

3rd Semester (Bachelor of Physical Education, Health Education and Sports Science)**(According to NEP 2020 from Session 2024 - 25)****Core Course - 7**

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	3rd Semester		
Name of the Course	SPORTS PSYCHOLOGY		
Course Code	B23-BPE-301		
Course Type	Core Course - 7		
Level of the Course	200-299		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none">1. To understand overview of Sports Psychology, its development and its importance in enhancing performance.2. To understand various psychological skill training in sports.3. To understand Group dynamics and leadership in sports.4. To understand the Performance enhancement and Injury prevention.		
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> <ol style="list-style-type: none">1. There shall be Nine Questions in all.2. The Question paper will be divided into five units.3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units.4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.5. All Questions carry equal marks (10 marks each).6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	INTRODUCTION TO SPORTS PSYCHOLOGY: <ul style="list-style-type: none">• Overview of Sport Psychology and its role in Sports performance.• History and Development of Sports Psychology.• Role of Sports Psychology in Enhancing Athletic Performance.• Applications of Psychological Principles in sports.		12
II	PSYCHOLOGICAL SKILL TRAINING: <ul style="list-style-type: none">• Goal Setting and motivation in Sports.• Concentration and attention control.• Mental Imagery and Visualization training.• Relaxation and Stress management.		10

III	GROUP DYNAMICS AND LEADERSHIP IN SPORTS: <ul style="list-style-type: none"> Group Dynamics in Sports Team Leadership style and their Impact on Team Performance. Communication in Sports. Conflict Resolution in Sports Team. 	12
IV	PERFORMANCE ENHANCEMENT AND INJURY PREVENTION: <ul style="list-style-type: none"> Psychological factors affecting sports performance. Psychological effects of sports injuries. Psychological Interventions for rehabilitation for sports Injuries. Strategies for enhancing sports performance. 	11

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	Sports Mental Toughness for Athletes (SMTQ- by Sheard, Golby and Wersch 2009)	5 - Marks	7
II	Sports Competition anxiety Test (SCAT- by Martens et. Al. 1990)	5 - Marks	8
III	The Sports Motivation Scale (SMS-28 by Luc G. Pelletier, Michelle Fortier, etc 1995)	5 - Marks	7
IV	Practical File	5 - Marks	8
	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:

- JoE Kane (1972): Psychological aspects of Physical Education published by Routledge.
- zbigniew dziubinski (2011): Social Aspects of Physical Education and Sports in Schools
- Josef Pilsudski University of Physical Education in warsaw.
- Dr. John Evan (2012): Physical Education and Sports in Schools: A Global Perspective: Published by Routledge.
- Fitle D. (2006): Physical Education, School Physical Activity, School Sports and Academic Performance”
- Fox. C.k., Ban-Anderson, D. Neumark-sztainer, D. & Wall, M. (2010): Physical Education, School Physical Activity, School Sports and Academic Performance”

3rd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2024 - 25)

Core Course - 8

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	3rd Semester		
Name of the Course	Sports Nutrition		
Course Code	B23-BPE-302		
Course Type	Core Course - 8		
Level of the Course	200-299		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To understand the Nutrition, its importance and factors effecting Nutritional requirement of Players. 2. To understand various types of Nutrients and their resources. 3. To understand importance of various food groups and balanced diet. 4. To learn about various types of dietary disorders. 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	INTRODUCTION: <ul style="list-style-type: none"> • Nutrition: Meaning, Definition & Importance. • Objectives of Sports Nutrition. • Factors affecting Nutritional Requirement of Players. • Basic Principles of Sports Nutrition. 		12
II	NUTRIENTS: <ul style="list-style-type: none"> • Nutrients: Meaning & Their Classification: Macro and Micro • Carbohydrates, Fats & Protein: Meaning, Types & Resources. • Vitamins & Minerals: Meaning, Types & Resources. • Role of water in Human Body. 		12

III	FOOD GROUPS & BALANCED DIET: <ul style="list-style-type: none"> Food Groups: Meaning & Types. Importance of various Food Groups. Balanced Diet: Meaning & Importance. Components of Balanced Diet. 	10
IV	DIETARY DISORDERS: <ul style="list-style-type: none"> Dietary Disorders: Meaning & Types. Anorexia Nervosa: Meaning & Side Effects. Bulimia Nervosa: Meaning, Symptoms & Side Effects. Binge Eating Disorders: Meaning, Symptoms & Side Effects. 	11

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	Meal Planning for Endurance Athletes.	5 - Marks	7
II	Meal Planning for weight lifter.	5 - Marks	8
III	Meal Planning for Weight Loss.	5 - Marks	7
IV	Practical File	5 - Marks	8
	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:

Bailey, V (2016). *Beginner's Nutrition Guide: To Enhance Sports Performance, Healthy Lifestyle and weight loss.* Create space independent Publication.

Bean, A. (2017). *The Complete Guide to Sports Nutrition 8th edition.* UK. London; Bloomsbury sport publications

Murti, N.S. (2018). *Health Education and sports Nutrition.* New Delhi: Sports Publications.

Anita Bean, “ *The Complete guide to Sports Nutrition: How to eat for maximum performance II Third Edition, (2000) published by A & C Black (Publisher) Ltd., 37 Soho Square, London W1D3QZ*

DeMaria, E.K. (2007) *Bariatric surgery for morbid obesity. N Engl J Med, 356 (21), 2176-2183.*

Bessesen, D.H. (2008) *Update on obesity. J Clin-Endocrinol Metab, 93(6), 2027-2034*

Bamji, M.S., Krishnaswamy, K., & Brahmam, G.N.V. (Eds.) (2009). *Textbook of human nutrition oxford & IBH*

Mann, J., & Truswell, S. (Eds). (2017). *Essentials of human nutrition. Oxford University Press.*

3rd Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2023 - 24)

