

# UNIVERSITY OF DELHI

CNC-II/093/1(22)/2022-23/229

Dated: 02.11.2022

## **NOTIFICATION**

Sub: Amendment to Ordinance V

[E.C Resolution No. 18-1/(18-1-5) dated 18.08.2022]

Following addition be made to Appendix-II-A to the Ordinance V (2-A) of the Ordinances of the University;

**Add the following:**

Syllabus of Semester-I of the Department of Physical Education and Sports Sciences under Faculty of Interdisciplinary and Applied Sciences based on Undergraduate Curriculum Framework 2022 to be implemented from academic year 2022-2023.

### **Courses offered by Department of Physical Education and Sports Sciences Category I**

**(Single Core Discipline)**

**[BACHELORS OF SCIENCE IN PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.)]**

**BSc-PE-DSC-1(4): HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION**

### **CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION	4	3	1	0	Pass in XII	NIL

## Learning Objectives

To provide the knowledge of historical development of Physical Education & Sports and to familiarize the students with foundations of Physical Education & Sports in reference to biological, psychological, sociological and other foundations

## Learning outcomes

The Learning Outcomes of this course are as follows:

- Students will acquire the knowledge of history & foundations of Physical Education and understand the purpose & development of physical education & sports.
- The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.
- The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.
- The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P.Ed, B.P.Ed & M.P.Ed course of study.
- The Students will gain knowledge of Professional preparation in Physical education- YMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.

## SYLLABUS OF DSC-1

### UNIT-I (10 hours)

- (i) Meaning, Definitions, Scope, importance of physical education in society.
- (ii) Aim and Objectives of Physical Education and their relation with education.

### Unit-II (15 hours)

- (i) Foundations of Physical, Education:-
  - (a) Biological foundation – Introduction, Growth and Development and Body types.
  - (b) Psychological Foundation – Introduction, Learning process and theories.
  - (c) Sociological Foundation – Introduction, Socialization process.

### Unit-III (15 hours)

- (i) Meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs
- (ii) Concept and role of wellness movement.

### Unit-IV (20 hours)

- (i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.
- (ii) Olympic movement and Olympic Games (Ancient and Modern)
- (iii) Professional preparation in Physical education- YMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS.

(iv) Sports Career Avenues, National Sports awards and Honors.

#### SUGGESTED READINGS:

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
3. Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
4. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
5. Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
6. Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
7. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA
8. Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

#### BSc-PE-DSC– 2(4): ANATOMY AND PHYSIOLOGY

#### Credit distribution, Eligibility and Prerequisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
ANATOMY AND PHYSIOLOGY	4	3	0	1	Pass in XII	NIL

#### Learning Objectives

To provide students with the basic knowledge of anatomical structures & functions of human body.

#### Learning outcomes

The Learning Outcomes of this course are as following

- Student will acquire the basic knowledge of the anatomy of the human body.
- They will develop understanding about the functions of each system of the body.

- Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability.

## SYLLABUS OF DSC- 2

### THEORY SYLLABUS

#### Unit-I

(10 hrs.)

- Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle.
- Tissue-classification & functions.
- Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.

#### Unit-II

(15 hrs. )

- Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.
- Types of muscular contractions, Name of various muscles acting on various joints.
- Cardio-vascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, composition & function of blood, Athlete's heart.

#### Unit-III

(10 hrs.)

- Respiratory system-structure and function, second wind, oxygen debt.
- Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

#### Unit-IV

(10 hrs. )

- Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action.
- Endocrine system- role of various endocrine glands, Structure & function of human eye & ear.
- Excretory system-structure & function, including structure & function of skin.
- Reproductive system- structure & function of male & female Reproductive system.

#### Practicals:-

(30 hrs. )

1. Counting of pulse rate
2. Measurement of blood pressure
3. Study of various bones of human body
4. Study of different body system with the help of models
5. Study of various movements of the joints.

#### SUGGESTED READINGS:

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
3. Prives M and Others (2004). Human Anatomy Vol.I & II Paragon, Delhi.

4. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
6. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
7. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3(4)-101: ATHLETICS**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
ATHLETICS	4	2	0	2	Pass in XII	NIL

### Learning Objectives

Giving knowledge and understanding of a specific sport in which an individual wishes to excel in.

### Learning outcomes

The Learning Outcomes of this course are as follows:

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. The technical practice of sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.

#### After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components. Track marking and marking of different arenas for selected events in unit-III.

### THEORY SYLLABUS

#### Unit-I

**(07 lectures)**

- Historical Development and Modern Trends (National and International Level)

- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

#### **Unit-II (07 lectures)**

- Rules and their interpretation of the sport.
- Warming up and psychological basis of Warming up.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

#### **Unit-III (08 lectures)**

- Basic skills and techniques of the Sports/Game- – sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

#### **Unit-IV (08 lectures)**

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Track marking and marking of different arenas for selected events in unit-III.

#### **Practical - 60 hrs.**

1. Learning and demonstrating various skills/techniques of sports- sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put.
2. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.
3. Track marking and marking of different arenas for selected events in unit-III.

#### **SUGGESTED READINGS:**

1. Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Evans DA (1984). Teaching Athletics. Hodder, London.
4. Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
5. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
6. Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
7. Handbook-Rules and Regulation. International Athletic Federation (2010).
8. Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
9. Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi

10. Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
11. Prentice, W. and Arnheim, D. (2005). Arnheim's Principles of Athletic Training 12th Ed. McGraw Hill. in place of Knight (1988).
12. Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
13. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
14. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-102: BADMINTON**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BADMINTON	4	2	0	2	Pass in XII	NIL

### Learning Objectives

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

The Learning Outcomes of this course are as follows:

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.



**After the Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**THEORY SYLLABUS****Unit-I (07 hrs.)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II (07 hrs.)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**Unit-III (08 hrs.)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**Unit-IV (08 hrs.)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical - (60 hrs.)**

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS:**

1. Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
2. Bompa O Tudor and Haff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Brahm's Bernd-Voler. (2010). Badminton Handbook. Mayer & Mayer Sports: UK. Unit-II, III & IV-p-9-14.
4. Daris Pal. (1988). Badminton-The complete practical guide. Dairs & Charles Inc.: USA. Unit-II p-1-28 III- p-29-88, 109-152 & IV-p-97-108
5. Downey J (1990). How to Coach Badminton. Collins Pub.London.
6. Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
7. Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.

8. Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part-I & II). Friends Publication. New Delhi.
9. Hoeger, W.W. Kand & Hoeger, S.A. (1997). Principles and Labs for physical fitness. (2nd Edi.). Morton Publishing Company. USA. Unit- II- p-127, 178-187, Unit- p-10-194.
10. Singh, Hardayal. (1991). Science of Sport Training. D.V.S Pub. Delhi.
11. Singh, MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi.
12. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi.
13. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-103: BASKETBALL**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BASKETBALL</b>	4	2	0	2	<b>Pass in XII</b>	<b>NIL</b>

### Learning Objectives

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

#### After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

## **THEORY SYLLABUS**

### **Unit-I**

**(07 hrs.)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

### **Unit-II**

**(07 hrs.)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

### **Unit-III**

**(08 hrs.)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

### **Unit-IV**

**(08 hrs.)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

### **Practical -**

**(60 hrs.)**

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

## **SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
3. Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA.
4. Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
5. Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics.
6. Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)****BSc-PE-DSC-3 (4)-104: CRICKET****Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
CRICKET	4	2	0	2	Pass in XII	NIL

**Learning Objectives**

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning outcomes**

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**After the Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**After the Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**After the Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**After the Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**THEORY SYLLABUS****Unit-I****( 7 hrs. )**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II ( 7 hrs. )**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**Unit-III (8 hrs.)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**Unit-IV (8 hrs.)**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical - (60 hrs.)**

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
4. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
5. Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, New Delhi.
6. Hobbs, J. (2008). The Game of Cricket As it should be played. Jepson Press, USA.
7. Jain R. (2003). Fielding Drills in Cricket. Khel Sahitya Kendra. New Delhi.
8. Rachna (2002). Coaching Successfully: Cricket. Khel Sahitya Kendra. New Delhi.
9. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
10. Sharma P. (2003). Cricket. Shyam Parkashan. Jaipur.
11. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)****BSc-PE-DSC-3 (4)-105: FOOTBALL****Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
FOOTBALL	4	2	0	2	Pass in XII	NIL

**Learning Objectives**

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning outcomes**

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**After the Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**After the Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**After the Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**After the Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**THEORY SYLLABUS****Unit-I****(07 hrs. )**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II** (07 hrs. )

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**Unit-III** (08 hrs. )

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player"s Performance.

