	Zild	Semester	4th		0	0	2	2			
Course Type	Lab only	only									
Course Category	Discipline Core	iscipline Core									
Pre-Requisite/s	basic knowledge	e of specialized game		Co-Requisite/s							
Course Outcomes & Bloom's Level	CO2- Explain th CO3- Apply coa CO4- Analyze a	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 Developme Entrepreneurshi Employability ✓ Professsonal Et Gender X Human Values 3 Environment X	ip X hics X	SDG (Goals)	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic grow SDG15(Life on land) SDG17(Partnerships for the goals)	th)						

# 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 proticing 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	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

	Fail E								
Books									
Articles									
References Books									
MOOC Courses									
Videos									

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Athletics	tics										
Course Code	MPPC0105[F	ין										
	Part A											
Year	1st	Semester	1st	Credits	L	Т	Р	С				
Teal	151	Semester	151	Credits	0	0	2	2				
Course Type	Lab only	ab only										
Course Category	Discipline Core											
Pre-Requisite/s	Co-Requisite/s											
Course Outcomes & Bloom's Level												
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 Landing 1. 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 • Landing Triple 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 Landing 1. 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## MPES

Title of the Course	Badminton							
Course Code	MPPC0106[P]							
	•		Part A					
Year	1st	Semester	1st	Credits	L	Т	Р	С
Teal	131	Comester		Credits	0	0	2	2
Course Type Lab only								
Course Category	ry Discipline Core							
Pre-Requisite/s	basic knowledge	e 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 Developme Entrepreneurshi Employability V Professsonal Et Gender X Human Values 3 Environment X	ip X thics X	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)

<b>-</b>	r art D(warks 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							
Total marito	Willimum Fassing Marks	External Evaluation	Min. External Evaluation	internal Evaluation	Willi. Internal Evaluation							

#### Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	Track and Field (F	k and Field (Running Events)									
Course Code	PC-101										
	·		Part A								
Year	Credits	L	T	Р	С						
Tear	1st	Semester	1st	0	0	2	2				
Course Type	Lab only	Lab only Discipline Core									
Course Category	Discipline Core										
Pre-Requisite/s		Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Explain fun CO3- Perform ba CO4- Analyse eli	cs rules of running events(BL1-Red damental skills and techniques re sic duties of officiating in running gibility rules for participants and in the effectiveness, identify areas and	quired for running events and rela events, and overseeing relay patte aterpretation of officiating rules. (Bl	erns and baton exchanges.(BL3-Apply)  _4-Analyze)							
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 or Ground Marking and Officiating. Relays: Fundamental Skills o Various patterns of Baton Exchange o Understanding of Relay Zones o Ground Marking on 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	GYMNASTIC	GYMNASTICS									
Course Code	PC-102	PC-102									
			Part A								
Year	1st	Semester         1st         Credits         L         T         P           0         0         2									
Teal	131										
Course Type	Lab only	o only									
Course Category	Discipline Co	re									
Pre-Requisite/s		Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Explain CO3- Perforn CO4- Analyse	and demonstrate basic gymnasti the techniques and its execution of floor exercises and various mo e safety precautions and guidelin te personal progress, identify are	n (BL2-Understand) vements with proficiency (BL3 nes related to gymnastics (BL	B-Apply)							
Coures Elements	Skill Development ✓ Entrepreneurship × Employability ✓ Professsonal Ethics ✓ Gender X Human Values × Environment ×  SDG (Goals) SDG3(Good health and well-being) SDG3(Good health and economic growth) SDG3((Sustainable cities and economies) SDG15(Life on land)										
	"		Part B								

	l .		II.		
	Part	С			
					_

Hours

Pedagogy

Contents

Modules

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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



#### BPed

Title of the	Course	KABADDI									
Course	Code	PC-103	PC-103								
	•			Par	t A						
Yea	ar.	1st	Semester	1st		Credits	L	T	Р	С	
Tea	и	151	Semester	151		Credits	0	0	2	2	
Course	Туре	Lab only									
Course C	ategory	Discipline Core	1								
Pre-Requ	uisite/s					Co-Requisite/s					
Course Ou & Bloom'		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 El	lements	Skill Development ✓ Entrepreneurship X Employability ✓ Professonal Ethics X Gender X Human Values X Environment X		SDG	(Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG15(Life on land)					
				Par	t B						
Modu	ules		Contents		Pedagogy				Hours		
				Par	t C						
Modules		Title				Indicative-ABCA/PBL/ Experiments/Field work/ Internships			Bloom's Level		

# Part D(Marks Distribution)

Games

BL3-Apply

60

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

	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

		I dit L
	Books	
	Articles	
Refer	ences Books	
мос	OC Courses	
	Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-		-	-	-	-	-	-	-	-



				BPe	ed					
Title of the	Course	кно кно								
Course	Code	PC-104								
	<u>"</u>			Parl	† A					
							L	Т	Р	С
Yea	ır	1st	Semester	1st		Credits	0	0	2	2
Course	Туре	Lab only					l.			
Course Ca	Course Category Discipline Core									
Pre-Requ	Pre-Requisite/s Co-Requisite/s									
Course Ou & Bloom's Coures El	S Level	CO2- Explain techniques for chasing opponents (BL2-Understand) CO3- Perform copious skills and techniques efficiently and effectively (BL3-Appi CO4- Analyse ground marking rules and the responsibilities of officials in the gar CO5- Evaluate, identify and suggest strategies for enhancement (BL5-Evaluate Skill Development   Entrepreneurship   Employability   Professsonal Ethics   SDG (Goals)			als in the game.(BL4.5-Evaluate)	-Analyze)  DG3(Good health and well-being) DG15(Life on land)	)			
		Gender X Human Values Environment X	×		, ,	DG 15(Life on land)				
				Part	i B					
Modu	ules		Contents			Pedago	ЭУ		Hou	rs
1										
				Part		•				
Modules Title			Indicative-ABCA/PBL/ Experiments/Field work/ Internships		Bloor	Bloom's Level		Hours		

# Part D(Marks Distribution)

Games

BL3-Apply

60

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.

