







Dated: 24.7.2023

Minutes of the BOS Meeting

A meeting of the Board of Studies was conducted in the School of Sports Education in the Dean's office on 24.7.2023 at 10:30AM.

The following members were present:

S. No.	Name	Designation	Signature
01	Dr. Vipin Tiwari	Chairman of BOS	
02	Prof. Dr. L.N. Sarkar	External member	
03	Dr. Birendra Jhajharia	External member	
04	Prof. Dr. Indu Mazumdar	Member	
05	Mr. Vimal Sharma	Member	
06	Mr. Samrat	Member	

The following agenda items were discussed:

Agenda Number I: **Following new courses were approved. Syllabus of the courses are attached in annexure I**

S. NO.	Course code	Course name	Semester
1	MPEA 0404	Yogic sciences and naturopathy/ Dissertation	MPES IV Semester

Agenda Number II: **Approval of the inclusion of the new courses in the following program of BPES**

S. NO.	Course code	Course name	Semester
1	PEL-102	Foundations of physical education	BPES I Semester
2	PEL-202	Methods in physical education	BPES II Semester
3	PEL-203	Basic computer application	BPES II Semester
4	PEP-206	Mass demonstration	BPES II Semester
5	PEL-502	Sports Journalism	BPES V Semester
6	PEL-503	Fitness Training & Nutrition	BPES V Semester
7	PEP-505	Game of specialization -I	BPES V Semester
8	PEL-601	Counseling in sports	BPES VI Semester
9	PEL-602	Exercise Prescription	BPES VI Semester
10	PEL-603	Talent Identification	BPES VI Semester

Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Foundations of physical education							
Course Code	PEL-102							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of history of physical education			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- Recognize the relationship between general education and physical education.(BL1-Remember) CO2- identify and relate with the History of Physical Education in India and abroad(BL2-Understand) CO3- Apply the Fitness and wellness movement in the society(BL3-Apply) CO4- Analyze the relationship between Philosophy, Education and Physical Education(BL4 Analyze)							
Courses Elements	Skill Development X Entrepreneurship X Employability X Professional Ethics ✓ Gender X Human Values ✓ Environment X		SDG (Goals)	SDG4(Quality education)				


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Part B

Modules	Contents	Pedagogy	Hours
1	<p>- Introduction to Physical Education 1.1 Meaning, Definition and Scope of Physical Education 1.2 Aims and Objective of Physical Education 1.3 Importance of Physical Education in present era. 1.4 Misconceptions about Physical Education. 1.5 Relationship of Physical Education with General Education. 1.6 Physical Education as an Art and Science.</p>	<p>group discussion, lecture</p>	<p>15</p>
2	<p>Historical Development of Physical Education in India 2.1 Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), Medieval period 2.2 Post Mughal British Period (Before 1947) Y.M.C.A. and its contributions. 2.3 Physical Education in India (After 1947) 2.4 The early history and significant stages in the revival and development of the modern Olympic movement 2.5 Educational and cultural values of Olympic movement</p>	<p>lecture, quiz, open book exam</p>	<p>20</p>
3	<p>Philosophical Foundation of Physical Education 3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism. 3.2 Philosophy and Culture. 3.3 Fitness and wellness movement in the contemporary perspectives 3.4 Sports for all and its role in the maintenance and promotion of fitness.</p>	<p>background of concepts, inquiry based learning</p>	<p>20</p>
4	<p>. Foundation of Physical Education 4.1 Biological 4.1.1 Growth and development 4.1.2 Age and gender characteristics 4.1.3 Body Types 4.2 Psychological 4.2.1 Attitude, interest. 4.2.2 Cognition, emotions and sentiments. 4.2.3 Practical suggestion from psychology. 4.3 Sociological 4.3.1 Society and culture 4.3.2 Social acceptance and recognition 4.3.3 Leadership in physical education</p> <p>4.8 Post-Independence period: All India Council of Sports - National Discipline Scheme– NCC – NSO - NSS - Scouts and Guides</p> <p>4.9 Post-Independence period: Sports Authority of India - Sports Development Authority of Tamil Nadu</p>	<p>direct instructions and cooperative learning</p>	<p>20</p>


