

BPed

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

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Year	1st	Semester	1st	Credits	L	T	Р	С
Tear	isi	Semester	ist	Credits 3	3	1	0	4
Course Type	Theory only				•			
Course Category	Discipline C	ore						
Pre-Requisite/s	Basic Know	ledge of Biology		Co-Requisite/s				
Course Outcomes & Bloom's Level	CO2- CO-2 CO3- CO-3 CO4- CO-4 CO5- CO-5	To D describe the effect of train Apply the knowledge of Physic Simplify the anatomical concep Compare the performances of	ning on various human body logy for performance improv ots to the trainees(BL4-Anal an athlete through various F	ement of an athlete(BL3-Apply)	e(BL1-Remem	ber)		
Coures Elements	Skill Develo Entrepreneu Employabilit Professsona Gender ✓ Human Valu Environmen	urship X ty √ al Ethics X ues X	SDG3(Good health and well-being) SDG5(Gender equality)					

Part B

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

Part D(Marks Distribution)

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

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



BPed

Title of the Course	Sports Training	rts Training								
Course Code	CC-201	01								
	Part A									
Van	2nd	Semester	3rd	Credits	L	Т	Р	С		
Year	ZIIG	Semester	3id	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							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge	of sports and physical education		Co-Requisite/s				
Course Outcomes & Bloom's Level								
Coures Elements	Skill Development Entrepreneurship Employability ✓ Professsonal Ethic Gender ✓ Human Values X Environment X	✓	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG15(Life on land)				

Part B

	ı aı		
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)

	Part D(warks 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	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	Sports Psychology and Sociology
Course Code	CC-203

Part A С 3rd Credits Year 2nd Semester 3 0 4 Course Type Theory only Course Category Discipline Core Pre-Requisite/s Co-Requisite/s basic knowledge of psychology and sports psychology CO1- Recall meaning and importance of culture (BL1-Remember)
CO2- Explain relationship between social science and Physical Education(BL2-Understand)
CO3- Apply the concepts of sports psychology in Physical education.(BL3-Apply)
CO4- Analyse mental preparation strategies, aggression and stress in sports (BL4-Analyze)
CO5- Evaluation of sports performance after application of various sports psychology concepts.(BL5-Evaluate)
CO6- Develop new ways of dealing with self-talk, anxiety and other psychological issues related to sports.(BL6-Create) Course Outcomes & Bloom's Level Skill Development X
Entrepreneurship X
Employability ✓
Professsonal Ethics X
Gender ✓
Human Values ✓
Environment ✓ SDG2(Zero hunger) SDG3(Good health and well-being) SDG5(Gender equality) SDG7(Affordable and clean energy) SDG15(Life on land) **Coures Elements** SDG (Goals)

Part B

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

Part D(Marks Distribution)

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

Part E

Books	1. S.K.Mangal, Shubhra Mangal Sports Psychology 1st SAGE publications Private Limited
Articles	
	1- Ball, D. W. & Loy, J. W. Sport and social order; Contribution to the sociology of sport. 1975 London: Addison Wesley Publishing Co., Inc. 2- Blair, J. & Simpson, R. Educational psychology, 1962 New York: McMillan Co. 3- Cratty, B. J. Psychology and physical activity. 1968 Eaglewood Cliffs. Prentice Hall. 4 Kamlesh, M.L. Psychology inphysical education and sport. 1998 New Delhi:Metropolitan Book Co. 5 Loy, J. W., Kenyon, G. S. & McPherson, D. Sport and social system. 1978 Londo Addison Wesley Publishing Company Inc. 6 Loy, J. W., Kenyon, G. S. & McPherson, B. D. Sports and social system. 1978 Londo Addison Wesley Publishing Company Inc. 6 Loy, J. W., Kenyon, G. S. & McPherson, B. D. Sports and Sport 1981 Philadelphia: Lea & Febiger. 7 Mathur, S.S., Educational psychology. 1962 Agra. VinodPustakMandir.
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	-	-	-	2	-	-	-	-	-	-	-	-	-
CO3	2	2	2	2	3	-	-	-	-	-	-	-	-	-	-
CO4	2	-	1	3	-	-	-	-	-	-	-	-	-	-	-
CO5	2	1	-	2	-	-	-	-	-	-	-	-	-	-	-
CO6	1	-	1	-	-	2	-	-	-	-	-	-	-	-	-