	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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							
			В	Ped							
e Course	Track and Fie	eld (Jumping Events)									
Code	PC-105										
			Ps	ort Δ							
				ar A		L	Т	Р	С		
ar	1st	Semester	1st		Credits	0	0	2	2		
е Туре	Lab only						l .				
Category	Discipline Co	Discipline Core									
uisite/s				Co	o-Requisite/	's					
	CO2- Explain CO3- Apply s CO4- Analyza	n correct take-off form for high j straddle roll technique during cl e landing techniques and adjus	ump.(BL2-Understand earance over the bar in to the transfer of the standard of	i) n high jump.(BL3-Apply) nce in high jump.(BL4-Ar	nalyze)	)					
Elements	Entrepreneur Employability Professsonal Gender X Human Value	rship X  / / Ethics X  es X	SDG (Goals)	SDG3(Good health and well-being) SDG16(Peace Justice and strong institutions)							
			Pa	art B							
Modules			ntents			Pedagogy		Н	ours		
			Pa	ort C							
		Title				d work/	Bloo	m's Level	Hours		
Track and Field Athle o Take off o Clearan	etics: Jumping ce over the bar	Events o High Jump (Straddle r. o Landing	Roll) o Approach Run,	n, Games BL3-Apply			BL3-Apply	60			
			,								
Minimum Pa	ıssing Marks	External Eval			ion	Internal Evaluat	tion	Min. Internal E	valuation		
0			0				0				
			Pra	ctical							
Minimum Pa	ssing Marks	External Eval	uation	Min. External Evaluation	ion	Internal Evaluat	tion	Min. Internal E	valuation		
32		70	23			30	9				
			"								
_			Pa	art E							
oks											
alaa.											
cles											
cles es Books Courses											
	Track and Field Athle o Take off o Clearan  Minimum Pa  0  Minimum Pa  32	ar 1st  Track and Field Athletics: Jumping o Take off o Clearance over the ba  Minimum Passing Marks  Minimum Passing Marks  Minimum Passing Marks  Minimum Passing Marks  Minimum Passing Marks	ar 1st Semester  Prype Lab only Category Discipline Core  Lutcomes CO2- Explain correct take-off form for high j CO3- Apply straddle roll technique during cl CO4- Analyze landing techniques and apply straddle roll technique during cl CO5- Evaluate individual high jump perform  Skill Development  Elements Professional Ethics × Gender × Human Values × Environment ×  Structure Co  Title  Track and Field Athletics: Jumping Events o High Jump (Straddle o Take off o Clearance over the bar. o Landing)  Minimum Passing Marks External Evaluate  Track Page Professional External Evaluate  Minimum Passing Marks External Evaluate  Minimum Passing Marks External Evaluate  Minimum Passing Marks External Evaluate  Track Professional External Evaluate  Minimum Passing Marks External Evaluate  Track Professional Ethics Prof	e Course	Part A  ar 1st Semester 1st  arype Lab only  Lategory Discipline Core  Luticomes CO2- Explain correct take-off form for high jump. (BL1-Remember) CO2- Explain correct take-off form for high jump. (BL2-Understand) CO3- Apply stradier of leteninque during clearance over the bar in high jump. (BL3-Apply CO4- Analyze landing techniques and adjust for optimal performance in high jump. (BL3-Apply CO4- Analyze landing techniques and adjust for optimal performance in high jump. (BL3-Apply CO4- Analyze landing techniques and adjust for optimal performance in high jump. (BL3-Apply CO4- Analyze landing techniques and adjust for optimal performance in high jump. (BL3-Apply CO4- Analyze landing techniques and adjust for optimal performance in high jump. (BL3-Apply CO4- Analyze landing techniques and adjust for optimal performance and adapt strategies for improvement. (Bl  Skill Development / Entrepreneurship X Employability / Professonal Ethics X Gender X Human Values X Environment X  Part B  SDG (Goals) SDG3(Good he	e Course Track and Field (Jumping Events)  Part A  ar 1st Semester 1st Credits  Part A  ar 1st Semester 1st Credits  Part A  Code PC-105  Part A  Code PC-105  Part A  ar 1st Semester 1st Credits  Part A  Code Pc-105  Part A  Code Pc-105  Part A  Code Pc-105  Part A  Code Pc-105  Code Pc-105	e Course   Track and Field (Jumping Events)	## Code   Course   Track and Field (Jumping Events)   Foreign   F	e Course   Track and Field (Jumping Events)   12 Code   PC-105   13 Code   PC-105   P		

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	YOGA	A							
Course Code	PC-106	2-106							
			Part A						
Year	1st	Semester	14	Credits	L	Т	Р	С	
Year	ist Semester i	1st	Credits	0	0	2	2		
Course Type	Lab only								
Course Category	Discipline Core	Discipline Core							
Pre-Requisite/s		Co-Requisite/s							
Course Outcomes & Bloom's Level	CO2- Explain the CO3- Practice sel CO4- Simplify the		ra.(BL4-Analyze)		·				
Skill Development ✓ Entrepreneurship × Employability ✓ Coures Elements 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



## BPed

Title of the Course	TABLE TENNIS	TABLE TENNIS											
Course Code	PC-107	C-107											
			Part A										
Year	1st Semester		1st	Credits	L	Т	Р	С					
tear	ist	Semester	isi	Credits	0	0	2	2					
Course Type	Lab only	Lab only											
Course Category	Discipline Core	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 ×			SDG3(Good health and well-being) SDG15(Life on land)									
			Part B										
Modules		Contents		Pedagogy			Hours						

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.	Comoo	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPed

Title of the Course	Track and Field (	rack and Field (Throwing Events										
Course Code	PC-208											
Part A												
Year	2nd	Semester	3rd	Credits	L	Т	Р	С				
Teal	ZIIG	Semester	Sid	Credits	0	0	2	2				
Course Type	Lab only	only										
Course Category	Discipline Core	Discipline Core										
Pre-Requisite/s	basic knowledge	basic knowledge of athletics Co-Requisite/s										
Course Outcomes & Bloom's Level	CO2- Explain va CO3- Perform di CO4- Analyze te	rious techniques of throwing ifferent throwing techniques echniques and interpret rules	of throwing events. (BL1-Reg events.(BL2-Understand) to enhance performance.(BLs related to throwing events.(Istrategies for improvement.(B	3-Apply) BL4-Analyze)								
Coures Elements	Skill Developme Entrepreneurshi Employability ✓ Professsonal Ett Gender X Human Values > Environment X	p X hics X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG16(Peace Justice and strong institt	utions)							

# 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	

	Coulde / titoulation matin														
COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPed

Title of the Course	TAEKWONDO												
Course Code	PC-209												
	Part A												
Year	2nd	Semester	3rd	Credits	L	Т	Р	С					
Teal	ZIIU	Semester	Siu	Credits	0	0	2	2					
Course Type	Lab only	only											
Course Category	Discipline Core	pline Core											
Pre-Requisite/s				Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Explain v CO3- Perform CO4- Analyze	asic stances and punching tech various kicking techniques and f sparring techniques and forms. opponent movements during sp personal progress and develop	forms (BL2-Understand) (BL3-Apply) parring (BL4-Analyze)										
Coures Elements	Skill Developm Entrepreneursl Employability Professsonal E Gender X Human Values Environment X	hip X / Ethics X	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 (Kollvlothagi), Bade 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