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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	Sociological Foundation of Physical Education
Articles	
References Books	Sociological Foundation of Physical Education, Deshpande, S. H. Physical Education in Ancient India 6th Bharatiya vidya prakashan, varanas 2019. Dash, B.N. Principles of Education 3rd Neelakamal publications Kamlesh M.L Sociological Foundation of Physical Education, 3rd PB publications
MOOC Courses	
Videos	

Course Articulation Matrix

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


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Methods in physical education							
Course Code	PEL-202							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Disciplinary Major							
Pre-Requisite/s	Basic Knowledge of Physical Education and Tournaments			Co-Requisite/s	Basic Knowledge of Commands			
Course Outcomes & Bloom's Level	<p>CO1- To recall the concept of teaching method (BL1-Remember)</p> <p>CO2- To describe the techniques of teaching and its importance during the class(BL2-Understand)</p> <p>CO3- To participate in inter university competition and to conduct classes in smooth manner (BL3-Apply)</p> <p>CO4- To analyze the effectiveness of teaching tools (BL4-Analyze)</p> <p>CO5- To create the importance of tournament and competition among students (BL5-Evaluate)</p> <p>CO6- To create and design lesson plan teaching aids (BL6-Create)</p>							
Courses Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professional Ethics X Gender X Human Values X Environment X		SDG (Goals)	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG15(Life on land) SDG17(Partnerships for the goals)				


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Part B

Modules	Contents	Pedagogy	Hours
JNIT-1	1.1 Meaning 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. 1.3 Principles of teaching	Lecture method, PPT Presentation	15
JNIT-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	20
JNIT-3	3.1 Organization and conduct of competitions i. Track and field ii. Gymnastics. iii. Weight lifting, body building and best physique contest. iv. Wrestling and combatives. v. Swimming, diving -aquatics. vi. Games and sports tournaments. 3.2 Tournaments - organization, meaning and their types i. Knock -out types of elimination double elimination tournaments.. ii. League- (single-double)or round robin type. iii. Combination type of tournament. iv. Challenge type (ladder-pyramid type).	lecture, Assignment	20
JNIT-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	20


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Part D(Marks Distribution)

Theory

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

Practical

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

Part E

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

Course Articulation Matrix

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


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Syllabus-2023-2024

(SOSE)(BPES)

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

Part A

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


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Part B

Modules	Contents	Pedagogy	Hours
JNIT 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
JNIT 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
JNIT 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
JNIT 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	


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Course Articulation Matrix

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


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Sports Management							
Course Code	PEL-501							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of management.			Co-Requisite/s				
Course Outcomes & Bloom's Level	<p>CO1- Recall the importance of management of Physical Education.(BL1-Remember)</p> <p>CO2- Describe management of Physical Education and Sports at different level(BL2-Understand)</p> <p>CO3- Apply facility and financial management.(BL3-Apply)</p> <p>CO4- Categorize various schemes and policies of State &Central Government(BL4-Analyze)</p> <p>CO5- Supporting the policies of state and central government(BL5-Evaluate)</p> <p>CO6- Designing the mechanics of purchasing(BL6-Create)</p>							
Courses Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✗ Environment ✗		SDG (Goals)	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG10(Reduced inequalities)				


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Part B

Modules	Contents	Pedagogy	Hours
JNIT-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
JNIT-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
JNIT-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
JNIT-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 learning	20

Part D(Marks Distribution)

Theory

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

Practical

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


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Part B

Modules	Contents	Pedagogy	Hours
JNIT-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
JNIT-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
JNIT-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
JNIT-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 learning	20


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Part D (Marks Distribution)

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

Part E

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

Course Articulation Matrix

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


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Sports Journalism							
Course Code	PEL-502							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of journalism			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- 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)							
Courses Elements	Skill Development ✓ Entrepreneurship ✗ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✗ Environment ✗		SDG (Goals)	SDG1(No poverty) SDG2(Zero hunger) SDG4(Quality education) SDG15(Life on land)				