MPES

Title of the Course	Sports Psychology
Course Code	MPCC-0202

		Pa	rt A						
Year	1st	Semester	2nd	Credits		Т	Р	С	
		3030.0.			3	1	0	4	
Course Type	Theory only								
Course Category	Discipline Core								
Pre-Requisite/s	Basic knowledge of	f sports psychology to understand the behavior	of student and attitude towards sports	Co-Requisite/s					
Course Outcomes	CO1- Identify the different concepts of sports psychology(BL1-Remember) CO2- Describe the cognitive process and its role in performance of athletes(BL2-Understand) CO3- Present the different philosophies of education(BL3-Apply) CO4- Categorize different types of emotions and how sports achievement are effected(BL4-Analyze) CO5- Justify how personality development takes place through games and sports(BL5-Evaluate)								
	Skill Development X Entrepreneurship X Employability ✓ Professsonal Ethics Gender ✓ Human Values ✓ Environment X	(SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality)					

Part B

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

Part D(Marks Distribution)

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

Part E

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

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



MPES

Title of the Course	Health Education
Course Code	MPCC0102[T]

			P	art A						
Year	1ot	1st Semester	1st	Credits	L	Т	Р	С		
Teal	151		131	Oreans	3	1	0	4		
Course Type	Theory onl	Theory only								
Course Category	Discipline (Discipline Core								
Pre-Requisite/s	knowledge	of health education		Co-Requisite/s	advance knowledge of health education					
Course Outcomes & Bloom's Level	CO1- Recognize the various concepts of health education(BL1-Remember) CO2- Discuss the bad effects of population explosion (BL2-Understand) CO3- Solve the measures that can be taken to stop the spread of communicable diseases(BL3-Apply) CO4- Criticize the school health programs(BL4-Analyze) CO5- relate between environmental hazards and communicable diseases(BL5-Evaluate) CO6- Design a program in managing obesity(BL6-Create)									
Skill Development X Entrepreneurship X Employability X Coures Elements Professsonal Ethics X Gender ✓ Human Values ✓ Environment ✓		SDG (Goals)	SDG5(Gender equality) SDG6(Clean water and sanitation) SDG7(Affordable and clean energy)							

Part B

Modules	Contents	Pedagogy	Hours
1	1.1Guiding Principles of Health and HealthEducation. Health relatedfitness. 1.2 Obesity and itsManagement	direct instruction and cooperative learning	12
2	2.1 Environmental and Professional Hazards 2.2 Public Health and Epidemic Diseases- Symptoms, Treatment and Preventive Measures. 2.3 Communicable Diseases- Symptoms, Treatment and Preventive Measures	open book exam, cooperative and inquiry based learning	12
3	3.1 Community health 3.2 School Health Programme and Personal Hygiene. 3.3 First Aid	peer teaching and quiz activities	12
4	4.1 Definition and meaning of the term "recreation" 4.2 Theories and Principles of Recreation 4.3 Recreation programmes for various categories of people.	lecture, discussion method	12
5	5.1 Causes for population explosion and its preventive steps. 5.2 Population Education 5.3 National family welfare scheme.	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			
0	0	0	0	0	0			

Part E

Books	Hand Book of Hygience and Public Health
Articles	
References Books	Physiology of Muscular Activity
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	3	2	1	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	2	3	-	-	-	-	-	-	-	-	-	-	-	-
CO5	3	2	1	-	-	-	-	-	-	-	-	-	-	-	-
CO6	2	1	3	-	-	-	-	-	-	-	-	-	-	-	-



