

		Multidisciplinary course - 2	B23-PED-205	Fundamentals of Yoga	2	1	3	4 (2+2)	35	15	20	5	75
2/ BACHELOR'S DIPLOMA	3	Core Course - 3 Major Core Course - 4	B23-PED-301	Exercise Physiology	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 5	B23-PED-302	Sports Psychology	3	1	4	5 (3+2)	50	20	20	10	100
		Multidisciplinary course - 3	B23-PED-303	Basics of Naturopathy	2	1	3	4 (2+2)	35	15	20	5	75
	4.	Core Course - 4 Major Core Course - 6	B23-PED-401	Basics of Sports Fitness	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 7	B23-PED-402	Sports Injuries and Rehabilitation	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 8	B23-PED-403	Sports Nutrition	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective Courses -2	B23-PED-404	Athletics Field Events	3	1	4	5 (3+2)	50	20	20	10	100
			B23-PED-405	Cricket	3	1	4	5 (3+2)	50	20	20	10	100
3/ Degree	5	Core Course - 5 Major Core Course - 9	B23-PED-501	Sports Training	3	1	4	5 (3+2)	50	20	20	10	100
		Major Core Course - 10	B23-PED-502	Sports Sociology	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective -2	B23-PED-503	Sports Journalism	3	1	4	5 (3+2)	50	20	20	10	100
			B23-PED-504	Physical Literacy	3	1	4	5 (3+2)	50	20	20	10	100
		Discipline specific Elective - 3	B23- PED-505	Wellness and Life Style	3	1	4	5 (3+2)	50	20	20	10	100
			B23- PED-506	Kinesiology	3	1	4	5 (3+2)	50	20	20	10	100

5th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2024-25)

Core Course – 5
Major Core Course - 9

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	5 th Semester		
Name of the Course	Sports Training		
Course Code	B23-Phy.Ed.-501		
Course Type:	Core Course - 5 Major Core Course - 9		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the meaning, aims and objectives of sports training. 2. Understand the Importance and Principles of sports training. 3. Enhance the Mean and types of Physical Fitness. 4. Provide knowledge about Meaning, types and factors affecting of training load. 5. Explain the meaning, types and principles of formulation of Training plans. 		
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"> • Meaning, Definition and importance of Sports training. • Aim and Objectives of Sports Training. • Principles of Sports Training. • Characteristics of Sports Training. 		12

II	Physical Fitness: <ul style="list-style-type: none"> Physical Fitness: Meaning, definition and importance Types of physical fitness. Components of physical fitness. 	10
III	Training load: <ul style="list-style-type: none"> Meaning, definition and importance of Training load. Types of Training Load Factors affecting of Training Load. Function of Training Load. 	12
IV	Training Plans: <ul style="list-style-type: none"> Training Plans: Meaning and types (Macro, Meso, Micro and Training session plan). Principles of Formulation of Training plans. Factors affecting of Training plans. 	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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Assessment of Endurance – (Harvard step test)	10 Marks	10
II	Assessment of Flexibility- (Bend and Reach test)	10 Marks	10
III	Explosive Strength- (Standing Broad jump)	10 Marks	10
	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

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D.(1982).*Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia:
- Lea and Fibiger, 2ndEdn.

- Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication

5th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)
Major Core Course - 10

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	5 th Semester		
Name of the Course	Sports Sociology		
Course Code	B23-Phy.Ed.-502		
Course Type:	Major Core Course - 10		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To Understand the Importance, Nature and scope of sports sociology. 2. To discuss the social issues like Gender and racial diversity in Sports sociology. 3. To understand about the role of sports in socialization of masses. 4. To Learn about Culture and civilization and their relationship with sports. 		
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 Importance of Sports Sociology • Nature of Sociology. • Scope of Sports Sociology. 		12

	<ul style="list-style-type: none"> Co-operation and Competition in Sports Sociology. 	
II	Social Issues in Sports <ul style="list-style-type: none"> Gender roles, Racial diversity and stereotypes in sports Role of physical education in the context of social problems. Status of Sports in educational institutions. Impact of Socio-economic status in sports participation. 	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	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 	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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Co-operation and competition test Research Series of –APRC, Agra, 1997	10 Marks	10
II	Self-concept questionnaire- Dr. Raj Kumar Saraswat.	10 Marks	10

III	ASAAP (A Socio- Metric measure- Dr. S.L. Chopra, Lucknow.)	10 Marks	10
	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

- 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

5th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)
Discipline specific Elective -2

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	5 th Semester		
Name of the Course	Sports Journalism		
Course Code	B23-Phy.Ed.-503		
Course Type:	Discipline specific Elective -2		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To learn about the importance, scope and role of Journalism in sports. 2. To learn about different types of media and its role in sports. 3. To understand interview techniques, its variations, importance in sports setting. 4. To understand about the role of multimedia in the field of sports. 		
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 Journalism <ul style="list-style-type: none"> • Meaning and Importance of sports journalism • Scope of Sports Journalism. • Historical overview and evolution of sports Journalism 		12