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Part B

Modules	Contents	Pedagogy	Hours
JNIT-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
JNIT-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
JNIT-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
JNIT-4	Report Writing on Sports 4.1 Brief review of Olympic Games, Asian Games, Commonwealth 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	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


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Part E

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

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSC
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


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Fitness Training & Nutrition							
Course Code	PEL-503							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of fitness			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- Recognize the role of diet in sports performance(BL1-Remember) CO2- Interpret the role of hydration in physical activity.(BL2-Understand) CO3- Calculate daily caloric requirement and expenditure(BL3-Apply) CO4- Analyze the common myths of weight loss(BL4-Analyze) CO5- Select a balanced diet for school children(BL5-Evaluate) CO6- Create and prepare weight management plans(BL6-Create)							
Courses Elements	Skill Development X Entrepreneurship ✓ Employability ✓ Professional Ethics X Gender ✓ Human Values X Environment X		SDG (Goals)	SDG2(Zero hunger) SDG3(Good health and well-being) SDG5(Gender equality)				


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Part B

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


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Part E

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

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSC
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	-	-	-	-	-	-	-


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Counselling in sports							
Course Code	PEL-601							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of Sports			Co-Requisite/s				
Course Outcomes & Bloom's Level	<p>CO1- CO 1 Recall the importance of counseling in sports(BL1-Remember)</p> <p>CO2- CO2 Describe type of exercise requirement for different groups of people as per their needs..(BL2-Understand)</p> <p>CO3- CO3 Apply techniques of planning and executing exercise programs for various groups as per their medical and social needs.(BL3-Apply)</p> <p>CO4- CO 4 Analyze stress management and anxiety.(BL4-Analyze)</p> <p>CO5- CO5 Choose the different types and techniques of motivation(BL5-Evaluate)</p> <p>CO6- CO 6 Design counseling programs for athletes(BL6-Create)</p>							
Courses Elements	Skill Development X Entrepreneurship X Employability ✓ Professional Ethics X Gender ✓ Human Values ✓ Environment X		SDG (Goals)	SDG3(Good health and well-being) SDG5(Gender equality) SDG6(Clean water and sanitation) SDG12(Responsible consumption and production) SDG13(Climate action)				


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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


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Part E

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

Course Articulation Matrix

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


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(SOSE)(BPES)

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

Part A

Year		Semester	Credits	L	T	P	C
				3	2	0	5

Course Type	Theory only
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Course Category	Discipline Core
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Pre-Requisite/s	basic knowledge of physical education	Co-Requisite/s	
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Course Outcomes & Bloom's Level	<p>CO1- Quote the concepts of exercise(BL1-Remember)</p> <p>CO2- Describe techniques of planning and executing exercise programs for various groups as per their medical and social needs.(BL2-Understand)</p> <p>CO3- Determine and effectively guide elderly persons on the need and quality of a exercise program.(BL3-Apply)</p> <p>CO4- Analyze type of exercise requirement for different groups of people as per their needs(BL4-Analyze)</p> <p>CO5- Chose effective exercise program as per the need of the individual.(BL5-Evaluate)</p> <p>CO6- Design weight loss exercise program for obese persons(BL6-Create)</p>
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Courses Elements	Skill Development X Entrepreneurship ✓ Employability ✓ Professional Ethics X Gender X Human Values X Environment X	SDG (Goals)	SDG2(Zero hunger) SDG3(Good health and well-being) SDG4(Quality education) SDG10(Reduced inequalities) SDG15(Life on land)
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Part B

Modules	Contents	Pedagogy	Hours
JNIT-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
JNIT-2	Understanding Human Body 2.1 Genetics and Environment and their role in sports performance. 2.2 Body types and their relation to sports. 2.3 Basic Anthropometry 2.4 Anthropometric assessment and data recording.	lectures/ cooperative learning	20
JNIT-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
JNIT-4	Skill Tests for talent identification 4.1 Skill tests for Ball games 4.2 Skill test for Racket games. 4.3 Skill test for Athletic abilities 4.4 Psychological tests related to sports abilities.	experiential and problem based learning	20

