

Kurukshetra University, Kurukshetra

Scheme of Examination UG Programme (Interdisciplinary): Scheme D

Subject: Bachelor of Physical Education, Health Education and Sports Science

as per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry-Exit, Internships and Choice Based Credit System implemented from session 2023-24.

SEMESTER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours (T+P)	Max. Marks				
				Theory	Practical	Total		Theory		Practical		Total
								External	Internal	External	Internal	
1	Core Course - 1	23-BPE-101	History and Foundation of Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 2	23-BPE-102	Health Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 3	23-BPE-103	Basic Anatomy and Physiology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor - 1	23-BPE-104	Olympics Movement	2	0	2	2	35	15	-	-	50
	Multidisciplinary Courses (MDC) - 1	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - I	Course from Pool of Courses Available in College/Institute										
	Skill Enhancement Courses (SEC) - I	Course from Pool of Courses Available in College/Institute										
	Value Added Course – 1	B-23- VAC-101	Human Values and Ethics	2	0	2	2	35	15	-	-	50
2	Core Course - 4	23-BPE-201	Exercise Physiology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 5	23-BPE-202	Fundamentals of Sports Medicine	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 6	23-BPE-203	Officiating and Coaching	3	1	4	5 (3+2)	50	20	20	10	100

	Core Course Minor - 2	23-BPE-204	Asian and Commonwealth Games	2	0	2	2	35	15	-	-	50
	Multidisciplinary Courses (MDC) - 2	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - 2	Course from Pool of Courses Available in College/Institute										
	Skill Enhancement Courses (SEC) - 2	Course from Pool of Courses Available in College/Institute										
	Value Added Course - 2	B-23- VAC-201	Environment Studies	2	0	2	2	35	15	-	-	50
Internship of 4 credits of 4-6 weeks duration after 2nd semester												
3	Core Course - 7	23-BPE-301	Sports Psychology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 8	23-BPE-302	Sports Nutrition	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 9	23-BPE-303	Fundamentals of Sports Training	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor - 3	23-BPE-304	Athletics – Track Events and Field Events	3	1	4	5 (3+2)	50	20	20	10	100
	Multidisciplinary Courses (MDC) - 3	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - 3	Course from Pool of Courses Available in College/Institute										
	Skill Enhancement Courses (SEC) - 3	Course from Pool of Courses Available in College/Institute										
4	Core Course - 10	23-BPE-401	Physical Fitness and wellness	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 11	23-BPE-402	Sports Sociology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 12	23-BPE-403	Organization and Administration	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor - 4 (V)	Course from Pool of Courses Available in College/Institute										
	Ability Enhancement Courses (AEC) - 4	Course from Pool of Courses Available in College/Institute										
	Value Added	Course from Pool of Courses Available in College/Institute										

	Course - 3											
Internship of 4 credits of 4-6 weeks duration after 4th semester												
5	Core Course - 13	23-BPE-501	Sports Journalism	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 14	23-BPE-502	Kinesiology	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 15	23-BPE-503	Sports Management	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor- 5 (V)	23-BPE-504	Stress Management	3	1	4	5 (3+2)	50	20	20	10	100
Internship of 4 Credits												
6	Core Course - 16	23-BPE-601	Test, Measurement & Evaluation in Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 17	23-BPE-602	Biomechanics	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course - 18	23-BPE-603	Curriculum Design in Physical Education	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor- 6	23-BPE-604	Posture and Athletic Care	3	1	4	5 (3+2)	50	20	20	10	100
	Core Course Minor- 7	23-BPE-605	Adapted Physical Education	3	1	4	5 (3+2)	50	20	20	10	100