				BPe	ed						
Title of the	e Course	VOLLEYBALL									
Course	Code	PC-210									
				Part	A						
							L	Т	Р	С	
Yea	ar	2nd	Semester 3rd			Credits	0	0	2	2	
Course	Туре	Lab only	l		1			l .			
Course C	ategory	Discipline Cor	e								
Pre-Req	uisite/s				C	o-Requisite/s					
Course O & Bloom	's Level	CO3- Apply defensive strategies including digging and blocking, (BL3-ACO4- Analyze opponent strategies and adjust defensive positioning, (BL CO5- Evaluate personal performance and adapt strategies, (BL5-Evaluate Development of Entrepreneurship X Employability of Professonal Ethics X Gender X Human Values X Environment X			g.(BLÄ-Ānalyze) Evaluate)  SDG3(Good health and well-being)						
				Part	В						
Mod	lules		Co	ntents		Pedag	ogy		Н	ours	
				Part	С						
Modules	Modules Title				Exper	cative-ABCA/PBL/ riments/Field work/ Internships		Bloom's	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.				O					2	

Part D(Marks Distribution)

	Theory													
metry														
Total Marks	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										

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

								o 7 ii iioaiaiic							
COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-2023-2	2024						
				В	Ped							
Title of th	ne Course	CRICKET										
Course	e Code	PC-211										
		•		P	art A							
Ye	ear	2nd	Semester	3rd			Credit	s		Т	Р	С
Cours	e Type	Lab only						(	)	0	2	2
	Category	Discipline Core										
	quisite/s	Biosipiiilo Core					Co-Requis	site/s				
	Outcomes n's Level	CO2- Explain advan- CO3- Apply defensiv CO4- Analyze game	bowling, and fielding tech ced batting strokes and bute and offensive fielding st situations and make strat anal performance and dev	owling variations.(Bi trategies.(BL3-Appl tegic decisions.(BL4	L2-Unders y) I-Analyze)							
Coures I	Elements	Skill Development ✓ Entrepreneurship × Employability ✓ Professsonal Ethics Gender × Human Values × Environment ×		SDG (Goa	ıls)	SDG3(Good h SDG8(Decent SDG10(Reduc	t work and	economic growth)				
				P	art B							
Мо	dules		Cont	ents				Pedagogy			Но	urs
				Pa	art C							
Modules			Title			Indicative-ABCA/PBL/ Experiments/Field work/ Internships			Bloom's		loom's Level	
NIT 1	o Fielding-Defensive	nd backward defensive and offensive fielding ng techniques o Wicke	e stroke o Bowling-Simple g o Catching-High catching et keeping techniques	ching and Slip catching o Games				BL3-Apply 60				60
				Part D(Mark	re Dietrib	ution)						
				,	neory	duon						
Total Marks	Minimum Pa	ssing Marks	External Evalua	tion	Min. Ext	ernal Evaluation	n	Internal Evalu	ation	Mi	n. Internal E	valuation
				Pra	ectical							
Total Marks	Minimum Pa	ssing Marks	External Evalua			ernal Evaluation	n	Internal Evalu	ation	Mi	n. Internal E	valuation
00	32		70	23				30		9		
	1		1							1		
Bo	oks			P	art E							
	cles											
	es Books											
MOOC	Courses											
Vid	eos											

Books	
Articles	
References Books	
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	P06	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPed

Title of the Course	Tennis													
Course Code	PC-212	-212												
	·		Part A											
Veer	Year 2nd Semester 3rd Credits													
Year	2nd	Semester 3rd Credits 0 0												
Course Type	Lab only	only												
Course Category	Discipline Core	е												
Pre-Requisite/s				Co-Requisite/s										
Course Outcomes & Bloom's Level	CO2- Explain CO3- Demons	ize different grips used in tenni the basic rules of tennis regard strate proper stance, technique different serves and technique e, identify and suggest strategi	ding scoring, serving, and offi es and footwork.(BL3-Apply) es.(BL4-Analyze)											
Coures Elements	Entrepreneurs Employability Professsonal B Gender X Human Values	Skill Development ✓ Entrepreneurship × Employability ✓ Professsonal Ethics × Gender × Human Values × Environment ×												
	1		Part B	1										

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, Basic Agrice, 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	xternal Evaluation 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	

								o / ii iioaiaiic	311 111 CC CC 131						
COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

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

F	art	Α

Year	2nd	Semester	3rd	Credits	L	Т	Р	С
Tear	ZIIQ	Semester	Sid	Credits	3	2	0	5
Course Type	Theory only						•	
Course Category	Discipline Core	1						
Pre-Requisite/s	Basic Knowled	ge 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 Developm Entrepreneursl Employability Professsonal E Gender X Human Values Environment X	nip X ′ tthics X X	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 Wass 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 ,lst 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	English	nglish										
Course Code	PEL-103	L-103										
	•		Part A					•				
Voor	Year 1st Semester 1st Credits											
Teal	131	Jeniestei	131	Credits	3	2	0	5				
Course Type	Theory only	ory only										
Course Category	Discipline Core											
Pre-Requisite/s	basic grammar knowledge			Co-Requisite/s								
Course Outcomes & Bloom's Level	CO3- Illustrate the ability to CO4- Analyze the barriers to CO5- Determine the interview	amental knowledge of En- communicate in English to communication(BL4-A ew skills(BL5-Evaluate)	glish Language. (BL2-Understan and remember short Stories(BL3 analyze)	d) -Apply)								
Coures Elements	Skill Development ✓ Entrepreneurship × Employability ✓ Professonal 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	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	$4.1\ {\it Problematic}\ 4.2\ {\it Reflective}\ 4.3\ {\it Imaginative}\ 4.4\ {\it Communication}\ {\it Skills}\ {\it and}\ {\it Personality}\ {\it development}$	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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



### BPES

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

			Part A					
Year	1st	Semester	2nd	Credits	L	Т	Р	С
Teal	151	Semester	Zilu	Credits	3	2	0	5
Course Type	Theory only				•			
Course Category	Disciplinary Ma	ijor						
Pre-Requisite/s	Basic Knowled	ge of Physical Education and Tourna	ments	Co-Requisite/s	Basic Kno	wledge of C	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 ✓ Professonal Ethics X Gender X Human Values X Environment X  SDG (Goals) 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. v. 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	larks Minimum Passing Marks External Evaluation Min. External Evaluation Internal Evaluation Min. Internal									
100	40 60 18 40 12									
			Practical							
Total Marks	Minimum Passing Marks	External Evaluation	l Evaluation Min. External Evaluation Internal Evaluation		Min. Internal Evaluation					

### Part E

Books	Tirunaryanan,c. and hariharan, s. methods in physical education,karal 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	1	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	2	2	3	-	-	-	-	-	-	1	1	-	-	-	-
CO4	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	2	2	-	-	-	-	-	-		1	-	-	-	-