Core Course - 9

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	3rd Semester		
Name of the Course	Fundamentals of Sports Training.		
Course Code	B23-BPE-303		
Course Type	Core Course - 9		
Level of the Course	200-299		
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. Understand the basic principles and methods of training. 2. Understand the concept of training load and relationship between load and performance. 3. Understand the importance and components of fitness and principles of exercise. 4. Understand the Physiological & Psychological aspects of recovery. 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	INTRODUCTION TO SPORTS TRAINING: <ul style="list-style-type: none"> • Overview of sports training and its objectives. • Basic principles of training (Overload, Specificity and progressive). • Training methods and their techniques. • Importance of well-rounded fitness. 		12
II	TRAINING LOAD: <ul style="list-style-type: none"> • Training Load: Meaning and Importance • Types of Training load. • Components of Training load. • Relationship between training load and sports performance. 		12

III	PHYSICAL FITNESS: <ul style="list-style-type: none"> Physical Fitness: Meaning and Importance Components of Physical Fitness (Strength, Speed, Endurance, Flexibility and Coordinative abilities. Importance of Nutrition in Physical Fitness. 	11
IV	RECOVERY: <ul style="list-style-type: none"> Recovery: Meaning and Importance. Physiological & Psychological aspects of Recovery. Principles of Recovery (Rest, Nutrition, Hydration, Sleep & Active Recovery, etc.) Recovery Strategies and Techniques. 	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	Interval Training Method	5 - Marks	7
II	Continuous Training Method.	5 - Marks	8
III	Circuit Training Method.	5 - Marks	7
IV	Practical File of above methods.	5 - Marks	8
	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:

Bailey, V (2016). *Beginner's Nutrition Guide: To Enhance Sports Performance, Healthy Lifestyle and weight loss.* Create space independent Publication.

Bean, A. (2017). *The Complete Guide to Sports Nutrition 8th edition.* UK. London; Bloomsbury sport publications

Murti, N.S. (2018). *Health Education and sports Nutrition.* New Delhi: Sports Publications.

Anita Bean, “ *The Complete guide to Sports Nutrition: How to eat for maximum performance II Third Edition, (2000) published by A & C Black (Publisher) Ltd., 37 Soho Square, London W1D3QZ*

DeMaria, E.K. (2007) *Bariatric surgery for morbid obesity. N Engl J Med, 356 (21), 2176-2183.*

Bessesen, D.H. (2008) *Update on obesity. J Clin-EndocrinolMetab, 93(6), 2027-2034*

Bamji, M.S., Krishnaswamy, K., & Brahmam, G.N.V. (Eds.) (2009). *Textbook of human nutrition oxford & IBH*

Mann, J., & Truswell, S. (Eds). (2017). *Essentials of human nutrition. Oxford University Press.*

3rd Semester (Bachelor of Physical Education, Health Education and Sports Science)**(According to NEP 2020 from Session 2024 - 25)****Core Course Minor - 3**

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	3rd Semester		
Name of the Course	Athletic Track & Field Events		
Course Code	B23-BPE-304		
Course Type	Core Course Minor - 3		
Level of the Course	200-299		
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. To understand the athletics, their rules and regulations and importance at world level.2. To learn about Sprints and Hurdles.3. To understand the biomechanical aspects of middle and long distance Run.4. To learn about biomechanical aspects of Jumps and Throws.		
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> <ol style="list-style-type: none">1. There shall be Nine Questions in all.2. The Question paper will be divided into five units.3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units.4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.5. All Questions carry equal marks (10 marks each).6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	INTRODUCTION TO ATHLETICS AND TRACK EVENTS: <ul style="list-style-type: none">• Introduction to the History and Development of Athletics• Overview of track events (Sprints, Middle Distance, Long Distance, Hurdles and Relays).• Introduction to the Rules and Regulations of track events.• Importance of Track events in the Olympic Games and other International Competitions		12
II	TRACK EVENTS: SPRINTS AND HURDLES <ul style="list-style-type: none">• Bio-mechanics of Sprinting and Hurdling• Training and Conditioning for Sprinters and Hurdlers.• Techniques for Starting, Acceleration and Finishing.• Strategies for Sprints and Hurdle Races.• Analysis of famous Sprint and Hurdle events and athletes.		10

III	TRACK EVENTS: MIDDLE AND LONG DISTANCES <ul style="list-style-type: none"> • Bio-mechanics of Sprinting and Hurdling • Training and Conditioning for Sprinters and Hurdlers. • Techniques for Starting, Acceleration and Finishing. • Strategies for Sprints and Hurdle Races. • Analysis of famous Sprint and Hurdle events and athletes. 	12
IV	FIELD EVENTS: JUMPS AND THROWS <ul style="list-style-type: none"> • Bio-mechanics of Jumping and Throwing. • Training and Conditioning for Jumpers and Throwers. • Techniques for Jumping and Throwing Events. • Analysis of famous Jumping and Throwing events and athletes. 	11

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	Sprints: 100m, 200m & 400m.	5 - Marks	7
II	Shot Putt & Discuss throw.	5 - Marks	8
III	Jumps: Long Jump, High Jump & Triple Jump	5 - Marks	7
IV	Evaluation of Practical File.	5 - Marks	8
	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:

IAAF (International Association of Athletics Federations). (2022) *The Official IAAF Guide to the Rules of Athletics.*

IAAF (2022), *Athletics: A Global history.*

IAAF (2022). *The Science of Sprinting.*

IAAF (2002). *The Art of Hurdling.*

IAAF (2002). *The Science of Middle an Long Distance Running*

IAAF (2002). *The Art of pacing in Distance Running. IAAF (2022), Athletics: A Global history.*

IAAF (2022). *The Science of Jumping*

IAAF (2022). *The Art of Throwing.*

4th Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2024 - 25)

Core Course - 10

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	Semester - 4		
Name of the Course	Physical Fitness and Wellness		
Course Code	B23-BPE-401		
Course Type	Core Course - 10		
Level of the Course	200-299		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To understand the overview of Physical Fitness and Wellness comprehensively. 2. To learn about various methods of fitness assessment and goal setting. 3. To learn about strategies for different components of Wellness. 4. To learn about Nutritional requirements for different types of athletes. 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	OVERVIEW OF PHYSICAL FITNESS AND WELLNESS. <ul style="list-style-type: none"> • Physical Fitness and wellness: meaning and its importance. • Dimensions of wellness. • Principles of Physical fitness and wellness. • Relationship between physical fitness and wellness. 		12
II	FITNESS ASSESSMENT AND GOAL SETTING: <ul style="list-style-type: none"> • Methods for assessing cardio-respiratory endurance, muscular strength, flexibility and body composition. • Importance of setting SMART fitness goals. • Strategies for goal setting and achievement. • Monitoring and Adjusting fitness goals. 		11