Part D(Marks Distribution)

Theory

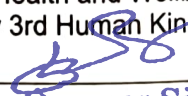
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
100	40	40	12	60	18

Practical

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

Part E

Books	1. Narayan Lakshmi Therapeutic exercises 3rd Jaypee brothers medical publishers (p) ltd New delhi
Articles	
References Books	1- Barron, H.M. & Mchee, R. . , A Practical approach to measurement in physical education. 5th Philadelphia: Lea and Febiger 1997 .2. Barron, H.M. & Mchee, R. A Practical approach to measurement in physical education 4th (1997)..Philadelphia: Lea and Febiger 3- . Joseph Kandel and Chritine Adamec ., The Encyclopaedia of Senior Health and Wellbeing 3rd Facts on file 2003 4 Frederic Delavier Strength Training Anatomy 3rd Human Kinetics Publishers 2010
MOOC Courses	
Videos	


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Course Articulation Matrix

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


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(SOSE)(BPES)

Title of the Course	Talent Identification							
Course Code	PEL-603							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of physical education			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- Recognize the ability to identify talent.(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)							
Courses Elements	Skill Development ✓ Entrepreneurship ✗ Employability ✓ Professional Ethics ✗ Gender ✓ Human Values ✗ Environment ✗		SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG8(Decent work and economic growth) SDG12(Responsible consumption and production) SDG15(Life on land)				


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Part B

Modules	Contents	Pedagogy	Hours
JNIT-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
JNIT-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
JNIT-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
JNIT-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 learning	20

Part D(Marks Distribution)

Theory


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

Practical

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

Part E

Books	1. Narayan Lakshmi Therapeutic exercises 3rd Jaypee brothers medical publishers (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	


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Course Articulation Matrix

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


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(SOSE)(BPES)

Title of the Course	Sports Entrepreneurship							
Course Code	PEL-604							
Part A								
Year		Semester		Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of sports			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- Recognize the role of motivation in sports performance(BL1-Remember) CO2- Explain the entrepreneurial process(BL2-Understand) CO3- Demonstrate an understanding of entrepreneurship.(BL3-Apply) CO4- Illustrate the method of generating funds for business ventures.(BL4-Analyze) CO5- Select appropriate methods in Counseling athletes in stress management.(BL5-Evaluate) CO6- Design a new enterprise, catering to various demands of sports industry(BL6-Create)							
Courses Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professional Ethics X Gender X Human Values X Environment X		SDG (Goals)	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG10(Reduced inequalities) SDG15(Life on land)				


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Part B

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

Part D(Marks Distribution)

Theory

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

Practical

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

Part E

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


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Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSC
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	-	-	-	-	-	-	-	-	-	-	-


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Mass demonstration
Course Code	PEP-206

Part A

Year	Semester	Credits	L	T	P	C
			0	0	2	2
Course Type	Lab only					
Course Category	Disciplinary Major					
Pre-Requisite/s	The student must know the reaction to the basic commands.		Co-Requisite/s	The students must act in a coordination to the command.		
Course Outcomes & Bloom's Level	<p>CO1- o Memorize the key principles of effective demonstration techniques.(BL1- Remember)</p> <p>CO2- o Memorize the key principles of effective demonstration techniques.(BL2- Understand)</p> <p>CO3- o Demonstrate proficiency in choreographing and leading mass demonstrations.(BL3 Apply)</p> <p>CO4- o Evaluate the effectiveness of different demonstration styles and techniques.(BL4- Analyze)</p> <p>CO5- o Critically assess the impact of mass demonstrations</p> <p>CO6- o Design original mass demonstration routines</p>					
Courses Elements	Skill Development ✓ Entrepreneurship X Employability ✓ Professional Ethics X Gender X 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) SDG10(Reduced inequalities) SDG11(Sustainable cities and economies)			