**2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Core Course - 4

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Exercise Physiology		
Course Code	23-BPE-201		
Course Type:	Core Course - 4		
Level of the Course	100-199		
Pre-requisite (if any)			
Course Learning Outcomes (CLOs):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> Describe the meaning and origins of Exercise Physiology, Concept of Energy Production during rest and exercise. Explain the Macro & Micro Structure, Chemical Composition and effect of exercise on Skeletal Muscle. Illustrate the Conduction System of heart and effect of exercise on Circulatory system Tell the Mechanics of Breathing during rest and exercise. Explain the Nervous control of Respiration and effect of exercise on the respiratory system Know the basic techniques of measuring Pulse Rate, Blood Pressure, Peak Expiratory flow in 1 sec. and Ventilation Capacity. Able to evaluate the Vo₂ max. and do basic interpretation of ECG. 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)		Time: 3 Hours For End Term Exam	
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Exercise Physiology and Energy Production <ul style="list-style-type: none"> Meaning, Definition and Origins of Exercise Physiology Scope and Importance of Exercise Physiology in Physical Education and Sports Meaning of Anabolism, Catabolism and Metabolism ATP – PC or Phosphate system, Anaerobic metabolism, Aerobic, Metabolism, Aerobic and Anaerobic energy Systems during Rest and Exercise. 		11

II	Exercise and Muscular System <ul style="list-style-type: none"> • Macro & Micro Structure of Skeletal Muscle • Chemical Composition of Skeletal Muscle. • Types and Characteristic of muscle fiber. • Meaning of Motor Unit, Muscle Hypertrophy and Atrophy, Muscle Tone, Lactate threshold and Muscle Fatigue. • Effects of exercise on muscular system. 	12
III	Exercise and Circulatory System <ul style="list-style-type: none"> • Conduction System of the Heart • Blood Supply to the Heart, Cardiac Cycle • Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood Pressure, Cardiac Reserve Capacity, Bradycardia, Tachycardia • Factors Affecting Heart Rate • Effect of exercises and training on the Circulatory system. 	12
IV	Exercise and Respiratory System <ul style="list-style-type: none"> • Mechanics of Breathing during rest and exercise • Nervous control of Respiration • Role Various Respiratory muscles in Breathing • Meaning of Total Lungs Capacity, Ventilation Capacity, Inspiration Reserve Capacity, Expiration Reserve Capacity, Tidal Volume, Residual Volume and Volumes, Oxygen debt, VO_2 Max. • Effect of exercises and training on the respiratory system. 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks

Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

**Part II – Practical
 (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	1. Techniques of Measuring Blood Lactate level before and after exercise. 2. Technique of Measuring Ventilation Capacity.	15 Marks	15
II	1. Technique of calculation Vo_2 Max. 2. Basic Interpretation of ECG.	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)	

Part C-Learning Resources

Suggested Readings:

- Amrit K. & Moses, R. (2007). Introduction to Exercise Physiology Poompugar Pathipagam, Madras.
- Clarke, D.H. (2001). Exercise Physiology. New Jersey Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2010). Physiology of Sports and Exercise. USA: Human Kinetics.

- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. USA: Human Kinetics.
- Fox, E.L. (2015). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education Philadelphia: Lea & Febiger.
- Vincent, T. Murche. (2008). Elementary Physiology Hyderabad: Sports Publication
- Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics. Philadelphia:W.B. Saunders Co.
- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

**2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Core Course - 5

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Fundamentals of Sports Medicine		
Course Code	23-BPE-202		
Course Type:	Core Course - 5		
Level of the Course	100-199		
Pre-requisite (if any)			
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Aims, Objectives, scope and Principles of Sports Medicine and First Aid 2. Explain the Classification, symptoms and treatment of Common sports injuries. 3. Illustrate the Guiding principles, Scope, Techniques and Benefits of physiotherapy 4. Tell the Scope, Classification, Principles and Physiological Effects of Therapeutic Exercise 		
	5. Know the basic techniques of Bandages, CPR, Electrotherapy, Infrared rays, Ultraviolet rays, short wave diathermy.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Sports Medicine <ul style="list-style-type: none"> • Sports Medicine: Meaning, Aims, Objectives, Modern Concepts and Importance. • Brief history of Sports Medicine in India and Aboard • Qualifications of Sports Medicines Personals, Career opportunities in Sports Medicine • Meaning, Aims, Objectives and Principles of First Aid • First Aid for Burning, Electric shock, Snake Bite, Fracture, Drowning, Bleeding and Choking 		11