MPES

Title of the Course	Adapted Physical Ed	ted Physical Education								
Course Code	MPEB-0304	i-0304								
Part A										
Year	2nd	Semester	3rd	Credits	L	Т	Р	С		
Year	Ziid		Sid	Credits	3	1	0	4		
Course Type	Theory only	eory only								

Year	2nd Semester		3rd	Credits		Т	Р	С			
Teal			Sid			1	0	4			
Course Type	Theory only	heory only									
Course Category	Discipline Core	ine Core									
Pre-Requisite/s	basic knowledge of p	ic knowledge of physical education at graduate level									
Course Outcomes & Bloom's Level	CO1- Identify the different disorders(BL1-Remember) CO2- Interpret class organization strategies(BL2-Understand) CO3- Describe organization of Paralympics(BL3-Apphy) CO4- Evaluate role of public relations in publicizing adapted physical education in the society.(BL4-Analyze) CO5- Choose appropriate activities for the disabled children.(BL5-Evaluate) CO6- Design activities for children in the different categories of disability(BL6-Create)										
Coures Elements	Skill Development X Entrepreneurship X Employability X Professsonal Ethics Gender Human Values Environment X		SDG (Goals)	SDG4(Quality education) SDG5(Gender equality)							

Part B

Modules	Contents	Pedagogy	Hours
UNIT 1	Identification and causes of specific diseases -Attention deficit hyperactivity disorder - Autism and emotional disorder -Specific learning disabilitiesAmputation and dwarfism.	direct instructions, quiz activity	12
UNIT 2	Class organization strategies Managing individual programmes Monitoring student performance Organizing the instructional environment.	skill practice and experiential learning	12
UNIT 3	Paralympic Sports -History of Paralympics Paralympic events -Rules and regulations Eligibility criteria	peer teaching and quiz activities	12
UNIT 4	Organization & Administration -Individual education programme Role of physical education -Communicating with parents -Public relations	cooperative learning and peer teaching	12
UNIT 5	Activities for individuals with disabilities Adapting &modifying for people with disabilities - Adapting activities for physically challenged individuals - Adapting activities for mentally challenged individuals. Activites for visually impaired and hearing impaired.	group project, quiz	12

Part D(Marks Distribution)

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

Part E

Books	Yajuvendra Rajput, Narwariya mukesh Introduction to teaching &learning in adapted physical education Friends publication New delhi
Articles	
	Auxter David,Pyfer Jean,Hueligg Carol Principles and Methods of Adapted Physical Education and Recreation McGraw-Hill Higher Education, 2004 Fait, Hollis, F Special Physical Education: Adapted, Corrective, Developmental 2nd Philadelphia: Saunders, 1966 Winnick, P.Joseph Adapted Physical Education Aspen Systems Corporation 1982 Clarke Harrison,Clarke David.H. Developmental &Adapted physical education
MOOC Courses	
Videos	

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



BPES

Title of the Course	Sports Training
Course Code	PEL-303

			Part A								
Year	2nd	Semester	3rd	Credits	L	Т	Р	С			
Teal	Zild	Semester	Sid	Credits	3	2	0	5			
Course Type	Theory only	neory only									
Course Category	Discipline Core	Discipline Core									
Pre-Requisite/s	Knowledge of Exc	Knowledge of Exercise Physiolgy and Sports Biomechanics. Co-Requisite/s Knowledge of Training.									
Course Outcomes & Bloom's Level	CO1- identify the fundamental concepts, theories and principles of human body training related to sports performance.(BL1-Remember) CO2- Discuss how to tackle overload on athletes.(BL2-Understand) CO3- Apply skills to train different fitness components and related planning(BL3-Apply) CO4- Categorize fitness components and how to train them(BL4-Analyze) CO5- Select appropriate types of periodization in training(BL5-Evaluate) CO6- Create training programs(BL6-Create)										
Coures Elements	Skill Development Entrepreneurship × Employability Spc3(Good health and well-being) Spc5(Gender equality) Spc3(Good health and well-being) Spc5(Gender equality) Spc3(Good health and well-being) Spc5(Gender equality) Spc3(Decent work and economic growth) Spc3(D(Reduced inequalities) Spc3(D(Reduced inequalities)) Spc3(D(Reduced inequa										