III	STRATEGIES FOR ENHANCING WELLNESS: <ul style="list-style-type: none"> Physical wellness strategies (Exercise, Nutrition, sleep, stress management). Emotional wellness strategies (Mindfulness, self-care and positive psychology) Intellectual wellness strategies: (Lifelong learning, critical thinking and problem solving). Social Wellness strategies: (Communication, Relationship and community involvement). 	12
IV	SPORTS NUTRITION: <ul style="list-style-type: none"> Nutritional requirements for Endurance athletes. Special Nutritional requirements for Pregnant Athletes. Nutritional alteration for weight loss and weight gain. Diet plan for sprinters. 	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	AAPHER Youth fitness test 1976	5 - Marks	7
II	Canadian Fitness Test.	5 - Marks	8
III	Diet plan for weight loss.	5 - Marks	7
IV	Diet plan for weight gain.	5 - Marks	8
	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:

- "The Wellness Project: A Handbook for Vibrant Living" by Phoebe Lapine
- "Integrative Wellness Rules: A Simple Guide to Healthy Living" by Dr. Jim Nicolai
- "The Complete Holistic Wellness Handbook: Herbal Medicine, Aromatherapy, Yoga, and Ayurveda for Vibrant Health and Inner Harmony" by Benz Joe
- "Lifetime Physical Fitness and Wellness: a personalized program" by WERNER W. K. HOEGER and SHARON A. HOEGER
- McGlynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
- David K. Miller & T. Earl Allen(1989), Fitness, A life time commitment, Surjeet Publication Delhi.
- Uppal A.K (1992), Physical Fitness, Friends Publications (India),
- Warner W.K. Oeger & Sharon A. Hoeger(1990) Fitness and Wellness, Morton Publishing Company.
- "Wellness Self-Assessment" U Matter Princeton University.
- Wellness Inventory, Ministry of Education 2012-2013

- [Home - Guiding Wellness](#)
- [Home - Global Wellness Institute](#)
- [World Health Organization \(WHO\)](#)
- [American Heart Association | To be a relentless force for a world of longer, healthier lives](#)
- [ACE | Health and Fitness Education, Research, Career Support \(acefitness.org\)](#)
- [ACSM | American College of Sports Medicine](#)
- Corbin's concepts of fitness and wellness: A Comprehensive lifestyle Approach- www.mheducation.com
- Concept of fitness & wellness- Open textbook library – open.umn.edu

4th Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2024 - 25)

Core Course - 11

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	4th Semester		
Name of the Course	Sports Sociology		
Course Code	B23-BPE-402		
Course Type	Core Course - 11		
Level of the Course	200-299		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Understand and Define Key Concepts in Sports Sociology 2. Analyze Sociocultural Dynamics within Sports 3. Evaluate Socialization Processes through Sports 4. Investigate Social Issues and Inequalities in Sports 5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	Introduction to Sports Sociology <ul style="list-style-type: none"> • Meaning and Definition of Sports Sociology • Nature and scope of Sociology. • Importance of Sports Sociology • Social Process: Co-operation, Competition, Conflict, Accommodation, and Assimilation 		12

II	Culture and Civilization <ul style="list-style-type: none"> • Meaning, definition and Characteristics of Culture. • Relationship of sports with culture. • Elements of culture: Cognitive elements, Beliefs, Values and norms, Signs and non-normative ways of behaving. • Meaning of Civilization. Difference between culture and civilization 	10
III	Sports and Socialization <ul style="list-style-type: none"> • Meaning and definition of socialization • Types of socialization: Primary, Anticipatory, Developmental and Re-socialization. • Socialization through Physical Education • Social Group life in sports: Primary and secondary groups 	12
IV	Social Issues in Sports <ul style="list-style-type: none"> • Gender roles, Racial diversity and stereotypes in sports • Title IX and its impact • Role of physical education in the context of social problems. • Status of Sports in educational institutions. 	11

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	Co-operation and competition test Research Series of –APRC, Agra, 1997	5 - Marks	7
II	Self-concept questionnaire- Dr. Raj Kumar Saraswat.	5 - Marks	8
III	ASAAP (A Socio- Metric measure- Dr. S.L. Chopra, Lucknow.)	5 - Marks	7
IV	Practical File	5 - Marks	8
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/	University Exam (UE): 20 Marks Evaluation through Skill of handling the instrument /	

	Practical Record File (2.5 Marks for Each Unit)	Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)
Part C-Learning Resources Suggested Readings: <ul style="list-style-type: none"> • Coakley, J. (2021). Sports in society: Issues and controversies (13th ed.). McGraw-Hill Education. • Eitzen, D. S. (2016). Fair and foul: Beyond the myths and paradoxes of sport (6th ed.). Rowman & Littlefield Publishers. • Maguire, J., Jarvie, G., Mansfield, L., & Bradley, J. (2002). Sport worlds: A sociological perspective. Human Kinetics. • Giulianotti, R. (2015). Sport: A critical sociology (2nd ed.). Polity Press. • Yobu, A. (2008) Sociology of Sports. Friends Publications. • Jain.(2002), Sports Sociology, Heal Sahety Kendre Publishers. • Jay Coakley (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed. • Coakley, J. (1990) Sport in Society: Issues and Controversies, (4thed.). St. Louis: Mosby 		

4th Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2024 - 25)

Core Course - 12

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	4th Semester		
Name of the Course	Organization & Administration		
Course Code	B23-BPE-403		
Course Type	Core Course - 12		
Level of the Course	200-299		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. To understand the meaning, importance, principles and functions of Organization and Administration. 2. To understand the Importance, types, need, care and maintenance of Sports Equipments and facilities. 3. To learn about different types of tournament and drawing fixtures. 4. To learn about Budget planning and its importance. 5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	INTRODUCTION: <ul style="list-style-type: none"> • Organization & Administration: Meaning, Definition & Importance. • Principles of Organization & Administration • Functions of Organization & Administration • Characteristics of Organization & Administration 		12
II	SPORTS EQUIPMENTS & FACILITIES: <ul style="list-style-type: none"> • Sports Equipments & Facilities: Meaning & Importance • Classification of Sports Equipments • Care & Maintenance of different types of Sports Equipments & Facilities. • Need of Sports Equipments & Facilities. 		10