	<ul style="list-style-type: none"> • Role and responsibilities of sports journalists 	
II	Understanding the Sports Media Landscape <ul style="list-style-type: none"> • Impact of different types of sports media (print, broadcast, online) • Ethics in sports reporting: fairness, accuracy, and objectivity • Effective headline writing for sports articles • Elements of good writing 	10
III	Sports Interviewing Skills <ul style="list-style-type: none"> • Meaning and need of interview in Sports Journalism • Techniques for conducting athlete interviews • Principles of effective sports interviews • Ethical considerations in sports interviews 	12
IV	Multimedia Sports Reporting <ul style="list-style-type: none"> • Broadcasting meaning and its role in sports journalism • Elements of sports broadcasting and commentary • Multimedia and storytelling in sports journalism • Using photography and video in sports reporting 	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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Field Reporting	10 Marks	10
II	Interviews	10 Marks	10
III	Writing and producing News Articles.	10 Marks	10

	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
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Part C-Learning Resources

- 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 Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)

Discipline specific Elective - 3

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	5 th Semester		
Name of the Course	Wellness and Life Style		
Course Code	B23-Phy.Ed.-504		
Course Type:	Discipline specific Elective - 3		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Understand the concept of wellness and its components. 2. Understand the importance of healthy lifestyle. 3. To learn about the Mental and Emotional wellbeing of individuals. 4. To understand the role of social and environmental wellness on overall wellbeing. 		
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 Wellness and Lifestyle: <ul style="list-style-type: none"> • Concept of Wellness and its components. • Importance of Healthy lifestyle. • Formulation of Wellness goals. • Creating an Action Plan on goal. 		12
II	Physical Wellness: <ul style="list-style-type: none"> • Importance of Physical wellness and exercise. 		10

	<ul style="list-style-type: none"> • Healthy eating habits and Nutrition • Sleep Hygiene and its effect on well-being. • Techniques of stress management. 	
III	Mental and Emotional Wellbeing: <ul style="list-style-type: none"> • Mental health and its impact on overall well-being. • Mindfulness and meditation practices. • Developing emotional intelligence and resilience • Coping with stress and Anxiety. 	12
IV	Social and Environmental wellness: <ul style="list-style-type: none"> • Building and maintaining healthy relationships. • Role of community in wellness • Caring for the environment and its effect on wellbeing. • Incorporating sustainable practices into daily life. 	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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Healthy lifestyle and personal control questionnaire HLPCQ	10 Marks	10
II	lifestyle assessment questionnaire LAQ	10 Marks	10
III	The Anschutz wellness Evaluation 360 (AWE 360)	10 Marks	10
	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

- "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” UMasser 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

6th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2024-25)

Core Course - 6 Major Core Course - 11

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	6 th Semester		
Name of the Course	Organization and Administration		
Course Code	B23-Phy.Ed.-601		
Course Type:	Core Course - 6 Major Core Course - 11		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	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. 		
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 		12

	<ul style="list-style-type: none"> • Characteristics of Organization & Administration 	
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 	12
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. 	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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Methods of Issuing and Return of Sports Equipments	10 Marks	10
II	Methods of Care and maintenance of sports equipments and facilities.	10 Marks	10
III	Methods of storing various types of Sports Equipments.	10 Marks	10
	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

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.
Hiriyanna M (2009), Outlines of Indian Philosophy, Motilal Banarsidass, New Delhi.
Hiriyanna 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.

6th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)
Major Core Course - 12

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	6 th Semester		
Name of the Course	Sports Medicine		
Course Code	B23-Phy.Ed.-602		
Course Type:	Major Core Course - 12		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To learn about meaning, importance and scope of Sports medicine. 2. To learn about different types of sports Injuries and their causes. 3. To learn about the role of Physio-therapy in sports medicine. 4. To understand the various techniques of first-aid in sports injuries and conditions. 		
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 Sports Medicine <ul style="list-style-type: none"> • Meaning and Importance of Sports medicine. • History and scope of Sports medicine. • Modern concept of Sports medicine • Qualifications of Sports medicine Practitioners 		12
II	Sports Injuries:		10

	<ul style="list-style-type: none"> • Meaning and types of Sports Injuries. • Causes of Sports Injuries. • Preventive measures of sports injuries • Musculo-Skeletal injuries: Strain, Sprain, Dislocation and fracture. 	
III	Physiotherapeutic modalities and Rehabilitation: <ul style="list-style-type: none"> • Meaning and Importance of Physiotherapy and Rehabilitation. • Scope of Physiotherapy in sports • Principles of Physiotherapy. • Different modalities in Physiotherapy. 	12
IV	First Aid in Sports Medicine: <ul style="list-style-type: none"> • Meaning and Importance of First Aid. • Responsibility of a First-Aider. • Life-threatening situations in First-Aid (CPR- Cardiopulmonary resuscitation) • Hemorrhage: Meaning, ways and means to stop hemorrhage. 	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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	First-Aid Kit and its contents.	10 Marks	10
II	Strapping in Sprain, Strain, Dislocation and Fracture.	10 Marks	10
III	First-Aid for acute sports injuries. (Sprain, Strain, Dislocation and Fracture).	10 Marks	10
	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