Part B

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

Part D(Marks Distribution)

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

Part E

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

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	Health Education	Education									
Course Code	PEL-401										
Part A											
Year	2nd	Semester	Semester 4th Credits	Т	Р	С					
rear	ZIIU	Semester	4th	oreans	3	2	0	5			

Year	2nd	Semester	4th	Credits	L	Т	Р	С		
tear	ZIId	Semester	401	Credits	3	2	0	5		
Course Type	Theory only	ory only								
Course Category	Discipline Core	line Core								
Pre-Requisite/s	basic knowledg	ic knowledge of science Co-Requisite/s Knowledge of good health								
Course Outcomes & Bloom's Level	CO2- Discuss CO3- Apply he CO4- analyze CO5- value the	CO1- Recognize the skeletal structure of human body by identifying the origin and insertion of various muscles.(BL1-Remember) CO2- Discuss the role of nutrients in the diet(BL2-Understand) CO3- Apply health knowledge in schools(BL3-Apply) CO4- analyze the factors that influence health(BL4-Analyze) CO5- analyze the factors that influence health(BL4-Analyze) CO6- Design programs for prevention of alcohol and drug abuse among children and youth(BL6-Create)								
Coures Elements	Skill Developm Entrepreneursi Employability 3 Professsonal E Gender ✓ Human Values Environment ✓	hip X X Ethics X	SDG5(Gender equality) SDG6(Clean water and sanitation) SDG7(Affordable and clean energy) SDG13(Climate action) SDG14(Life below water)							

Part B

Modules	Contents	Pedagogy	Hours
Unit-1	Health Education and Services 1.1 Concept, Dimensions, Spectrum and determinants of Health 1.2 Health Education and Principles of Health Education 1.3 Nature and Scope of Health Education in Physical Education 1.4 Health Services in India	direct instructions, quiz activity	15
unit ii	Giobal Health Issues 2.1 Communicable, Non-Communicable disease and their prevention 2.2 Mainutrition, Food Adulteration, Environmental Pollution and Sanitation, Population and their management. 2.3 Physical Activity and Nutrition, Overweight and Obesity, Mental Health 2.4 Prime causes of death: cardiovascular disease, chronic respiratory disease, Diabetes, Mental Disorders, Nutritional Deficiencies and their prevention through physical activity	lecture, quiz, open book exam	20
unit iii	Health Education in Schools 3.1 Need and scope of health education in schools 3.2 Preventing alcohol, tobacco and other drugs abuses in schools 3.3 Personal Health and Wellness: Healthy eating, Mental and Emotional health, and Violence prevention 3.4 Physical activity, Safety, First Aid and Emergency procedures	lecture, flip classes	20
unit iv	Health Supervision and Evaluation in Schools 4.1 Health Instruction and Health Supervision 4.2 Assessing personal and peers health risk taking 4.3 Analyzing the influence of family, peers, culture and media on health behavior 4.4 Consumer Health and Comprehensive Health Education	lecture, discussion	20

Part C

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

Part D(Marks Distribution)

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

Part E

Books	Prakash .A. A textbook of Health Education KSK Publishers New Delhi
Articles	Edward, J. T. Life ,Health and Disease, Scholarly Publishing Office, University of Michigan Library (2005).
Pafarancae Booke	Bensley, R. J. and Fisher, J. B. Community Health Education Methods. Massachusetts: Jones and Bartlett Publishers 2009 Edward, J. T, Life, Health and Disease, Scholarly Publishing Office, University of Michigan Library (2005). Anspaugh, D. J. and Ezell, G. Teaching today's Health, Allyn& Bacon.USA 2003
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	-	2	3	3	-	-	-	-	-	-	-	-	-	-	-