III	TOURNAMENT: <ul style="list-style-type: none"> • Tournament: Meaning & Importance. • Types of Tournaments • Bye: Criteria for giving Byes • Fixtures on Knockout & Round Robin Tournament Basis 	11
IV	BUDGET PLANNING: <ul style="list-style-type: none"> • Budget: Meaning & Importance of Budget in Physical Education • Criteria of Good Budget • Preparation of Budget Planning • Format of Making Budget of a Institution. 	12

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	Methods of Issuing and Return of Sports Equipments	5 - Marks	7
II	Methods of Care and maintenance of sports equipments and facilities.	5 - Marks	8
III	Methods of storing various types of Sports Equipments.	5 - Marks	7
IV	Practical File	5 - Marks	8
	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:

Aggarwal MM (2010): *Six Systems of Indian Philosophy*, Chowkhamba Vidya Bhawan, Varanasi.
 Sharma, J.P. D (2007) *manav jivan & yog friends publication*, New Delhi
 Swami Bhuteshananda (2009) *Nararad Bhakti, Advaita Ashrama Publication Dept. Kolkata II Edition.*
 Hiriyanma M (2009), *Outlines of Indian Philosophy*, Motilal Banarsidass, New Delhi.
 Hiriyanma M (2008), *Outlines of Indian Philosophy*, Motilal Banarsidass, New Delhi.
 Parmanik T.N. D(2017) *Yogkla, sports publication New Delhi*
 Bhargav, G.M. D (2019) *Yoga Education, Sports Publication, New Delhi*
 Pritam Amrita (2007) *Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi*
 Yogender D. (2010) *Yoga shiksha khel Shitya Kendra, New Delhi*
 Shukla Atul, D. (2007) *Yoga sadna, Khel Shitya Kendra, New Delhi*
 Parmanik, T.N. D(2018) *yoga education sports publication, New Delhi.*

5th Semester (Bachelor of Physical Education, Health Education and Sports Science)**(According to NEP 2020 from Session 2024 - 25)****Core Course - 13**

Part A - Introduction			
Subject:	Bachelor of Physical Education, Health Education and Sports Science		
Semester	5 th Semester		
Name of the Course	Sports Journalism		
Course Code	B23-BPE-501		
Course Type	Core Course - 13		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <div>1. Define the scope and evolution of sports journalism and understand the role and responsibilities of sports journalists.</div> <div>2. Differentiate between various types of sports media and apply effective writing techniques specific to sports journalism.</div> <div>3. Conduct and analyze sports interviews using ethical and effective interviewing principles and techniques.</div> <div>4. Create and utilize multimedia content in sports reporting, including photography, video, and podcasts.</div> <div>5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level</div>		
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> <div>1. There shall be Nine Questions in all.</div> <div>2. The Question paper will be divided into five units.</div> <div>3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units.</div> <div>4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.</div> <div>5. All Questions carry equal marks (10 marks each).</div> <div>6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.</div>			
Unit	Topics		Contact Hours
I	Unit – I Introduction to Sports Journalism <div>• Meaning, Definition and scope of sports journalism</div> <div>• Historical overview and evolution of sports Journalism</div> <div>• Role and responsibilities of sports journalists</div> <div>• Ethics in sports reporting: fairness, accuracy, and objectivity</div>		12

II	Unit – II Understanding the Sports Media Landscape <ul style="list-style-type: none"> • Different types of sports media (print, broadcast, online) • Basics of sports writing: lead, inverted pyramid, and feature stories • Effective headline writing for sports articles • Elements of good writing 	12
III	Unit – III Sports Interviewing Skills <ul style="list-style-type: none"> • Meaning and definition of interview • Principles of effective sports interviews • Techniques for conducting athlete interviews • Ethical considerations in sports interviews 	11
IV	Unit – IV Multimedia Sports Reporting <ul style="list-style-type: none"> • Introduction to multimedia storytelling in sports journalism • Using photography and video in sports reporting • Basics of sports broadcasting and commentary • Podcasting and sports journalism 	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	Field Reporting	5 - Marks	7
II	Interviews	5 - Marks	8
III	Writing and producing News Articles.	5 - Marks	7
IV	Multimedia Contents	5 - Marks	8
	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:

- Boyle, R. (2006). Sports Journalism: Context and Issues. SAGE Publications.
- Schultz, B., & Sheffer, M. L. (2017). Sports Media: Reporting, Producing, and Planning. Focal Press.
- Bell, B. (2008). The Art of Sports Writing: Interviews and Insights from Sports Journalists. Routledge.
- Hilliard, R. L. (2011). Writing for Television, Radio, and New Media. Wadsworth Publishing.
- Hutchins, B., & Rowe, D. (2012). Digital Media Sport: Technology, Power and Culture in the Network Society. Routledge.
- Pedersen, P. M. (2016). Routledge Handbook of Sport Communication. Routledge.
- Govindarajulu, N. (2009) Sports Journalism. Sports Educational Technologies.