**Unit-IV** (08 hrs. )

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical –** (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. American Football Coaches Association (2002). The Football Coaching Bible. 1st Ed., Human Kinetics, USA.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis: A Systematic Approach to Improving Performance. Routledge Publishers, USA.
4. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.
5. N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
6. Reilly, T. (2006). The Science Training Soccer: A Scientific Approach to Developing Strength, Speed and Endurance. Routledge Publisher, USA.
7. Reilly, T. and J.C.D. Arau (2008). Science and Football V: The Proceedings of the 5th World Congress on Sports Science and Football, Volume5.
8. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
9. Sharma OP (2001). Teaching and Coaching –Football. Khel S.K.Delhi.
10. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-106: GYMNASTICS**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>GYMNASTICS</b>	4	2	0	2	<b>Pass in XII</b>	<b>NIL</b>

### Learning Objectives

**Objective:-**The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of Gymnastics.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of Gymnastics, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

#### After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.

### THEORY SYLLABUS

#### Unit-I

**(07 hrs. )**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.



**Unit-II****(07 hrs. )**

- Rules and their interpretation of the sport.
- Warming up and psychological basis of Warming up.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**Unit-III****(08 hrs. )**

- Basic skills and techniques of the Artistic Gymnastics, trampoline, parko and rhythmic.
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player"s Performance.

**Unit-IV****(08 hrs.)**

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

**Practical -****(60 Hrs)**

- Learning and demonstrating various skills/techniques of Artistic Gymnastics, trampoline, parko and rhythmic.
- Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Brown (2009). How to Improve at Gymnastics. Crabtree Publishing Co., USA.
3. Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
4. Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
5. Chakraborty S (1998). Women's Gymnastics. Friends Pub.Delhi.
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7. Federation International Gymnastics (2006). Federation Int. DE Gymnastics
8. Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
9. Jain R (2005). Play and Learn Gymnastics. Khel SahitayaKendra
10. Mitchell, D., Davis, B. and Lopez, R. (2002). Teaching Fundamental Gymnastics Skills. Human Kinetics, USA.
11. Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2ndEd. Sportsworkout.com.
12. Schlegel, E. and Dunn, CR. (2001). The Gymnastics Book: The Young Performer"s Guide to Gymnastics. Firefly Books, USA.
13. Smither Graham (1980). Behing the Science of Gymnastics. London.

14. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
15. Stickland, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
16. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-107: HANDBALL**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
HANDBALL	4	2	0	2	Pass in XII	NIL

### Learning Objectives

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

#### After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

### THEORY SYLLABUS

#### Unit-I

**(07 hrs. )**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II (07 hrs. )**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**Unit-III (08 hrs.)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player"s Performance.

**Unit-IV (08 hrs. )**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical - (60 hrs.)**

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
3. Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
4. Page, J. (2000). Ball Games. Lerner Sports Publisher, USA.
5. Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
6. Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon.London.
7. Schmottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
8. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
9. Surhone, L.M. et al (2010). Team Handball. Betascript Publishing,USA
10. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
11. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-108: HOCKEY**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
HOCKEY	4	2	0	2	Pass in XII	NIL

### Learning Objectives

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:**-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

#### After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

### THEORY SYLLABUS

#### Unit-I

**(07 hrs.)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II** (07 hrs. )

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

**Unit-III** (08 hrs. )

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**Unit-IV** (08 hrs.)