BPES

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

	Part A												
Year	3rd	Semester	5th	Credits	L	Т	Р	С					
rear	Sid	Geniestei	Jui	Oreuits	3	2	0	5					
Course Type	Theory only	heory only											
Course Category	Course Category Discipline Core												
Pre-Requisite/s	basic knowledg	basic knowledge of fitness Co-Requisite/s											
Course Outcomes & Bloom's Level	CO1- Recognize the role of diet in sports performance(BL1-Remember) CO2- Interpret the role of hydration in physical activity,(BL2-Understand) CO3- Calculate daily caloric requirement and expenditure(BL3-Apply) CO4- Analyze the common myths of weight loss(BL4-Analyze) CO5- Select a balanced diet for school children(BL5-Evaluate) CO6- Create and prepare weight management plans(BL5-Create)												
Coures Elements	Skill Development X Entrepreneurship ✓ Employability ✓ Professsonal Ethics X Gender ✓ Human Values X Environment X SDG (Goals) SDG3(Good health and well-being) SDG5(Gender equality)												

Part B

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

Part D(Marks Distribution)

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

Part E

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

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



BPES

Title of the Course	Athletic care & I	nletic care & Rehabilitation								
Course Code	PEL-504									
Part A										
						L	Т	Р	С	

PaltA											
Year	3rd	Semester	5th	Credits	L	Т	Р	С			
Tear	Sid	Semester	Sui	Credits	3	2	0	5			
Course Type	Theory only	eory only									
Course Category	Discipline Core	cipline Core									
Pre-Requisite/s	basic knowledg	e of athletics and injuries									
Course Outcomes & Bloom's Level	CO2- Demonstr CO3- Students CO4- Categoriz CO5- Compare	CO1- Identify different concepts in Athletic care & rehabilitation.(BL1-Remember) CO2- Demonstrate prevention, treatment and rehabilitation of Athletic Injuries(BL2-Understand) CO3- Students will learn about posture and rehabilitation exercises.(BL3-Apply) CO4- Categorize different sports injuries and their care(BL4-Analyze) CO5- Compare different sports injuries (BL5-Evaluate) CO6- Create a public relations program (BL6-Create)									
Coures Elements	Skill Developme Entrepreneursh Employability ✓ Professsonal E Gender ✓ Human Values Environment X	nip X r thics X X	SDG (Goals)	SDG2(Zero hunger) SDG3(Good health and well-being) SDG15(Life on land)							

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	Corrective Physical Education: 1.1 Definition and Objectives of Corrective Physical Education. 1.2 Posture and Body Mechanics, Standards of Standing Posture. 1.3 Value of Good Posture, Drawbacks and Causes of Bad Posture. 1.4 Posture Test – Examination of the Spine.	direct instructions, quiz activity	15
UNIT-2	Posture and Rehabilitation Exercises: 2.1 Normal Curve of the Spine and its Utility. 2.2 Deviations in Posture-Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Box Leg, Flat Foot. 2.3 Causes for Deviations and Treatment Including Exercises. 2.4 Passive, Active, Assisted, Resisted Exercise for Rehabilitation.	lecture, quiz, open book exam	20
UNIT-3	Massage: 3.1 Brief History of Massage, Massage as an Aid for Relaxation, Points to be Considered in giving Massage 3.2 Physiological, Chemical, Psychological Effects of Massage, Indication (Contra Indication of Massage 3.3 Classification of the Manipulation used Massage and their Specific Uses in the Human Body, 3.4 Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage.	lecture, peer teaching	20
UNIT-4	Sports Injuries Care, Treatment and Support: 4.1 Principles Pertaining to the Prevention of Sports Injuries. 4.2 Care and Treatment of Exposed and Unexposed Injuries in Sports. 4.3 Principles of apply Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy. 4.4 Principles and Techniques of Strapping and Bandages.	cooperative learning and peer teaching	20

Part D(Marks Distribution)