### BPES

Title of the Course	Basic computer a	ic computer application									
Course Code	PEL-203	-203									
			Part A								
Year	1st	Semester	2nd	Credits	L	Т	Р	С			
real	150	Semester	Zilu	Credits	3	1	0	4			
Course Type	Theory only							•			
Course Category	Disciplinary Majo	ciplinary Major									
Pre-Requisite/s	Basic knowledge	asic knowledge of operating computer Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Explain the	use of computer and various software in the use on MS excel, power point and Word is computer software efficiently in teaching	in Physical Education.(BL2-Understan	d)							
Coures Elements	Skill Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X Human Values X Environment X	o X ics X	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	2	-	3	3	-	-	-	-	-	-	-	-	-	-
CO3	2	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Sports Training
Course Code	PEL-303

Part A

			I all A								
Year	2nd	Semester	3rd	Credits	L	Т	Р	С			
Teal	ZIIU	Semester	Sid	Credits	3	2	0	5			
Course Type	Theory only	neory only									
Course Category	Discipline Core	cipline Core									
Pre-Requisite/s	Knowledge of Exe	ercise Physiolgy and Sports Biomecha	anics.	Co-Requisite/s	Knowled	ge of Traini	ing.				
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)										
Skill Development ✓ Entrepreneurship × Employability ✓ Coures Elements  Professsonal Ethics × Gender ✓ Human Values × Environment ×  SDG (Goals)  SDG (Goals) SDG (Goals) SDG (Goals) SDG (Goals) SDG (Reduced inequalities) SDG (Reduced inequalities) SDG (Reduced inequalities) SDG (Reduced inequalities)											

### 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	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								

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Officiating &	ng & coaching-III								
Course Code	PEL-304									
			Part	A						
Year	2nd	Semester	3rd	Credits	L	Т	Р	С		
Teal	ZIIU	Semester	Sid	Credits	3	2	0	5		
Course Type	Theory only							•		

Year	2nd	Semester	3rd	Credits	L	Т	Р	С			
Teal	ZIIU	Semester	Sid	Credits	3	2	0	5			
Course Type	Theory only	rheory only									
Course Category	Discipline Co	oline Core									
Pre-Requisite/s	understandin	erstanding the concept of coaching  Co-Requisite/s  Basic skills of badminton and Tennis									
Course Outcomes & Bloom's Level	CO2- Explain CO3- Demon CO4- Apply to	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 Develop Entrepreneur Employability Professsonal Gender X Human Value Environment	ship ✓ ✓ Ethics X	SDG1(No poverty) SDG3(Good health and well-being) SDG8(Decent work and economic growth)								

### Part B

	Fa	art 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	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						

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Tests & Measurement
Course Code	PEL-402

Part A												
Year	2nd	Semester	4th	Credits	L	Т	Р	С				
leai	ZIIU	Semester	401	Credits	3	2	0	5				
Course Type	Theory only	Theory only										
Course Category	Discipline C	scipline Core										
Pre-Requisite/s	Basic Know	Basic Knowledge of Mathematics Co-Requisite/s Knowledge of Physical Education and sport										
Course Outcomes & Bloom's Level	CO2- Desci CO3- Apply CO4- Class CO5- Choo	ignize the concept of test, ribe the various physical fit y the criteria of test selective sify the Sports Skill Tests(E use the appropriate sports te physical fitness and sports	itness tests(BL2-Underst on.(BL3-Apply) BL4-Analyze) skill tests(BL5-Evaluate)		.(BL1-Remember)							
Coures Elements	Skill Develor Entreprener Employabili Professson Gender X Human Valu Environmer	urship X ity X al Ethics X ues X	SDG (Goals)	SDG1(No poverty) SDG8(Decent work and economic growth)								

### Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Introduction to Test & Measurement & Evaluation 1.1 Meaning of Test, Measurement & Evaluation in Physical Education. 1.2 Importance of Test, Measurement & Evaluation in Physical Education. 1.3 Criteria of selecting an appropriate test. 1.4 Type and classification of test	direct instructions, quiz activity	15
UNIT-2	Construction and Administration of Test 2.1 Administration of testing programme. 2.2 Construction of Physical Fitness / Efficiency Test 2.3 General types of sports skill test items 2.4 Construction of sports skill test	problem based learning, experimential learning	20
UNIT-3	Physical Fitness Tests 3.1 Youth Physical Fitness Test. 3.2 Tuttle Pulse Ratio Test 3.3 Newton Motor Ability Test 3.4 Phillips JCR Test	skill test, flip class, experiential learning	20
UNIT4	Sports Skill Tests 4.1 Lockhart and McPherson Badminton test 4.2 Johnson Basketball test 4.3 McDonald soccer test 4.4 S.A.I Hockey test	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								
	0												

# Part E

Books	Kansal, D.K., Test and measurement in sports and physical education, New Delhi:D.V.S. Publications. 1996.
Articles	
Peferences Peeks	Barron, H. M., &Mchee, A practical approach to measurement in physical education, 10th, Lea and Febiger Philadelphia 1997 Bangsbo, J, Fitness training in football: A scientific approach. August Krogh Institute, University of Copenhagen, [Copenhagen], Denmark, 1994. Walsh, W, Bruce: Tests and Measurements, 4th Edition Tom Kubiszyn, Gary D. Borich, Educational Testing and Measurement, 11th edition
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	-	1	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

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

Year	2nd	Compositor	4th	Credits	L	Т	Р	С			
rear	ZIIQ	Semester	401	Credits	3	2	0	5			
Course Type	Theory only	eory only									
Course Category	Discipline Core										
Pre-Requisite/s	Basic Knowledge	about Combat sports and Gynmasti	ics	Co-Requisite/s							
Course Outcomes & Bloom's Level	CO2- Interpret th CO3- Demonstra CO4- Analyze the	rules regulations of the combative sp e gymnastics rules( <b>BL2-Understan</b> te the ability to lay out and mark the e gymnastic techniques ( <b>BL4-Analyz</b> ropriate indigenous activities( <b>BL5-E</b> x	di) dimensions of the arena.(BL3-App ze)	ly)							
Coures Elements	Skill Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X Human Values X Environment X	o√ ics ×	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	
Deference Backs	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Sports Management
Course Code	PEL-501

	Part A												
Year	3rd Semester		5th	Credits	L	Т	Р	С					
rear	Sid	Geniestei	Sui	Credits	3	2	0	5					
Course Type	Theory only												
Course Category	Discipline Core	1											
Pre-Requisite/s	basic knowledg	ge of management.		Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Describe CO3- Apply fac CO4- Categoria CO5- Supportin	e importance of management of Phy management of Physical Education sility and financial management. (BL3 ze various schemes and policies of 8 ng the policies of state and central go g the mechanics of purchasing (BL6-	and Sports at different level(BL2-L -Apply) State &Central Government(BL4-A overnment(BL5-Evaluate)	Inderstand)									
Coures Elements	Skill Development   Entrepreneurship  Employability  Professsonal Ethics × Gender × Human Values × Environment ×  Skill Development  SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG10(Reduced inequalities)												