5th Semester (Bachelor of Physical Education, Health Education and Sports Science)**(According to NEP 2020 from Session 2024 - 25)****Core Course - 14**

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	Semester – 5th		
Name of the Course	Kinesiology		
Course Code	B23-BPE-502		
Course Type	Core Course - 14		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none">1. To understand the meaning, definition, aims and objectives of Kinesiology.2. To learn about Joints and their types, functions and fundamentals of movement around joint.3. To learn about muscles, its types, functions properties and contraction.4. To learn about posture and postural deformities.		
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> <ol style="list-style-type: none">1. There shall be Nine Questions in all.2. The Question paper will be divided into five units.3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units.4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.5. All Questions carry equal marks (10 marks each).6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	INTRODUCTION TO KINESIOLOGY <ul style="list-style-type: none">• Kinesiology: Meaning, Definition and Importance of Kinesiology in Physical Education and Sports.• Aim and Objectives Kinesiology in Physical Education.• Meaning and types of Bones.• Structure and Functions of Bones.		12
II	JOINTS <ul style="list-style-type: none">• Joints : Meaning and Classification of Joints.• Structure and Functions of Joints.• Fundamental movements around the Joints.		10

	<ul style="list-style-type: none"> Plane and Axis and its significance in Sports. 	
III	MUSCLES <ul style="list-style-type: none"> Muscles: Meaning and types of Muscles. Functional Classification of Muscles. Properties of Muscles. Types of Muscle Contraction – Isometric, Isotonic, Isokinetic, Agonists, Antagonists, Neutralizers and Stabilizers. 	12
IV	POSTURE AND POSTURAL DEFORMITIES <ul style="list-style-type: none"> Posture : Meaning, type and Importance of Good Posture. Postural Deformities : Meaning, Cause of Postural Deformities. Kyphosis, Lordosis and Scoliosis : Meaning, Causes and Remedial Exercise. Knock Knee, Bow Legs and Flat Foot : Meaning, Causes and Remedial Exercise. 	11

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	Identification of different types of bones.	5 - Marks	7
II	Identification of skeletal muscles of body.	5 - Marks	8
III	Identification of Postural Deformities.	5 - Marks	7
IV	Practical File	5 - Marks	8
	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:

Floyed, R.T. and Thompson, C.W. (2006). "Manual of structural Kinesiology", Mc Graw Hill, Bostan.

Wells, Katharine, P. "Kinesiology", Philadelphia.

Goswami, J. (2007). Basic kinesiology. Friends publications, New Delhi.

ynn S.L. 2002). Clinical Kinesiology for Physical Education. Jaypee Brothers, New Delhi : 3r ed.

Mahaboobjan, A. (2010). Kinesiology and biomechanics. Khel sahitya kendra publications, New Delhi.

Deiels, L. and Worthinghan, C., Muscle Testing Techniques of Manual Examination, Lousion W.B. Esundeus Com, 1956

Jenson, C.R. & Schult, G.W, Applied Kinesiology: The Scientific Study of Human Performance (2nd Ed.) New York: MC Grautids Book co., 1977

5th Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2024 - 25)

Core Course - 15

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	5th Semester		
Name of the Course	Sports Management		
Course Code	B23-BPE-503		
Course Type	Core Course - 15		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. To understand importance, scope, nature and functions of Sports management. 2. To learn about importance, types, care and maintenance of Sports equipments and facilities. 3. To understand need of Leadership in sports. 4. To learn about financial management, its objectives need and functions in sports. 5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	INTRODUCTION: <ul style="list-style-type: none"> • Sports Management: Meaning, Definition & Importance. • Scope of Sports management in Physical Education & Sports. • Nature & Objective of Sports management. • Functions of Sports management. 		12
II	FACILITIES & EQUIPMENT MANEGEMENT: <ul style="list-style-type: none"> • Facilities & Equipments: Meaning, Definition & Importance. • Type of Facilities & Equipments in Sports. • Case & maintenance of Sports Equipments: Meaning & Benefits • Types of Equipment Maintenance. 		10

III	LEADERSHIP IN MANAGEMENT: <ul style="list-style-type: none"> • Leader: Meaning & Need of Leadership. • Variations of Leadership in Sports Management. • Characteristics of a Good Leader. • Principles of Leadership in Physical Education & Sports. 	12
IV	FINANCIAL MANAGEMENT: <ul style="list-style-type: none"> • Financial Management: Meaning & Need of Financial Management in Sports. • Objectives of Financial Management. • Functions of Financial Management. • Financial Performance Standards for Sports Management. 	11

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	Methods of Issuing and Return of Sports Equipments	5 - Marks	7
II	Methods of Care and maintenance of sports equipments and facilities.	5 - Marks	8
III	Methods of storing various types of Sports Equipments.	5 - Marks	7
IV	Budget Planning for Institute.	5 - Marks	8
	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:

Aggarwal MM (2010): *Six Systems of Indian Philosophy*, Chowkhamba Vidya Bhawan, Varanasi.
 Sharma, J.P. D (2007) *manav jivan & yog friends publication*, New Delhi
 Swami Bhuteshananda (2009) *Nararad Bhakti, Advaita Ashrama Publication Dept. Kolkata II Edition.*
 Hiriyanan M (2009), *Outlines of Indian Philosophy*, Motilal Banarsidass, New Delhi.
 Hiriyanan M (2008), *Outlines of Indian Philosophy*, Motilal Banarsidass, New Delhi.
 Parmanik T.N. D(2017) *Yogkla, sports publication New Delhi*
 Bhargav, G.M. D (2019) *Yoga Education, Sports Publication, New Delhi*
 Pritam Amrita (2007) *Yoga Prichya and parampara, Khel Sahitya Kendra, New Delhi*
 Yogender D. (2010) *Yoga shiksha khel Shitya Kendra, New Delhi*
 Shukla Atul, D. (2007) *Yoga sadna, Khel Shitya Kendra, New Delhi*
 Parmanik, T.N. D(2018) *yoga education sports publication, New Delhi.*

5th Semester (Bachelor of Physical Education, Health Education and Sports Science)**(According to NEP 2020 from Session 2024 - 25)****Core Course Minor- 5**