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical -** (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. International Hockey Federation, Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation.
3. Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
4. Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
5. Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills,USA.
6. Rossiter, S. (2003). Hockey the NHL Way : Goaltending Illustrated Edition. Sterling Publishers,USA.
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics,USA.
9. Weekes, D. (2003). The Biggest Book of Hockey Trivia. Greystone Books,USA.
10. Wukovits, J.F. (2000). History of Hockey 1st Ed. Lucent Books,USA.
11. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3(4)-109: JUDO**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
JUDO	4	2	0	2	Pass in XII	NIL

**Learning Objectives**

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning outcomes**

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**After the Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**After the Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**After the Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**After the Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

**THEORY SYLLABUS**

**Unit-I**

**(07 hrs )**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II**

**(07 hrs)**

- Rules and their interpretation.

- Warming up and physiological basis of Warming up and it's effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

### **Unit-III**

**(08 hrs)**

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

### **Unit-IV**

**(08 hrs )**

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

### **Practical -**

**(60 hrs. )**

1. Learning and demonstrating various skills/techniques of sports.
2. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

### **SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
3. Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
4. Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
5. Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
6. Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-110: KABADDI**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
KABADDI	4	2	0	2	Pass in XII	NIL

### Learning Objectives

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

#### After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

### THEORY SYLLABUS

#### Unit-I

**(07 hrs.)**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.



**Unit-II** (08 hrs.)

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

**Unit-III** (07 hrs.)

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**Unit-IV** (08 hrs.)

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical -** (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Kumar, Dharmander. (2018). Kabaddi and its Playing Techniques. Writers Choice, New Delhi.
3. Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
4. Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
5. Rao EP (1994). Modern Coaching in Kabaddi. D.V.S. Pub
6. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
7. Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-111: KHO-KHO**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
KHO-KHO	4	2	0	2	Pass in XII	NIL

### Learning Objectives

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

**After the Completion of First Month:**

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

**After the Completion of Second Month:**

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

**After the Completion of Third Month:**

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

**After the Completion of Fourth Month:**

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

### THEORY SYLLABUS

**Unit-I**

**(07 hrs. )**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II**

**(07 hrs.)**

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

**Unit-III** (08 hrs.)

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player"s Performance.

**Unit-IV** (08 hrs.)

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical -** (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra.Delhi.
3. Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi
4. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
5. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-112: VOLLEYBALL**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>VOLLEYBALL</b>	4	2	0	2	<b>Pass in XII</b>	<b>NIL</b>

### Learning Objectives

**Objective:** - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

#### After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

#### After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.

#### After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

### THEORY SYLLABUS

#### Unit-I

**(07 hrs )**

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

**Unit-II** (07 hrs )

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

**Unit-III** (08 hrs )

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

**Unit-IV** (08 hrs )

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

**Practical -** (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

**SUGGESTED READINGS**

1. American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics,USA.
2. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB.Chennai.
4. Kenny, B. and Gregory, C. (2006). Volleyball : Steps to Success. Human Kinetics,USA.
5. Saggar SK (1994). Cosco Skills Statics - Volley Ball. Sport Publication. Delhi.
6. Scates AE (1993). Winning Volley Ball. WC Brown.USA.
7. Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics,USA.
8. Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics,USA.
9. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
10. The National Alliance for Youth Sports (2009). Coaching Volleyball. For Dummies Publishers,USA.
11. Volleyball, USA (2009). Volleyball : Systems and Strategies. Human Kinetics,USA.
12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)**  
**BSc-PE-DSC-3 (4)-113: YOGA**

**Credit distribution, Eligibility and Pre-requisites of the Course**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
YOGA	4	2	0	2	Pass in XII	NIL

### Learning Objectives

**Objective:-**The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

### Learning outcomes

**Learning Outcome:-**The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

#### After the Completion of First Month:

The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials.

The student will learn about the prayer.

#### After the Completion of Second Month:

The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasanaPranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha.

The student will be able to perform Asanas, pranayama, shatkarma, bandha.

**After the Completion of Third Month:**

The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease.

The student will learn Yoga-nidra/relaxation techniques

**After the Completion of Fourth Month:**

The Students will gain knowledge of Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet.