II	Sports Injuries: <ul style="list-style-type: none"> • Ways and methods for the prevention of injuries in sports • Meaning of Acute and Chronic Sports injuries • Classification of Sports injuries, their symptoms and treatment for sports injuries of Skin, Bone, Ligaments, Muscles, Joints and Nerves. • Massage: Meaning and Types of Massages, Brief History of Massage • Physiological Effects of Massage. 	12	
III	Introduction of Physiotherapy <ul style="list-style-type: none"> • Meaning and Definition of Physiotherapy and Rehabilitation • Guiding principles, Scope and Benefits of physiotherapy • Technique and Physiological Effect of Electrotherapy, infrared rays, Ultraviolet rays, short wave diathermy and Ultrasonic rays. • Technique and Physiological Effect of Steam Bath, Sauna Bath and Hot Water Fomentation 	12	
IV	Therapeutic Exercise: <ul style="list-style-type: none"> • Meaning and definition of Therapeutic Exercise • Scope and Principles of Therapeutic Exercise • Therapeutic exercise: Classification and Physiological Effects • Meaning and Types of Free Mobility Exercise • Therapeutic Exercises for Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, Ankle and Foot joints, Trunk, Head and Neck. 	11	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.	
Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Sports Medicine Kit, Techniques of tying various types of Bandages, Assessment Technique of various types of injuries	15 Marks	15
II	Cardiopulmonary resuscitation (CPR) Technique, Procedure of operating Electrotherapy, infrared rays, Ultraviolet rays, Short wave Diathermy and Ultrasonic Rays	15 Marks	15
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File	

Part C-Learning Resources

Suggested Readings:

- Christopher M. Norris. (2012). Sports Injuries Diagnosis and Management for Physiotherapists. Thomson Litho Ltd, East Kilbride.
- James, A. Gould & George J. Davies. (1999). Physical Therapy C.V. Mosby Company, Toronto
- William Prentice, (2020). Essentials of Athletic Injury Management, 11th Edition. William Prentice.
- Morris B. Million. (1998). Sports Injuries and Athletic Problem Surjeet Publication, New Delhi
- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning Champaign, IL: Human Kinetics.
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education Philadelphia: Lea & Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia:W.B. Saunders Co.
- Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.
- Pande R. S. (1998) Sports Medicine. Khel Sahitya Kendra, New Delhi

2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Core Course - 6

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Officiating and Coaching		
Course Code	23-BPE-203		
Course Type	Core Course - 6		
Level of the Course	100-199		
Pre-requisite (if any)			
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> Describe the Meaning, Concept and Principles of Officiating and Coaching Explain the Philosophy, Duties and Latest technological Advancement in Officiating Illustrate the Philosophy, Duties, Latest technological Advancements and Awards in Coaching. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kabaddi and Football 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Officiating and Coaching: <ul style="list-style-type: none"> Meaning, definition and concept of Officiating and Coaching Principles of Officiating and Principles of Coaching Measures for improving the standards of Officiating and Coaching Relation of official and coach with management, players/teams and spectators. Ethics for Officiating and Coaching 		11
II	Officiating <ul style="list-style-type: none"> Philosophy of Officiating Duties of official in general, pre, during and post-game Duties of official for various major games and sports. Dress Codes of officials for various major games and sports Numbers of officials, Officiating positions, Signals and Movement of Officials during officiating for various major games and sports. Latest technological advancements in the Officiating in various games and sports 		12