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	5 th Semester		
Name of the Course	Stress Management		
Course Code	B23-BPE-504		
Course Type	Core Course Minor - 5		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<div><div><div>1. Introduce students to the concept of stress and its impact on athletes.</div><div>2. Teach students Psychological skills that can be used to manage stress in sports.</div><div>3. Focus on Stress management strategies specifically designed for team sports.</div><div>4. Provide coaches with strategies to manage their own stress and that of their athletes.</div></div><div><div>1. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level</div></div></div>		
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> <div><div>1. There shall be Nine Questions in all.</div><div>2. The Question paper will be divided into five units.</div><div>3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units.</div><div>4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.</div><div>5. All Questions carry equal marks (10 marks each).</div><div>6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.</div></div>			
Unit	Topics		Contact Hours
I	INTRODUCTION TO STRESS MANAGEMENT IN SPORTS: <div><div>• Stress: Definition and its Physiological & Psychological effects on athletes.</div><div>• Sources of stress in sports: Competition, Training, Injuries and pressure from coaches, team mates and fans.</div><div>• Stress Management Techniques: Relaxation, Deep breathing, positive self-talk.</div><div>• Case- Studies: Case studies of athletes who have successfully manage stress.</div></div>		12
II	PSYCHOLOGICAL SKILL TRAINING FOR STRESS MANAGEMENT: <div><div>• Goal setting: meaning and importance of SMART goal</div><div>• Imagery: Mental imagery to enhance performance and manage stress.</div><div>• Self-Talk: Importance of Self-talk in reducing stress and improving sports performance.</div><div>• Relaxation Techniques: Progressive muscles relaxation and meditation.</div></div>		10

III	STRESS MANAGEMENT IN TEAM SPORTS: <ul style="list-style-type: none"> Team cohesion: Role of team cohesion in managing stress. Communication: Importance of effective communication in managing stress within a team. Leadership: Role of leadership in managing stress in team sports. Team Building: Team building activities that help manage stress. 	12
IV	STRESS MANAGEMENT FOR COACHES: <ul style="list-style-type: none"> Coach Stress: Common sources of stress for Coaches and ways to manage it. Coach- Athlete relationship: Role of Coach-Athlete relationship in managing stress. Coach Education: Importance of coach education in stress management. Coach Support System: Teach Coaches about support system available to them. 	11

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	Yoga and Meditation	5 - Marks	7
II	Self-Talk	5 - Marks	8
III	Progressive Muscle Relaxation	5 - Marks	7
IV	Practical File	5 - Marks	8
	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:

Mellalieu, S.D., & Hanton, S. (2009). *Intensity and direction of competitive anxiety as a function of sport type and experience. Psychology of Sports and Exercise*, 10(6), 619-625.

Nicholls, A.R., & Polman, R.C., (2007), *coping in sport: A Systematic review Journal of Sports Sciences*, 25(1), 11-31.

Birrer, D., & Morgan, G. (2010), *Psychological skills training as way to enhance an athlete's performance in high-intensity sports. Scandinavian Journal of Medicine & Science in Sports*, 20(2), 78-87.

Hardy, J., Hall, C.R., Gibbs, C. & Greenslade, C. (2006), *Self-talk and affective states in sport. Psychology of sport and exercise*, 7(6), 561-575.

Heuze, J.P., & Fontayne, P. (2006). *Team cohesion and performance in professional basketball, International Journal of Sports Science & Coaching*, 1(3), 313-326

Carron, A.V., & Brawley, L.R. (2000), *Cohesion: Conceptual and measurement issues, Small Group Research*, 31(1), 89-106

Gilbert, W., & Trudel, P. (2006). *The coach as facilitator: Helping athletes meet the challenge of high performance sport. The sport Psychologist* 20(2), 163-182

Gould, D., & Udry, E. (1994). *Psychological skills for enhancing performance, Arousal regulation strategies. Medicine & Science in Sports & Exercise*, 26(4), 478-485

Jowett, S., & Cockerill, I.M. (2003), *Olympic medalists' perspective of the coach, athlete relationship. Psychology of sport and Exercise*, 4(3), 313-331.

6th Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2024 - 25)

Core Course - 16

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	Semester – 6th		
Name of the Course	Test, Measurement & Evaluation in Physical Education		
Course Code	B23-BPE-601		
Course Type	Core Course - 16		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To understand the meaning, principles, objectives, importance and scope of Test Measurement and Evaluation. 2. To learn about the definition, meaning and types of Reliability and Validity. 3. To understand about the various types of Motor Fitness and Physical Fitness Test. 4. To learn about the technology in the Test measurement and Evaluation. 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	INTRODUCTION OF TEST , MEASUREMENT AND EVALUATION <ul style="list-style-type: none"> • Test, Measurement and Evaluation: Meaning and Importance in Physical Education and Sport. • Objectives of Test, Measurement and Evaluation. • Scope of Test, Measurement and Evaluation. • Principles of Test, Measurement and Evaluation. 		12
II	RELIABILITY AND VALIDITY IN TEST CONSTRUCTION <ul style="list-style-type: none"> • Definition and Importance of Reliability and validity. 		10

	<ul style="list-style-type: none"> Types of Reliability (for Ex. Test- and Re-test reliability, Inter-rator reliability, Internal Consistency reliability). Types of Validity (Content validity, criterion validity, construct validity). Techniques for improving reliability and validity. 	
III	MOTOR FITNESS TEST & PHYSICAL FITNESS TEST <ul style="list-style-type: none"> Indiana Motor fitness test, Oregon Motor fitness test. Physical Fitness tests (AAHPERD Health related fitness battery, ACSM Health Related physical fitness test). Cardio-vascular Fitness Test (Harvard Step test, Multi-stage fitness test) Physiological Test (Aerobic and Anaerobic capacity test). 	12
IV	TECHNOLOGY IN TEST MEASUREMENT AND EVALUATION <ul style="list-style-type: none"> Use of Technology in Physical Education testing and evaluation. Advantages and Disadvantages of using Technology. Technology based tests and measurements (pedometer, heart rate monitor and fitness apps). Ethical consideration in using technology for testing and evaluation. 	11

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	Measurement of Height and circumference of different Body parts.	5 - Marks	7
II	Methods of measuring standing height and sitting height	5 - Marks	8
III	Calculating physical fitness with Harvard Step Test.	5 - Marks	7
IV	Calculating BMI	5 - Marks	8
	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

Barrow, H.M. And McGee, R. and Tritschler, k.A (1989). Practical measurement in Physical Education and Sports (14th ed.). London : Lea & Febiger.

Friends Publications (India) (2020) . Tests, Measurement and evaluation . Friends Publication (India).

Morrow J.R. Jr. (2011). Measurement and Evaluation in Physical Education and exercise science, Human Kinetics Publishers.

Kansal, D.K. (1996). Test and Measurement in Sports and Physical Education. New Delhi : D.V.S Publications.