The student will learn Visit to yoga centers/institutes

**THEORY SYLLABUS****UNIT-I****(07 hrs )**

- Origin of yoga, definition and scope of yoga, limitations and misconceptions of Yoga
- Importance of yoga in physical education and other fields
- Yoga asana competition at:- State, National, International, SGFI, AIU etc.

**UNIT-II****(07 hrs)**

- Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra
- Qualifications, qualities and responsibilities of a coach,
- Duties/responsibilities of technical official, Scoring system and judgment criteria,
- Protocols for referees, judges and officials.

**UNIT-III****(08 hrs )**

- Meaning, techniques, precautions & effects of the following:-
- Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana
- Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi
- Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana
- Bandhas : jalandhar, uddiyana, mool bandha

**UNIT-IV****(08 hrs )**

- Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease
- Diet & Nutrition, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation, importance of vegetarianism in yogic diet.

**PRACTICALS****(60 hrs.)**

1. Prayer
2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
3. Yoga-nidra/relaxation techniques
4. Visit to yoga centers/institutes

**SUGGESTED READINGS**

1. Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
2. Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
3. Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
4. Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
5. Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
6. Sharma J. P. (2007). Manav jeevan evam yoga. Friends Publication. New Delhi.
7. Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends Publication. Delhi.
8. Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi
9. Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
10. Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
11. Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
12. Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
13. Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
14. Swami Swatma Ram: Patanjali Yoga Sutra
15. Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
16. Text Book Hath Yoga Pradipika
17. Text Book Patanjali Yoga Sutra



## Category II

### **BA (Prog.) Physical Education in the Field of Multidisciplinary Studies (Major)**

#### **B.A.-PE-DSC-1-(4)-1.1- HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION**

#### **CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION</b>	4	3	1	0	<b>Pass in XII</b>	<b>NIL</b>

#### **Learning Objectives**

**Objective:** To provide the knowledge of historical development of physical education and sports and to familiarize the students with the philosophical, biological, psychological and sociological foundations of physical education.

#### **Learning outcomes**

1. The learners will be able to conceptualize about physical education and sports.
2. The learners will develop the factual knowledge of the existing various terminologies and information.
3. The learners will be able to comprehend the historical perspectives and recent developments in the field of physical education and sports.
4. The learners will be able to understand the multi-disciplinary foundations of physical education and sports.

#### **SYLLABUS**

##### **Unit-1: Introduction to Physical Education and Sports and General Awareness (15 Hours)**

1. Meaning and Definition of Physical Education
2. Aim and Objectives of Physical Education
3. Physical Education as an Art and/or Science
4. Significance of Physical Education in the Modern Society
5. Meaning and Definition of Sports, Types of Sports–Individual, Team, Combative, Recreational etc.

##### **Unit-2: Growth and Development of Physical Education and Sports (15 Hours)**

1. History of Physical Education and Sports in the World : Greece, Rome, Sweden, Germany and Denmark
2. Growth and Development of Physical Education in India(Pre and post-Independence)

### 3. Various Schemes for Promotion of Sports in India

#### Unit-3: Major Competitions at National and International Level (15 Hours)

1. Major Sports Competitions at International Level: Olympics Games (Summer, Winter and Paralympics), Asian Games, Commonwealth Games, SAF Games, World Cups, World Universities
2. Major Sports Competitions at National Level: National Games, Khelo India University Games (KIUG), Khelo India Youth Games (KIYG), Inter-University (All India & Zonal) Competitions, National Championships
3. Prominent Honours and Awards in Games and Sports in India, Different Cups and Trophies at National and International level in different Sports.
4. Structure and functions of regulatory bodies of various games and sports at International level–International Olympic Committee (IOC), International Sports Federations (ISFs), International Cricket Council (ICC), World Anti-Doping Agency (WADA)