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

Part E

Books	1. 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 Identifi	ent Identification						
Course Code	PEL-603	EL-603						
Part A								
Year	2-4		6th	Credits	L	Т	Р	С
rear	3rd	Semester			3	2	0	5
Course Type	Theory only	<u> </u>				•		
Course Category	Discipline Co	Discipline Core						
Pre-Requisite/s	basic knowle	edge of physical education		Co-Requisite/s				
	CO1- Recog	CO1- Recognize the ability to identify talent.(BL1-Remember)						

Course Outcomes & Bloom's Level

CO1- Recognize the ability to identify Ialent. (BL1-Remember)
CO2- Interpret the inherited signs and symptoms that make one adept for excellence in a particular sports. (BL2-Understand)
CO3- Demonstrate the method of performing anthropometric assessment (BL3-Apply)
CO4- Analyze the body types and their relation to sports (BL4-Analyze)
CO5- Evaluate the skill tests for ball games (BL5-Evaluate)
CO6- Develop method for talent identification (BL6-Create)

Coures Elements

Skill Development ✓
Entrepreneurship X
Employability ✓
Professsonal Ethics ✓
Gender ✓
Human Values X
Environment 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 production)
SDG15(Life on land)

Part B

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

Part D(Marks Distribution)

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

Part E

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

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	Counselling i	counselling in sports						
Course Code	PEP-601	EP-601						
	Part A							
		• .	011		L	Т	Р	С

			Fait	1				
Year	3rd	Semester	Semester 6th Credits		L	Т	Р	С
tear	Sid	d Semester on	out	Credits	3	2	0	5
Course Type	Theory only	Theory only						
Course Category	Discipline Co	ore						
Pre-Requisite/s	basic knowle	basic knowledge of Sports Co-Requisite/s						
Course Outcomes & Bloom's Level	CO1- CO 1 Recall the importance of counseling in sports(BL1-Remember) CO2- CO2 Describe type of exercise requirement for different groups of people as per their needs(BL2-Understand) CO3- CO3 Apply techniques of planning and executing exercise programs for various groups as per their medical and social needs.(BL3-Apply) CO4- CO 4 Analyze stress management and anxiety.(BL4-Analyze) CO5- CO5 Choose the different types and techniques of motivation(BL5-Evaluate) CO5- CO5 of Design counseling programs for athletes(BL6-Create)							
Coures Elements	Skill Development X Entrepreneurship X Employability ✓ Professsonal Ethics X Gender ✓ Human Values ✓ Environment X Shill Development X SDG3(Good health and well-being) SDG5(Gender equality) SDG6(Clean water and sanitation) SDG12(Responsible consuption and production) SDG12(Responsible consuption and production)							

Part B

Modules	Contents	Pedagogy	Hours
1	Counselling in Physical Education and Sports 1.1 Meaning, definition and scope of Counselling in sports. 1.2 Aims and Objective of Counselling in sports. 1.3 Principles of Counselling 1.4 Need and importance of Counselling.	background of the concept,peer teaching	15
2	. Stress & Anxiety in Sports 2.1 Meaning and definition of stress and anxiety. 2.2 Types of stress and anxiety. 2.3 Symptoms and effects of stress, anxiety and competition anxiety. 2.4 Management of stress and anxiety.	cognitive learning	20
3	Motivation and Sports Performance 3.1 Meaning and definition of Motivation. 3.2 Types and techniques of motivation 3.3 Principles and Importance of motivation 3.4 Role of coach / teacher /government in motivation	flipped teaching	20
4	Counselling to Athletes 4.1 Counselling on injuries and rehabilitation 4.2 Counselling on handling success and failure in sports. 4.3 Counselling on drugs in sports. 4.4 Counselling on job opportunities and life after retirement from sports.	brainstorming	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	1 Kamlesh,M L Psychology in Physical Education and Sports, Educational Publishers and Distributors. New Delhi
Articles	
References Books	McCleod John An introduction to counseling 3rdMcGraw-Hill Education McCleod John An introduction to counseling 3rdMcGraw-Hill Education Sheard Michael Mental toughness –the mindset behind sporting achievement 2nd Routledge publihers
MOOC Courses	
Videos	

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