Lipman, H.A. (2009). Measurement and Evaluation in Physical Education. India : Friends publications.

Phillips D.A and Honark, J.S, (1979). Measurement and Evaluation in Physical Education, New York, John Wiley and Sons.

Marrow J.R and Jackson A.W, (2010). Measurement and Evaluation in Human Performance Publisher : Human Kinetics ; 4th edition.

Johnson, B.L and Nelson, J.K, (1988). Practical Measurement for Evaluation in Physical Education, Delhi, Surjeet Publications.

Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sport. New Delhi ; Friends Publications.

6th Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2024 - 25)

Core Course - 17

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	Semester – 6th		
Name of the Course	Biomechanics		
Course Code	B23-BPE-602		
Course Type	Core Course - 17		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. To understand the Importance of Bio-mechanics and mechanical properties of body tissues. 2. To understand the composition of bone and mechanism of muscular contraction. 3. To learn about Mechanics of Human Movements. 4. To learn about Injuries and their rehabilitation. 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	Introduction to Biomechanics <ul style="list-style-type: none"> • Meaning and importance of biomechanics. • Mechanical properties of bones, muscles, and tissue. • Kinematics and dynamics: Motion of biological systems including concept of velocity, acceleration and forces. 		12
II	Biomechanics of Muscular-skeletal system <ul style="list-style-type: none"> • Structure and composition of bone • Mechanism of muscle contraction and force generation. 		10

	<ul style="list-style-type: none"> Range of motion and joint stability. 	
III	Biomechanics of Human Movement <ul style="list-style-type: none"> Biomechanics of human walking Biomechanics of running Biomechanics of jumping 	12
IV	Biomechanics of injury and Rehabilitation <ul style="list-style-type: none"> Mechanism of tissue damage including fracture, sprain and strain. Mechanism of tissue repair and rehabilitation including muscle strengthening and joint mobilization. Design and functions of prosthetics and orthotics, including their impact on biomechanics. 	11

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	Hop test	5 - Marks	7
II	Sit and Reach Test	5 - Marks	8
III	Shuttle Run Test	5 - Marks	7
IV	Practical File	5 - Marks	8
	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:

Introduction to Biomechanics by MIT OpencourseWare.

Walter Herzog: Biomechanics of musculoskeletal system.

Roger Bartlett: Biomechanics of Human Movements.

John D. Hsu: Biomechanics of Injury and Repair

6th Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP 2020 from Session 2024 - 25)

Core Course - 18

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	Semester – 6th		
Name of the Course	Curriculum Design in Physical Education		
Course Code	B23-BPE-603		
Course Type	Core Course - 18		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To understand the meaning, importance, scope and basis of Curriculum. 2. To learn about steps of curriculum design, principles and procedure of Curriculum. 3. To learn about different models of Curriculum design 4. To learn about need, aim, objectives and types of Evaluation in curriculum. 		
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> <ol style="list-style-type: none"> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt. 			
Unit	Topics		Contact Hours
I	INTRODUCTION: <ul style="list-style-type: none"> • Curriculum: Meaning, Definition & Importance. • Difference between Curriculum & Syllabus • Scope of Curriculum in Physical Education • Basis of Curriculum in Physical Education. 		12
II	DETERMINANTS OF CURRICULUM DEVELOPMENT: <ul style="list-style-type: none"> • Essential Steps in Designing Physical Education Curriculum • Factors Affecting Curriculum Development • Basic Principles of Curriculum in Physical Education. • Procedure of Curriculum Development 		11

III	TYPES & APPROACHES IN CURRICULUM: <ul style="list-style-type: none"> Curriculum Design Model: Subject Centered, Learner Centered & Problem Centered Approaches in Curriculum Development: Developmental Approach, Intra-Disciplinary Approach & Functional Approach. Trends in Curriculum Development: Lifelong Learning, Collaborative Curriculum & Core Curriculum 	12
IV	EVALUATION IN CURRICULUM: <ul style="list-style-type: none"> Evaluation: Meaning & Need of Evaluation Aim & Objectives of Evaluation. Types of Evaluation Role of Physical Education Teacher in Evaluation Process. 	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	Motor Fitness Test (Illinois Agility Run and Standing Long jump Test)	5 - Marks	7
II	Physical Fitness Test (Harvard Step Test and AAHPERD Health related fitness battery)	5 - Marks	8
III	Skill Test (Harban's Hockey test and volleyball russel lange test)	5 - Marks	7
IV	Practical File.	5 - Marks	8
	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:

Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum design in Physical Education*. Englewood cliffs: N.J. Prentice Hall Inc.

Murthy, J.K. (2005). *Curriculum construction in Physical Education and Sports*. Ansari Road, Daryaganj, New Delhi: Commonwealth Publishers.

Pratt, D (1980) *Curriculum Design & Development*, New York: Harcourt, Brace and Jovanvich.

Tyler, R.S. (1976). *Curriculum Principles and Foundations*. London: Harper and Row Publishers.

Payne, D.A. (1973). *Curriculum Evaluation :Commentaries on purpose, Process and Product*. Boston: D.C. Heath.

Underwood, G.L. (1983). *The Physical Education Curriculum in Secondary School : Planning and implementation*. England: Taylor and Francis Ltd.

Cassidy, R. (1986). *Curriculum Development in Physical Education*. New York: Harper & Company.