#### Unit-4: Foundations of Physical Education (15 Hours)

1. Philosophical Foundations of Physical Education: Idealism, Pragmatism, Naturalism, Realism
2. Biological Foundations of Physical Education: Growth and Development, Age and Gender Characteristics, Body Types, Anthropometric differences
3. Psychological Foundations of Physical Education: Learning types, Learning Curves, Laws of Learning, Attitude, Interest, Cognition, Emotions and Sentiments
4. Sociological Foundations of Physical Education: Society and Culture, Social Acceptance and Recognition, Leadership, Social Integration and Cohesiveness

#### SUGGESTED READINGS

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publications
4. Lumpkin, A. (2007), Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
5. Shaffer, D.R. (2002), Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
6. Sharma K. (2014), Sharirik Shiksha Ka Itihas, Friends Publications (India), New Delhi.
7. Siedentop, D. (2004), Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
8. Singh, A. et.al. (2000), Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006), Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

## DSC-1-(4)-1.2-STRUCTURE AND FUNCTIONS OF SPORTS BODIES/ORGANISATIONS

### Credit distribution, Eligibility and Prerequisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
<b>STRUCTURE AND FUNCTIONS OF SPORTS BODIES /ORGANIZATIONS</b>	4	3	1	0	<b>Pass in XII</b>	<b>NIL</b>

### Learning Objectives

**Objective:** To familiarize the students with the major sports competitions, professional training institutions in India along with the structure and functions of various sports bodies/ organizations.

Learning Outcomes of the Paper:

1. The learners will know about the existing sports competitions in India and the world.
2. The learners will develop the factual knowledge about the professional preparation in the field of physical education and sports in India.
3. The learners will be acquainted with the organization structure of various sports bodies.
4. The learners will be able to develop an understanding of the functioning of various sports bodies/ organizations at national and international level.

#### Unit-1: Major Sports Competitions at International and National Level (15 Hours)

1. Olympic Games (Summer, Winter and Paralympics)
2. Asian Games, Commonwealth Games, SAF Games,
3. World Cups, World Universities, World Championships
4. National Games, National Championships
5. Khelo India University Games (KIUG), Inter-University (All India & Zonal) Competitions
6. Major International and National League Tournaments

#### Unit-2: Institutes for Professional Preparation of Physical Education and Sports in India (15 Hours)

1. Young Men Christian Association (YMCA)
2. Lakshmibai National Institute of Physical Education (LNIPE)
3. Indira Gandhi Institute of Physical Education and Sports Sciences (IGIPES)
4. Hanuman Vyayam Prasarak Madal, Amravati (HVPM)
5. Netaji Subhash National Institute of Sports (NSNIS)

Unit-3: Structure and Functions of International Sports Bodies/ Organizations **(15 Hours)**

1. International Olympic Committee (IOC)
2. International Paralympic Committee (IPC)
3. Olympic Council of Asia (OCA)
4. Commonwealth Games Federation (CGF)
5. South Asian Federation Games (SAFG)
6. International Sports Federations (ISFs)
7. International University Sports Federation (FISU)
8. World Anti-Doping Agency (WADA)

Unit-4: Structure and Functions of National Sports Bodies/ Organizations **(15 Hours)**

1. Indian Olympic Association (IOA)
2. Ministry of Youth Affairs and Sports (MYAS)
3. Sports Authority of India (SAI)
4. Association of Indian Universities (AIU)
5. National Sports Federations (NSFs)
6. National Anti-Doping Agency (NADA)

Practical : **(30 Hours)**

1. Visit to organizations and preparations of atleast two reports.

Suggested Readings :

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publications
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6. Sharma K. (2014), *Sharirik Shiksha Ka Itihas*, Friends Publications (India), New Delhi.
7. Siedentop, D. (2004), Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
8. Singh, A. et.al. (2000), Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006), Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.
10. Websites of concerned organizations.

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

### Category III

## **BA (Prog.) Physical Education in the Field of Multidisciplinary Studies (Non-Major)**

### **B.A.-PE-DSC-1-1.1- HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION**

#### **CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION</b>	4	3	1	0	<b>Pass in XII</b>	<b>NIL</b>

#### **Learning Objectives**

**Objective:** To provide the knowledge of historical development of physical education and sports and to familiarize the students with the philosophical, biological, psychological and sociological foundations of physical education.