#### Part F

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)

1 at 5 (maile 5 louisation)											
Theory											
Total Marks	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 3Frosdick, 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Sports Journalism	orts Journalism											
Course Code	PEL-502	502											
Part A													
Year	3rd	Semester	5th	Credits	L	Т	Р	С					
leai	Sid	Semester	3	2	0	5							
Course Type	Theory only	eory only											
0	Dissiplies Osses												

Course Category

Discipline Core

Pre-Requisite/s

basic knowledge of journalism

Co-Requisite/s

CO1- Remember the concept of sports bulletins, its types and method of preparation(BL1-Remember)
CO2- Interpret basic art of mass communication and reporting of sports events through various mediums.(BL2-Understand)
CO3- Demonstrate the role of advertisement in journalism(BL3-Apply)
CO4- Criticize the ethics of journalism.(BL4-Analyze)
CO5- Justify the role of mass media in the society(BL5-Evaluate)
CO6- Develop sports event reports in the various modes of media(BL6-Create)

Skill Development ✓
Entrepreneurship X

SDG1(No poverty)

Skill Development 

Entrepreneurship X
Employability 

Professonal Ethics 

Gender X
Human Values X
Environment X

SDG (Goals)

SDG1(No poverty) SDG2(Zero hunger) SDG4(Quality education) SDG15(Life on land)

Part	E
------	---

Modules	Contents	Pedagogy	Hours
UNIT-1	Introduction 1. Meaning and Definition of Journalism 2. Ethics of Journalism 3. Sports Ethics and Sportsmanship 4. Reporting Sports Events 5. National and International Sports News Agencies.	direct instruction and cooperative learning	15
UNIT-2	Sports Bulletin 2.1 Concept of Sports Bulletin 2.2 Types of bulletin 2.3 Journalism and sports education 2.4 Structure of sports bulletin – Compiling a bulletin 2.5 General news reporting and sports reporting. 2.4 Structure of sports bulletin – Compiling a bulletin 2.5 General news reporting and sports reporting.	lecture, quiz, open book exam	20
UNIT-3	Mass Media 3.1 Mass Media in Journalism: Radio and T.V. 3.2 Commentary – Running commentary on the radio – Sports expert's comments. 3.3 Role of Advertisement in Journalism. 3.4 Sports Photography 3.5 Editing and Publishing.	peer teaching and quiz activities	20
UNIT-4	Report Writing on Sports 4.1 Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. 4.2 Preparing report of an Annual Sports Meet for Publication in Newspaper. 4.3 Organization of Press Meet. 4.4 Practical assignments to observe the matches and prepare report and news of the same. 4.5 Visit to News Paper office and TV Centre to know various departments and their working	problem based, game based, experiential learning	20

#### Part D(Marks Distribution)

Theory											
Total Marks	Total Marks Minimum Passing Marks External Evaluation Min. External Evaluation Internal Evaluation Min. Internal Evaluation										
100	40	40	12	60	18						
			Practical								
Total Marks	rks Minimum Passing Marks External Eval		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 Surject 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. Surject Publication New delhi 1990 4 Kannan K Soft Skills, Yadava College Publication Madurai 2009
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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



### BPES

Title of the Course	Athletic care & F	Athletic care & Rehabilitation										
Course Code	PEL-504	<del>2</del> L-504										
	Part A											
Year	3rd	Semester	5th	Credits	L	Т	Р	С				
Teal	Siu	Semester	501	Credits	3	2	0	5				
Course Type	Theory only					•						
Course Category	Discipline Core	cipline Core										
Pre-Requisite/s	basic knowledge	e of athletics and injuries		Co-Requisite/s								
Course Outcomes & Bloom's Level	CO2- Explain th CO3- Apply new CO4- Illustrate t	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) CO6- ()										
Coures Elements	Skill Developme Entrepreneurshi Employability  Professsonal Et Gender  Human Values  Environment X	ip X thics X	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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



### BPES

Title of the Course	Talent Identif	Talent Identification									
Course Code	PEL-603	EL-603									
	Part A										
Year	3rd Semester		6th	Credits	L	Т	Р	С			
Tou.	ord	ocineste:	out	oreans	3	2	0	5			
Course Type	Theory only										
Course Category	Discipline Co	ore									
Pre-Requisite/s	basic knowle	edge of physical education		Co-Requisite/s							
Course Outcomes & Bloom's Level	CO2- Explain CO3- Apply CO4- Illustra	nize the skeletal structure of h n the basic structure and funct newton's laws of motion in sys- te the role of various mechanic the qualitative and quantitative	ions of primary joints of the b irts activities(BL3-Apply) cal principles in human move	ement(BL4-Analyze)	-Remember)						
Coures Elements	Skill Develop Entrepreneu Employability Professsona Gender Human Value Environment	rship X y ✓ I Ethics ✓ es X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG8(Decent work and economic growth) SDG12(Responsible consuption and produc SDG15(Life on land)	ition)						

### Part B

Modulos	Contents	Bodogogy	Hours
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) Itd 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Sports Entrepren	ports Entrepreneurship										
Course Code	PEL-604	:L-604										
	Part A											
Year	3rd	Semester	6th	Credits	L	Т	Р	С				
Teal	Siu	Semester	out	Cieuits	3	2	0	5				
Course Type	Theory only											
Course Category	Discipline Core											
Pre-Requisite/s	basic knowledge	e of sports		Co-Requisite/s								
Course Outcomes & Bloom's Level	CO2- Explain th CO3- Apply new CO4- Illustrate t	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) CO6- (Illustrate the role of various mechanical principles in human movements(BL5-Evaluate)										
Coures Elements	Skill Developme Entrepreneurshi Employability V Professsonal Et Gender X Human Values X Environment X	ip <b>√</b> hics <b>X</b>	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Athletics-I	Athletics-I											
Course Code	PEP-104												
			Part A										
Year	1st	Semester	1st	Credits	L	Т	Р	С					
Teal	131	Semester	151	Credits	0	0	2	2					
Course Type	Lab only	Lab only											
Course Category	Discipline Co	Discipline Core											
Pre-Requisite/s	basic athletic	skills		Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Explair CO3- Apply r CO4- Illustrat	nize the skeletal structure of hum the basic structure and functions newton's laws of motion in sports te the role of various mechanical the qualitative and quantitative ar	s of primary joints of the body(I activities(BL3-Apply) principles in human movement	(BL4-Analyze)	ember)								
Coures Elements	Skill Develop Entrepreneur Employability Professsonal Gender X Human Value Environment	ship X √√ Ethics √ es X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG8(Decent work and economic growth)									