- Christopher M. Norris. (2012). Sports Injuries Diagnosis and Management for Physiotherapists. Thomson Litho Ltd, East Kilbride.
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- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
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- 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.
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- Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.
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6th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)
Discipline specific Elective -4

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	6 th Semester		
Name of the Course	Stress Management		
Course Code	B23-Phy.Ed.-603		
Course Type:	Discipline specific Elective -4		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Introduce students to the concept of stress and its impact on athletes. 2. Teach students Psychological skills that can be used to manage stress in sports. 3. Focus on Stress management strategies specifically designed for team sports. 4. Provide coaches with strategies to manage their own stress and that of their 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	INTRODUCTION TO STRESS MANAGEMENT IN SPORTS: <ul style="list-style-type: none"> • Stress: Meaning and causes of Stress in athletes. • Impact of Stress of Sports Competitions on athletes. • Methods of Stress Management. • Relaxation, Deep breathing, positive self-talk. 		12
II	PSYCHOLOGICAL SKILL TRAINING FOR STRESS MANAGEMENT: <ul style="list-style-type: none"> • Meaning and Importance of Psychological skill training for stress management. 		10

	<ul style="list-style-type: none"> Imagery: Mental imagery to enhance performance and manage stress. Self-Talk: Importance of Self-talk in reducing stress and improving sports performance. Progressive muscles relaxation and meditation as means of stress management. 	
III	STRESS MANAGEMENT IN TEAM SPORTS: <ul style="list-style-type: none"> Team cohesion: Meaning and its importance in managing stress. Role of Team building in managing stress. Communication and its role in Team cohesion. Leadership: Role of leadership in managing stress in team sports. 	12
IV	STRESS MANAGEMENT FOR COACHES: <ul style="list-style-type: none"> Stress Management and its causes in coaches. Stress Management techniques for coaches. Coach- Athlete relationship: Role of Coach-Athlete relationship in managing stress. Coach Education: Importance of coach education in stress 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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Yoga and Meditation	10 Marks	10
II	Self-Talk	10 Marks	10
III	Progressive Muscle Relaxation	10 Marks	10
	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

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

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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 Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)

Discipline specific Elective - 5

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	6 th Semester		
Name of the Course	Adapted Physical Education		
Course Code	B23-Phy.Ed.-604		
Course Type:	Discipline specific Elective - 5		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	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"> • Meaning and Need of Adapted Physical Education. • Aims & Objectives of Adapted Physical Education • Factors Affecting Performance in 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 	10
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 	12
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. 	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 + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Functional Reach Test: to assess balance and mobility in individuals with disabilities.	10 Marks	10
II	Bruinninks-Oseretsky Test of Motor proficiency: design to measure motor proficiency in individuals to assess balance, co-ordination, strength and agility.	10 Marks	10
III	Test of Motor Proficiency (TOM) : to measure motor proficiency in children to assess motor skills including running, jumping, throwing and catching.	10 Marks	10

	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
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Part C-Learning Resources

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 Jovanovich.

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.

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6th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from
session 2024-25)
B23-VOC-410

Part A - Introduction			
Subject:	Health & Physical Education		
Semester	6 th Semester		
Name of the Course	Sports for life		
Course Code	B23-VOC-410		
Course Type:	Vocational - 4		
Level of the Course	300 - 399		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. To understand the philosophy and principles behind the sports for life initiative. 2. To understand the stages of long term athlete development LTAD and their implications for sports training and coaching. 3. An Understanding of effective coaching and leadership in sports. 4. Role of sports in promoting social inclusion and community development. 		
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 for life: <ul style="list-style-type: none"> • Philosophy and principles behind the sports for life initiatives. • Role of sports in promoting physical literacy. • Benefits of sports in promoting physical, mental and social wellbeing. • Role of sports in promoting community development and social 		12

	inclusion.		
II	The science of long-term athlete development: <ul style="list-style-type: none">• Stages of long-term athlete development.• Physical components of long-term athlete development including strength, endurance, speed, flexibility and coordination.• Mental component of LTAD including motivation, self-confidence and resilience.• Emotional component of LTAD including stress management, anxiety control and emotional regulation.	10	
III	Sports for life: Coaching and Leadership. <ul style="list-style-type: none">• Role of effective coaching in sports for life.• Principles of coaching and their application in sports for life.• Role of leadership in promoting sports participation and physical literacy.• Ethical consideration in sports coaching.	12	
IV	Sports for life: Social and community impact. <ul style="list-style-type: none">• The impact of sports for life program in community development.• Potential of sports for life program in addressing social issues and promoting social change.• Role of sports in promoting diversity and inclusion.• The social responsibility of sports organization 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 + End Term Exam – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	12-minut run test.	10 Marks	10
II	Medicine ball throw.	10 Marks	10
III	300 yard shuttle run.	10 Marks	10

	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
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Part C-Learning Resources

- Sport for life manual/sportanddev – www.sportanddev.org
- Launch of the Sports for life online campus- Sport for life Life- sportforlife.ca
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