#### **Learning outcomes**

Learning Outcomes of the Paper:

1. The learners will be able to conceptualize about physical education and sports.
2. The learners will develop the factual knowledge of the existing various terminologies and information.
3. The learners will be able to comprehend the historical perspectives and recent developments in the field of physical education and sports.
4. The learners will be able to understand the multi-disciplinary foundations of physical education and sports.

#### **Unit-1: Introduction to Physical Education and Sports and General Awareness (15 Hours)**

1. Meaning and Definition of Physical Education
2. Aim and Objectives of Physical Education
3. Physical Education as an Art and/or Science
4. Significance of Physical Education in the Modern Society
5. Meaning and Definition of Sports, Types of Sports–Individual, Team, Combative, Recreational etc.

#### **Unit-2: Growth and Development of Physical Education and Sports (15 Hours)**

1. History of Physical Education and Sports in the World : Greece, Rome, Sweden, Germany and Denmark
2. Growth and Development of Physical Education in India(Pre and post-Independence)
3. Various Schemes for Promotion of Sports in India

**Unit-3: Major Competitions at National and International Level (15 Hours)**

1. Major Sports Competitions at International Level: Olympics Games (Summer, Winter and Paralympics), Asian Games, Commonwealth Games, SAF Games, World Cups, World Universities
2. Major Sports Competitions at National Level: National Games, Khelo India University Games (KIUG), Khelo India Youth Games (KIYG), Inter-University (All India & Zonal) Competitions, National Championships
3. Prominent Honours and Awards in Games and Sports in India, Different Cups and Trophies at National and International level in different Sports.
4. Structure and functions of regulatory bodies of various games and sports at International level—International Olympic Committee (IOC), International Sports Federations (ISFs), International Cricket Council (ICC), World Anti-Doping Agency (WADA)

**Unit-4: Foundations of Physical Education (15 Hours)**

1. Philosophical Foundations of Physical Education: Idealism, Pragmatism, Naturalism, Realism
2. Biological Foundations of Physical Education: Growth and Development, Age and Gender Characteristics, Body Types, Anthropometric differences
3. Psychological Foundations of Physical Education: Learning types, Learning Curves, Laws of Learning, Attitude, Interest, Cognition, Emotions and Sentiments
4. Sociological Foundations of Physical Education: Society and Culture, Social Acceptance and Recognition, Leadership, Social Integration and Cohesiveness

**SUGGESTED READINGS**

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
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9. Wuest, D.A. & C.A. Bucher (2006), Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.

**Bachelor of Physical Education in the Field of Multidisciplinary Studies (Hons.)**  
**More than one core discipline**

**DSC-1-(4)-1.1- HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION</b>	4	3	1	0	<b>Pass in XII</b>	<b>NIL</b>

**Learning Objectives**

**Objective:** To provide the knowledge of historical development of physical education and sports and to familiarize the students with the philosophical, biological, psychological and sociological foundations of physical education.

**Learning outcomes**

Learning Outcomes of the Paper:

1. The learners will be able to conceptualize about physical education and sports.
2. The learners will develop the factual knowledge of the existing various terminologies and information.
3. The learners will be able to comprehend the historical perspectives and recent developments in the field of physical education and sports.
4. The learners will be able to understand the multi-disciplinary foundations of physical education and sports.

**Unit-1: Introduction to Physical Education and Sports and General Awareness (15 Hours)**

1. Meaning and Definition of Physical Education
2. Aim and Objectives of Physical Education
3. Physical Education as an Art and/or Science
4. Significance of Physical Education in the Modern Society
5. Meaning and Definition of Sports, Types of Sports–Individual, Team, Combative, Recreational etc.