Part B

Modules	Contents	Pedagogy	Hours
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Part D(Marks Distribution)

Theory

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

Practical

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

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	

Course Articulation Matrix

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


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Game of specialization -I							
Course Code	PEP-505							
Part A								
Year		Semester		Credits	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Foundation core							
Pre-Requisite/s	Basic knowledge of physical education at graduation level			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- 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)							
Courses Elements	Skill Development ✓ Entrepreneurship ✗ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✗ Environment ✗		SDG (Goals)	SDG1(No poverty) SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth) SDG10(Reduced inequalities)				


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Part B

Modules	Contents	Pedagogy	Hours
JNIT 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
JNIT 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
JNIT 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
JNIT 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
JNIT 5	Players and Tournaments 5.1 Arjuna awardees, Dronacharya awardees and Rajiv Gandhi Khel Ratna awardees of the game	group discussion, flipped class quiz	12

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
4	Athletic Athletics Middle Distance Race • Start • Types of Middle Distance Races • Finish Jumping Events 1. Long Jump • Approach Run • Take off • Types of Jump • 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	Games	BL3-Apply	60

Part D(Marks Distribution)

Theory

Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
100					

Practical

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


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Part E

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

Course Articulation Matrix

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


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(SOSE)(BPES)

Title of the Course	Game of specialization II							
Course Code	PEP-605							
Part A								
Year		Semester		Credits	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Foundation core							
Pre-Requisite/s	basic knowledge of Graduation level			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- CO 1 Remember psychological preparations(BL1-Remember) CO2- CO2 Explain specific motor abilities(BL2-Understand) CO3- CO 3 Apply skill tests(BL3-Apply) CO4- CO4 Categorize common injuries (BL4-Analyze) CO5- CO5 Justify mechanical Analysis of Advanced Skills(BL5-Evaluate) CO6- CO6 Create skill tests(BL6-Create)							
Coures Elements	Skill Development ✓ Entrepreneurship ✗ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✗ Environment ✗			SDG (Goals)	SDG1(No poverty) SDG4(Quality education) SDG10(Reduced inequalities)			


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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 (How 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
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	


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Course Articulation Matrix

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


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Syllabus-2023-2024

(SOSE)(BPES)

Title of the Course	Power Lifting
Course Code	PEP-606

Part A

Year		Semester	Credits	L	T	P	C
				0	0	2	2
Course Type	Lab only						
Course Category	Discipline Core						
Pre-Requisite/s	basic knowledge of equipment's and rules.			Co-Requisite/s			
Course Outcomes & Bloom's Level	<p>CO1- Understand the concept of weight training and its importance in fitness. (BL1-Remember)</p> <p>CO2- Compare and contrast weight training with powerlifting, bodybuilding, and weightlifting. (BL2-Understand)</p> <p>CO3- Discuss safety measures and precautions necessary for effective weight training. (BL3-Apply)</p> <p>CO4- Demonstrate proper techniques for various weight training exercises. (BL4-Analyze)</p>						
Courses Elements	Skill Development ✓ Entrepreneurship ✗ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✗ Environment ✗		SDG (Goals)	SDG1(No poverty) SDG3(Good health and well-being) SDG15(Life on land)			

Part B

Modules	Contents	Pedagogy	Hours
JNIT-1	5. Introduction of weight training and its significance 6. Difference between weight training, power lifting, best physique and weight lifting 7. Safety measures used in weight training 8. Exercises 8.1 Rowing 8.2 Bicep curl 8.3 Curls 8.4 Raises 8.5 Pull ups 8.6 Chin ups 8.7 Bench press & variation 8.8 Clean and Jerk 8.9 Snatch 8.10 Dead Lift 8.11 Squats 9. Fitness tips for weight training 9.1 Diet 9.2 Exercise 9.3 Rest	experiential, problem based, skill practice learning	60


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Part D(Marks Distribution)

Theory

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

Practical

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

Part E

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

Course Articulation Matrix

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

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