III	Coaching <ul style="list-style-type: none"> • Philosophy of Coaching • Duties of coach in general, pre-game, during-game and post-game duties of coach for various major games and sports. • Latest technological advancements in the coaching for various major games and sports • Awards for coaches at State and National level. • Famous Coaches of various major games and sports 	12
IV	Career opportunities in Coaching and Officiating <ul style="list-style-type: none"> • Academic and Technical Qualifications of officials for various major games and sports. • Academic and Technical Qualifications of coaches for various major games and sports • Famous Institutes that offer technical qualifications in Officiating and Coaching for Sports and Game • Career opportunities in Officiating and Coaching: Government, Clubs, Private Sectors etc. • Qualities of an ideal coach and official 	10

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

**Part II – Practical
 (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Kabaddi: Court specifications, general rules and basic skills	15 - Marks	15
II	Football: Court specifications, general rules and basic skills	15 - Marks	15
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	University Exam (UE): 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	

Part C-Learning Resources

Suggested Readings:

- John Bunn. (2010). Scientific principles of Officiating. Englewood Cliffs N.J. prentice Hall
- Bunn, J. W. (2012). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1992). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.
- Rees, Roy. (2010). Coaching Soccer Successfully Human Kinetics Windsor.
- Cavendish, Marshall. (2012). The Sportsman's World of Soccer" Marshal Cavendish London

- Worthington, Eric. (2011). Teaching Soccer Skill Lepus Books
- Taylor, Hugh. (2016). The Scottish Football Book No19 Stanley Paul, London
- Lawson P. (2001). "Soccer" National Westminster Bank Sport Coaching Series Training and Education Associates Ltd, London
- Reilly T. & Williams Mark. (2014). Science & Soccer" Routledge, London.
- John W. Dann. (2002). Scientific Principle of Coaching WCB, Brown and benchmark Publisher, U.S.A.
- VN.Rao. (2008). Art of Kabaddi. Sports Publication.

2nd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Minor Core Course - 2

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Asian and Commonwealth Games		
Course Code	23-BPE-204		
Course Type	Minor Core Course - 2		
Level of the Course	100-199		
Pre-requisite (if any)	Course only for students studying Physical Education, Health Education and Sports Science as Major subject		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> Describe the Philosophy, development and structure of Asian games. Acquire knowledge the Philosophy, development and structure of Commonwealth games. Describe the Indian Performance in the Commonwealth and Asina Games. 		
Credits	Theory	Practical	Total
	2	Nil	2
Contact Hours	2 hours per week	Nil	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)		Time: 3 Hours For	
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Asian games <ul style="list-style-type: none"> Philosophy of Asian games. Brief history of the development of the Asian Games. Reorganization and expansion of the Asian Games Symbols and Mascots of Asian Games Countries participating in the Asian Games Numbers of Events conducted in Asian games 		8
II	Commonwealth Games <ul style="list-style-type: none"> Philosophy of Commonwealth Games. Brief history of the development of the Commonwealth Games Structure of Commonwealth Games Federation Queen's baton Relay, Opening and Closing Ceremony of Commonwealth Games Countries participating in the Commonwealth Games Numbers of Events conducted in Commonwealth Games 		8
III	Indian performance in Asian Games and Commonwealth Games <ul style="list-style-type: none"> Organization of Asian Games in India Organization of Commonwealth Games in India Indian Performance in Asian Games Indian Performance in Commonwealth Games 		7

Suggested Evaluation Methods:**Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)****Internal Assessment:**

Continuous Comprehensive Evaluation (CCE): 15 Marks
Class presentation = 4
Seminar/ Assignment/Quiz/class test, etc. = 4
Mid Term Test = 7

End Term Exam: 35 Marks Time = 2 hrs

One question of 10 marks from each Units I to III = 30 Marks.
Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.

Part B - Learning Resources**Suggested Readings:**

- Ajmeer Sing, Jagdish Bans, Jagtar Sing Gill , Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publisheres.
- <https://www.commonwealthsport.com/commonwealth-games>.
- https://oca.asia/media/oca_files/OCA_CONSTITUTION_AND_RULE.pdf
- <https://oca.asia>