**Unit-2: Growth and Development of Physical Education and Sports (15 Hours)**

1. History of Physical Education and Sports in the World : Greece, Rome, Sweden, Germany and Denmark
2. Growth and Development of Physical Education in India(Pre and post-Independence)
3. Various Schemes for Promotion of Sports in India

**Unit-3: Major Competitions at National and International Level (15 Hours)**

1. Major Sports Competitions at International Level: Olympics Games (Summer, Winter and Paralympics), Asian Games, Commonwealth Games, SAF Games, World Cups, World Universities
2. Major Sports Competitions at National Level: National Games, Khelo India University Games (KIUG), Khelo India Youth Games (KIYG), Inter-University (All India & Zonal) Competitions, National Championships
3. Prominent Honours and Awards in Games and Sports in India, Different Cups and Trophies at National and International level in different Sports.
4. Structure and functions of regulatory bodies of various games and sports at International level–International Olympic Committee (IOC), International Sports Federations (ISFs), International Cricket Council (ICC), World Anti-Doping Agency (WADA)

#### **Unit-4: Foundations of Physical Education (15 Hours)**

1. Philosophical Foundations of Physical Education: Idealism, Pragmatism, Naturalism, Realism
2. Biological Foundations of Physical Education: Growth and Development, Age and Gender Characteristics, Body Types, Anthropometric differences
3. Psychological Foundations of Physical Education: Learning types, Learning Curves, Laws of Learning, Attitude, Interest, Cognition, Emotions and Sentiments
4. Sociological Foundations of Physical Education: Society and Culture, Social Acceptance and Recognition, Leadership, Social Integration and Cohesiveness

#### **SUGGESTED READINGS**

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## DSC-1-(4)-1.2-STRUCTURE AND FUNCTIONS OF SPORTS BODIES/ ORGANISATIONS

### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
<b>STRUCTURE AND FUNCTIONS OF SPORTS BODIES/ ORGANISATIONS</b>	4	3	1	0	Pass in XII	NIL

#### Learning Objectives

**Objective:** To familiarize the students with the major sports competitions, professional training institutions in India along with the structure and functions of various sports bodies/ organizations.

#### Learning outcomes

Learning Outcomes of the Paper:

1. The learners will know about the existing sports competitions in India and the world.
2. The learners will develop the factual knowledge about the professional preparation in the field of physical education and sports in India.
3. The learners will be acquainted with the organization structure of various sports bodies.
4. The learners will be able to develop an understanding of the functioning of various sports bodies/ organizations at national and international level.

Unit-1: Major Sports Competitions at International and National Level (15 Hours)

1. Olympic Games (Summer, Winter and Paralympics)
2. Asian Games, Commonwealth Games, SAF Games,
3. World Cups, World Universities, World Championships
4. National Games, National Championships
5. Khelo India University Games (KIUG), Inter-University (All India & Zonal) Competitions
6. Major International and National League Tournaments

Unit-2: Institutes for Professional Preparation of Physical Education and Sports in India (15 Hours)

1. Young Men Christian Association (YMCA)
2. Lakshmibai National Institute of Physical Education (LNIPE)
3. Indira Gandhi Institute of Physical Education and Sports Sciences (IGIPES)
4. Hanuman Vyayam Prasarak Madal, Amravati (HVPM)

5. Netaji Subhash National Institute of Sports (NSNIS)

**Unit-3: Structure and Functions of International Sports Bodies/ Organizations (15 Hours)**

1. International Olympic Committee (IOC)
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4. Commonwealth Games Federation (CGF)
5. South Asian Federation Games (SAFG)
6. International Sports Federations (ISFs)
7. International University Sports Federation (FISU)
8. World Anti-Doping Agency (WADA)

**Unit-4: Structure and Functions of National Sports Bodies/ Organizations (15 Hours)**

1. Indian Olympic Association (IOA)
2. Ministry of Youth Affairs and Sports (MYAS)
3. Sports Authority of India (SAI)
4. Association of Indian Universities (AIU)
5. National Sports Federations (NSFs)
6. National Anti-Doping Agency (NADA)

**Practical : (30 Hours)**

1. Visit to organizations and preparations of atleast two reports.

**Suggested Readings :**

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
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6. Sharma K. (2014), *Sharirik Shiksha Ka Itihas*, Friends Publications (India), New Delhi.
7. Siedentop, D. (2004), Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
8. Singh, A. et.al. (2000), Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006), Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.
10. Websites of concerned organizations.

  
**REGISTRAR**