### Part B

# 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Gymnastics	Symnastics											
Course Code	PEP-105												
	·		Part A										
Year	1st		1st	Credits	L	Т	Р	С					
rear	ist	Semester	ist	Credits	0	0	2	2					
Course Type	Lab only	ab only											
Course Category	Discipline Core	Discipline Core											
Pre-Requisite/s				Co-Requisite/s	Co-Requisite/s								
Course Outcomes & Bloom's Level	CO2- Explain th CO3- Apply new CO4- Illustrate to	e basic structure and functions of p vton's laws of motion in sports activ he role of various mechanical princ	rimary joints of the body(BL2-Unde	lyze)									
Coures Elements	Skill Developme Entrepreneurshi Employability  Professonal Ett Gender  Human Values  Environment X	p X hics ✓		SDG3(Good health and well-being) SDG15(Life on land)									
	<u>'</u>		Part B										
Modules		Contents		Vananav			Hou	re					

Games

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 Yaulting Horse o Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

Part C

Modules

Indicative-ABCA/PBL/ Experiments/Field work/ Internships

Bloom's Level

BL3-Apply

Hours

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	arks Minimum Passing Marks External Eva		Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation								
100	40	60	10	40	10								

	Part E
Books	
Articles	
References Books	
MOOC Courses	
Videos	

	Course Articulation Matrix														
COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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-2	2023-2024									
				ВР	ES									
Title of th	e Course	Yoga												
Course	Code	PEP-106												
				Par	rt A									
Ye	ar	1st	Semester	1st			Credits	L	Т	Р	С			
Causa	- T	Lab only						0	0	2	2			
Course C		Discipline Core												
Pre-Req		Discipline dore	Co-Requisite/s											
Course O & Bloom		CO2- Explain the ba CO3- Apply newton CO4- Illustrate the r	e skeletal structure of human boo asic structure and functions of pr 's laws of motion in sports activit ole of various mechanical princip alitative and quantitative analysis	imary joints of thi ies(BL3-Apply) bles in human m	ne body(BL2-Unde novement(BL4-Ana	rstand) Ilyze)	muscles.(BL1-Rememb	er)						
Coures E	Elements	Skill Development • Entrepreneurship × Employability • Professsonal Ethics Gender × Human Values × Environment ×		SDG (Goals)  SDG3(Good health and well-being) SDG4(Quality education)										
				Par	t B									
Mod	lules		Contents				Pedagogy			Hou	ırs			
				Par	t C									
Modules			Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships				Bloom's Level			Hours			
	Yoga: o Surya Nama · Standing · Laying F	askara, o Pranayams Prone Position, · Layir	o Corrective Asanas o Kriyas o Ang Spine Position	sanas · Sitting Games			BL3-Apply 60							
				Part D(Marks	: Distribution)									
				The	ory									
Total Marks		ssing Marks	External Evaluation		Min. External Eval	uation	Internal Evalua			ternal Ev	aluation			
	0			0				0						
Total Marks	Minimum Ba	occina Marka	External Evaluation	Prac		uation	Internal Evalue	tion	Min !-	tornal F:	aluation			
00	40	ssing Marks	External Evaluation 60	18	Min. External Eval	uatiOII	Internal Evalua	1:		ternal Ev	aiualiUii			
				10			1 .0							
				Par	t E									
	oks													
Вос								-						
Boo	cles													
Artic	es Books Courses													

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Athletics II											
Course Code	PEP-204											
	•		Part A									
Year	1st	Semester	2nd	Credits	L	T	Р	С				
rear	ist	Semester	Zrid	Credits	0	0	2	2				
Course Type	Lab only											
Course Category	Disciplinary Ma	nary Major										
Pre-Requisite/s	basic knowled	owledge of athletics Co-Requisite/s										
Course Outcomes & Bloom's Level	CO2- Explain t CO3- Apply no CO4- Illustrate	ize the skeletal structure of human be the basic structure and functions of p ewton's laws of motion in sports activ to the role of various mechanical princ the qualitative and quantitative analys	rimary joints of the body(BL2-Under ities(BL3-Apply) iples in human movement(BL4-Ana	lyze)								
Coures Elements	Skill Developm Entrepreneurs Employability Professsonal E Gender X Human Values Environment >	ship X ✓ Ethics ✓		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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-		ı			i	-	-	-	i	i	-	-



### BPES

Title of the Course	Basketball										
Course Code	PEP-205										
	•		Part A								
Year	1st	Semester	2nd	Credits	L	Т	Р	С			
Tear	ist	Semester	0	2	2						
Course Type	Lab only										
Course Category	Disciplinary Ma	linary Major									
Pre-Requisite/s	basic knowledg	ge of ball games		Co-Requisite/s							
Course Outcomes & Bloom's Level	CO2- Explain t CO3- Apply ne CO4- Illustrate	ze the skeletal structure of human bo the basic structure and functions of p witon's laws of motion in sports activi the role of various mechanical princi ne qualitative and quantitative analysi	rimary joints of the body(BL2-Und- ties(BL3-Apply) ples in human movement(BL4-An	alyze)							
Coures Elements	Skill Developm Entrepreneursi Employability Professsonal E Gender X Human Values Environment X	hip X / Ethics √	SDG (Goals)	SDG3(Good health and well-being)							

### Part B

Modules	Contents	Pedagogy	Hours
---------	----------	----------	-------

### Part C

Module	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
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	Jeery V. Krasue, Ed. D. Basketball Skills and Drills, The Marine Sports Publishing Division 2000     Moontasir, Abbas, Principles of Basketball, Bombay Skonda Publication, 2000.     Srivatsan, S. Basketball, NIS Publication, Patiala. 4. Ted St. Mootin, The Art of Shooting Basketball, 2001.     Total Basketball, The Ultimate Basketball Encyclopedia, Sports Media Publishing Inc. 2003.     Wissel Hal, Basketball Step to success, 2012.
MOOC Courses	
Videos	

							Cours	o / ii iioaiaii	JII WIGHTA						
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Mass demoi	Mass demonstration										
Course Code	PEP-206											
	Part A											
Year	1st	Semester	2nd	Credits	L	Т	Р	С				
Tear	isi	Semester	Zild	Credits	0	0	2	2				
Course Type	urse Type Lab only											
Course Category	Disciplinary	Disciplinary Major										
Pre-Requisite/s	The student	t must know the reaction to the	e basic commands.	Co-Requisite/s	The students must act in a coordination to the command.							
Course Outcomes & Bloom's Level												
Coures Elements	Skill Development ✓ Entrepreneurship X Employability ✓ Professsonal Ethics ✓ Gender X Human Values X Environment X  SDG (Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG5(Cender equality) SDG6(Decent work and economic growth) SDG10(Reduced inequalities) SDG11(Sustainable cities and economies)											