6th Semester (Bachelor of Physical Education, Health Education and Sports Science)**(According to NEP 2020 from Session 2024 - 25)****Core Course Minor - 06**

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	Semester – 6th		
Name of the Course	Posture and Athletic Care.		
Course Code	B23-BPE-604		
Course Type	Core Course Minor - 06		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 1. Introduce students to the importance of Posture in Athletic Performance and Overall health. 2. Teach Students how to assess and improve Posture. 3. Teach students how to use Good Posture to prevent injuries. 4. Teach students how to use Good Posture in daily activities.		
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> 1. There shall be Nine Questions in all. 2. The Question paper will be divided into five units. 3. Paper setter has to set 02 questions from each unit of syllabus given below (I st to IV th). A total of 08 questions from all 04 units. 4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each. 5. All Questions carry equal marks (10 marks each). 6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9 th question (V th Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	INTRODUCTION TO POSTURE: <ul style="list-style-type: none">• Posture: Definition and its components.• Impact of Posture on Health.• Benefits of good posture for overall wellbeing• Benefits of Good Posture on sports performance.		12
II	ASSESSING AND IMPROVING POSTURE: <ul style="list-style-type: none">• Posture assessment techniques: Visual observation and Goniometry.• Corrective exercises for improving posture.• Gate Analysis for identifying postural imbalance and movement dysfunction.		12

III	POSTURAL DEFORMITIES: <ul style="list-style-type: none"> • Posture deformity: Meaning and Causes. • Symptoms of Postural Deformities. • Various types of Postural deformities: Kyphosis, Loadosis, Spoliosis, Knock-knee and Flat foot. • Corrective Exercises for different Postural Deformities. 	11
IV	POSTURE AND INJURY PREVENTION: <ul style="list-style-type: none"> • Postural Imbalance and increased risk of injury. • Role of Posture in Joint Mechanics: how posture affects joint mechanics and injury risk. • Posture and Injury Prevention: ways and means to prevent common sports related injuries. • Corrective Exercises for injury prevention: Core-strengthening exercises and flexibility training. 	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	Functional movement screen (FMS) to evaluate 07 fundamental movement pattern	5 - Marks	7
II	Vertical compression test: to assess body's ability to handle vertical forces and maintain proper alignment under load	5 - Marks	8
III	Elbow flexion test: to evaluate the shoulder's stability and mobility particularly used for overhead movements.	5 - Marks	7
IV	Practical file.	5 - Marks	8
	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:

The Impact Posture has on your Athletic performance by True Sports Physical Therapy

Why You Need to pay more attention to Athletic Posture by STACK

Postural Stability in Athletics: The Role of Age, Sex, Performance Level and Sport type by NCBI.
Components of posture and its importance for athletics by Sports Performance bulletin.

Dr. A.K. Uppal, Dr. Namita Saini, and Dr. Saryu Ruheta: Posture, Athletic care and First Aid (2020).

Mary Bond: The New Rules of Posture: How to sit, stand and move in the modern world (2006)

Steven Low and Jared Nessland: Overcoming poor posture: A Systematic approach to refining your posture for health and performance (2017)

Lora Thornton: Pain free posture handbook: 40 dynamic: Easy exercises to look and feel your best (2016)

6th Semester (Bachelor of Physical Education, Health Education and Sports Science)**(According to NEP 2020 from Session 2024 - 25)****Core Course Minor - 07**

Part A - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	Semester – 6th		
Name of the Course	Adapted Physical Education		
Course Code	B23-BPE-605		
Course Type	Core Course Minor - 07		
Level of the Course	300-399		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none">1. To learn about Adapted Physical Education, its need, objectives, scope and factors affecting performance.2. To learn about different types of disabilities, their causes and characteristics.3. To learn about teachers competency and communication technology in Adapted Physical Education.4. To learn about Adapted Physical Education program for specific population.		
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> <ol style="list-style-type: none">1. There shall be Nine Questions in all.2. The Question paper will be divided into five units.3. Paper setter has to set 02 questions from each unit of syllabus given below (Ist to IVth). A total of 08 questions from all 04 units.4. The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.5. All Questions carry equal marks (10 marks each).6. The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9th question (Vth Unit) will be compulsory to attempt.			
Unit	Topics		Contact Hours
I	AN OVERVIEW OF ADAPTED PHYSICAL EDUCATION: <ul style="list-style-type: none">• Adapted Physical Education: Meaning, Need.• Factors Affecting Performance in Adapted Physical Education.• Objectives of Adapted Physical Education• Scope of Adapted Physical Education		12
II	TYPES OF DISABILITIES: <ul style="list-style-type: none">• Visual Impairment/Blindness: Meaning, Causes, Characteristics & Identifications• Hearing Impairment & Deafness: Meaning, Causes, Characteristics & Identifications• Intellectual Impairment: Meaning, Causes, Characteristics & Identifications• Orthopedic Impairment/Amputation/Loss of Limbs: Meaning, Causes, Characteristics		11

III	TEACHERS PREPERATION IN SPECIAL ADAPTED PHYSICAL EDUCATION: <ul style="list-style-type: none"> Competency in Teaching by Physical Education Teacher Communication Technology for Specially Challenged Students Supportive Teaching for Specially Challenged Students Collaborative Consultancy for Specially Challenged Students 	10
IV	ADAPTIVE PHYSICAL EDUCATION PROGRAM FOR VARIOUS DISABILITIES: <ul style="list-style-type: none"> Adapted Physical Education Program for blind and impaired students. Adapted Physical Education Program for hearing and impaired deaf students. Adapted Physical Education Program for Intellectually challenged students Adapted Physical Education Program for Orthopaedic Impaired students. 	12

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	Functional Reach Test: to assess balance and mobility in individuals with disabilities.	5 - Marks	7
II	Bruinninks-Oseretsky Test of Motor proficiency: design to measure motor proficiency in individuals to assess balance, co-ordination, strength and agility.	5 - Marks	8
III	Test of Motor Proficiency (TOM) : to measure motor proficiency in children to assess motor skills including running, jumping, throwing and catching.	5 - Marks	7
IV	Practical File.	5 - Marks	8
	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:

Joseph P. Winnick and David L. Porretta (2016): Adapted Physical Education and Sport (2016)

Joseph P. Winnick and David L. Porretta (2021): Adapted Physical Education and Sport (2021)

Adapted Physical Education National Standards (2019)

Kristi Roth, Laurie Zittel, Jean Pyfer and David Auxter (2016): Principles and Methods of Adapted Physical Education & Recreation

Justin A. Haegele and Samuel Hodge (2020).: The Routledge Handbook of Adapted Physical Education (2020)

A Teacher's Guide to Adapted Physical Education including students with disabilities in sports and Recreation 4th edition by Ph.D Block 2016.

A Practical guide for teachers by Andrew A. Tawaih-dabo and Ronald L. Davis (2020): Teaching students with disabilities in physical education:

Lauren J. Lieberman and cathy Houston-wilson (2018): Inclusive Physicalk Education: A Guide to teaching students with Disabilities