### Part B

Modules Contents Pedagogy Hours		Modules	Contents	Pedagogy	Hours
---------------------------------	--	---------	----------	----------	-------

# Part D(Marks Distribution)

	Theory										
Total Marks	tal Marks Minimum Passing Marks External Evaluation Min. External Evaluation 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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Badminton	udminton									
Course Code	PEP-305	EP-305									
	•		Part A								
					L	Т	Р	С			
Year	2nd	Semester	3rd	Credits	0	0	2	2			
Course Type	Lab only	Lab only									
Course Category	Discipline Core	Discipline Core									
Pre-Requisite/s	Knowledge of Race	quet Games		Co-Requisite/s	Knowled	ige of sports T	raining				
Course Outcomes & Bloom's Level	CO2- Explain the b CO3- Apply newtor CO4- Illustrate the	basic structure and functio on's laws of motion in sport or role of various mechanica	ns of primary joints of the boo	ent(BL4-Analyze)	BL1-Remember)						
Coures Elements	Skill Development Entrepreneurship 3 Employability  Professsonal Ethic Gender X Human Values X Environment X	×	SDG (Goals)	SDG1(No poverty) SDG4(Quality education) SDG8(Decent work and economic g SDG10(Reduced inequalities) SDG11(Sustainable cities and econo SDG15(Life on land) SDG17(Partnerships for the goals)	,						

### Part B

# 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

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Yoga										
Course Code	PEP-306	PEP-306									
	•		Part A								
				2 "	L	Т	Р	С			
Year	2nd	Semester	3rd	Credits	0	0	2	2			
Course Type	Lab only	ab only									
Course Category	Discipline Core	Discipline Core									
Pre-Requisite/s	Basic knowled	ge of Yoga		Co-Requisite/s							
Course Outcomes & Bloom's Level											
Coures Elements	Skill Development   Entrepreneurship × Employability   Professsonal Ethics   Gender × Human Values × Environment ×										

### Part B

Modules	Contents	Pedagogy	Hours
---------	----------	----------	-------

# Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT	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 allments. 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	lyengar.B.K.S "IIGHT ON YOGA" jAN 1966
Articles	
References Books	
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	=	-	-	-



### BPES

Title of the Course	Judo/ Taekwondo	/ Taekwondo										
Course Code	PEP-405	:P-405										
	·		Part A									
Year	2nd	Semester	4th	Credits	L	Т	Р	С				
Teal	ZIIU	Semester	401	Credits	0	0	2	2				
Course Type	Lab only	b only										
Course Category	Discipline Core											
Pre-Requisite/s	Basic knowledge	about Combative Sports	Co-Requisite/s									
Course Outcomes & Bloom's Level	CO2- Explain the CO3- Apply new CO4- Illustrate th	the skeletal structure of human bod e basic structure and functions of pri ton's laws of motion in sports activiti he role of various mechanical princip qualitative and quantitative analysis	mary joints of the body(BL2-Under es(BL3-Apply) les in human movement(BL4-Ana	lyze)								
Coures Elements	Skill Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X	×	SDG (Goals)	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG10(Reduced inequalities)								

Contents

Hours

Pedagogy

Modules

	Par	t C		
Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT	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.	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	3	3	-	-	-	-	-	-	-	-	-	-	-
CO4	1	-	-	-	2	-	-	-	-	-	-	-	-	-	-
CO5	2	-	2	-	3	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Gymnastics	mnastics									
Course Code	PEP-406										
	·		Part A								
V	01	0	441	0	L	T	Р	С			
Year	2nd	Semester	4th	Credits	0	0	2	2			
Course Type	Lab only	only									
Course Category	Discipline Core	Discipline Core									
Pre-Requisite/s	Individual has to	be Physically Fit to be able to learn g	gymnastics activities.	Co-Requisite/s Basic knowledge of Sports Training.							
Course Outcomes & Bloom's Level	CO2- Explain the CO3- Apply newt CO4- Illustrate th	the skeletal structure of human body basic structure and functions of prin ton's laws of motion in sports activitie e role of various mechanical principle qualitative and quantitative analysis of	nary joints of the body(BL2-Under s(BL3-Apply) es in human movement(BL4-Anal	yze)	)						
	Skill Developmen Entrepreneurship Employability 🗸			SDG1(No poverty) SDG3(Good health and well-being)							

### Part B

### Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
UNIT 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	otal 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 "Skiils & 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			

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Game of specialization -I									
Course Code	PEP-505	PEP-505								
	Part A									
Year	3rd	Semester	5th	Credits	L	T	Р	С		
Tour	old	Comester	our	Ofcalls	0	0	2	2		
Course Type	Lab only	ab only								
Course Category	Foundation core	oundation core								
Pre-Requisite/s	Basic knowledge	e of physical education at graduation I	evel	Co-Requisite/s						
Course Outcomes & Bloom's Level	CO2- Explain the CO3- Apply new CO4- Illustrate the	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) CO6- ()								
Coures Elements	Skill Developme Entrepreneurshi Employability ✓ Professsonal Ett Gender X Human Values > Environment X	ip X hics ✓	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 • Landing Triple 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		BL3-Apply	60

# Part D(Marks Distribution)

	Theory							
Total Marks	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	3	-	-	-	-	-	-	-	-	•	-	-	-
CO2	3	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO3	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	2	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	2	3	2		-	1		ı	-	-	-	i	1	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Weight Lifting	Weight Lifting								
Course Code	PEP-506	PEP-506								
	·		Part A							
V	0-4	2	Ett.	0	L	Т	Р	С		
Year	3rd	Semester	5th	Credits	0	0	2	2		
Course Type	Lab only	ab only								
Course Category	Discipline Core	Discipline Core								
Pre-Requisite/s	basic knowledg	e of equipment's and rules.		Co-Requisite/s						
Course Outcomes & Bloom's Level	CO2- Explain th CO3- Apply nev	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)								
Coures Elements	Skill Developme Entrepreneursh Employability ✓ Professsonal El Gender X Human Values Environment X	ip X thics ✓	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG15(Life on land)							
			5 5							
			Part B							

# 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	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Game of specializ	me of specialization II										
		·										
Course Code	PEP-605	P-605										
	Part A											
			6th		L	Т	Р	С				
Year	3rd	Semester	Credits	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	CO2- Explain the CO3- Apply newt CO4- Illustrate th	the skeletal structure of human body by be basic structure and functions of primar ton's laws of motion in sports activities (to the role of various mechanical principles qualitative and quantitative analysis of I	y joints of the body(BL2-Understan BL3-Apply) in human movement(BL4-Analyze)	d)								
Coures Elements	Skill Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X Human Values X Environment X	o X nics ✓	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-



### BPES

Title of the Course	Power Lifting									
Course Code	PEP-606	P-606								
			Part A							
Veer	Year         3rd         Semester         6th         Credits         L         T         P         C									
rear	Sid	Semester 6th Credits								
Course Type	Lab only	ly								
Course Category	Discipline Core									
Pre-Requisite/s	basic knowledge	of equipment's and rules.		Co-Requisite/s						
Course Outcomes & Bloom's Level	CO2- Explain the CO3- Apply new	e basic structure and functions of pr rton's laws of motion in sports activity	imary joints of the body(BL2-Unders	·						
Coures Elements	Skill Developme Entrepreneurshi Employability V Professsonal Etl Gender X Human Values X Environment X	p X hics X	SDG (Goals)	SDG1(No poverty) SDG3(Good health and well-being) SDG15(Life on land)						
			Part B							
Modules								5		

# Part D(Marks Distribution)

	Theory											
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation							
	Practical											
Total Marks	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	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



				BPed	d							
Title of the	Course	Teaching Practice	s									
Course	Code	TP-101										
•				Part /	A							
Yea	ar	1st	Semester	1st			Credits		L	Т	Р	С
166	11	151	Semester	151			Credits		0	0	2	2
Course	Туре	Lab only										
Course C	Course Category Discipline Core											
Pre-Req	uisite/s						Co-Requisite	/s				
Course O & Bloom	s Level	CO2- Explain the basic structure and functions of primary joints of the body(BL2-LCO3- Apply) newton's laws of motion in sports activities(BL3-Apply) CO4- Illustrate the role of various mechanical principles in human movement(BL4-CO5- Justify the qualitative and quantitative analysis of human movements(BL5-ES) Skill Development   Entrepreneurship X Employability   Professsonal Ethics   Gender X Human Values X				)	SDG15(Life on land)					
		Environment X		Part I	В							
Mod	ules		Contents				Pedagogy			Н	ours	
				Part (	С							
Modules			Title		Experi		BCA/PBL/ /Field work/ ships	Bloom	ı's Leve	el	Н	ours
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.						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	

							Cours	Ailloulalic	JII Wallix						
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



### BPed

Title of the Course	Teaching Practice	aching Practice											
Course Code	TP-202												
			Part A										
Year	2nd	Semester	3rd	Credits	L	Т	Р	С					
Teal	Teal Sellester old Steutes												
Course Type	Lab only	•											
Course Category	Discipline Core												
Pre-Requisite/s		Co-Requisite/s											
Course Outcomes & Bloom's Level	CO2- Explain the CO3- Apply newto CO4- Illustrate the	the skeletal structure of human bo basic structure and functions of p on's laws of motion in sports activ e role of various mechanical princ qualitative and quantitative analys	orimary joints of the body(BL2-L ities(BL3-Apply) iples in human movement(BL4	Analyze)	mber)								
Coures Elements	Skill Development ✓ Entrepreneurship × Employability ✓ Professsonal Ethics ✓ Gender × Human Values × Environment ×												

	Par	t 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

Pedagogy

Hours

Contents

Modules

	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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



				Oyllabus-	2020	J-202 <del>4</del>					
				В	Ped						
Title of th	e Course	Sports specializ	ation								
Course	Code	TP-203									
				D	ort A						
				Part A					Т	Р	С
Ye	ar	2nd	Semester	3rd			Credits	0	0	2	2
Course	е Туре	Lab only									
Course Category Discipline Core											
Pre-Req	uisite/s					Co	-Requisite/s				
Course Outcomes & Bloom's Level  CO3- Apply newtor's laws of much one of various muscles. (BL1-Remember)  CO4- Explain the basic structure and functions of primary joints of the body(BL2-Understand)  CO3- Apply newtor'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 E	Elements	Skill Developme Entrepreneursh Employability ✓ Professsonal E Gender X Human Values Environment X	ip X thics X X	SDG (Goals)		SDG15(Life on la	ulth and well-being) and) ustice and strong institut	ions)			
				Pa	art B						
Mod	iules		Cor	ntents			Pe	dagogy			Hours
				Pa	art C						
Modules			Title			Experi	ative-ABCA/PBL/ ments/Field work/ Internships		Blo	om's Level	Hours
NIT 1	Sports Specialization preticing school and sports specialization	1 final external le	/ Gymnastics / Swimming (4 esson on the students of pracmentioned above.)	internal lesson at ticing school as a	Gan	mes			BL3-Apply		60
				Part D(Mark	s Dist	ribution)					
Total Marks	Minimum Pa	assing Marks	External Evalu	T		external Evaluation	on Inter	nal Evalua	tion	Min. Internal	l Evaluation
				Pra	ctical		I				

### Part E

23

External Evaluation

70

**Total Marks** 

32

100

Minimum Passing Marks

Min. External Evaluation

Min. Internal Evaluation

Internal Evaluation

9

30

	Fall E
Books	
Articles	
References Books	
MOOC Courses	
Videos	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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-2	2023-2024					
				ВР	ed					
Title of the	e Course	Games specializa	ation							
Course	Code	TP-204								
				Par	t A					
Yea	ar	2nd	Semester	3rd		Credits	L	T	Р	С
							0	0	2	2
Course	Туре	Lab only								
Course C	ategory	Discipline Core								
Pre-Req	uisite/s					Co-Requisite/s				
Course O & Bloom		CO2- Explain the CO3- Apply new! CO4- Illustrate the	basic structure and functions of pr ton's laws of motion in sports activitier ole of various mechanical princi qualitative and quantitative analysi	imary joints of thi ies(BL3-Apply) oles in human m	ne body(BL2-Unde novement(BL4-Ana	ılyze)	,			
Coures E	lements	Skill Developmer Entrepreneurship Employability ✓ Professsonal Eth Gender X Human Values X Environment X	o× nics ✓	SDG3(Good health and well-being) SDG15(Life on land)						
				Par	t B					
Mod	ules		Contents			Pedagogy			Hours	
				Par	t C					
Modules			Title			ndicative-ABCA/PBL/ xperiments/Field work/ Internships	Bloor	n's Level		Hours
NIT 1	Volleyball, Handball, internal lesson at pro	Basketball, Netba	ho, Base ball, cricket, Football, Hoo II, Badminton, Table Tennis, Squas 1 final external lesson on the stude ation of any discipline mentioned al	n, Tennis (4 nts of	Games		BL3-Apply		60	
				Part D(Marks						

			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	

COs	PO1	PO2	PO3	PO4	PO5	PO6	P07	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-