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DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES

SEMESTER – II

Bachelors of Science in Physical Education, Health Education and Sports (Hons.)

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Semester II

BSc-PE-DSC-4(4): HEALTH EDUCATION

Credit = 4 (4THz)

Max. Marks=100

60 hrs. Theory

Objective: -To acquaint the students with basic aspects of Health, Basic Nutrition and First Aid.

Learning Outcome: -The Students will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.

After the Completion of First Month:

The Students will develop the understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The students will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The student will gain knowledge of meaning and importance of different types of Hygiene. The Student will learn the Prescription of diet and determination of calorie value of foods.

After the Completion of Second Month:

The Students will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The student will acquire the knowledge of Communicable and Non-communicable diseases, distinction between them, mode of spread and prevention of communicable diseases and Cause, Mode of spread and prevention of some specific diseases - diarrhea, typhoid, malaria, STD Respiratory disease. The student will also be acquainted with meaning, causes and prevention of Non-communicable diseases - diabetes, CVD, cancers, renal diseases and respiratory diseases. The Student will be able to demonstrate CPR.

After the Completion of Third Month:

The Students will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The students will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy. The student will be able to define first aid, DRABCH of first aid, CPR and will learn first aid for hemorrhage, fractures, sprain and strain (PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion. The student will gain knowledge about international health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health, School Health Service, Components Of school health.

The Student will learn the Immunization schedule

After the Completion of Fourth Month:

The Students will gain knowledge of the Rehabilitation (definition, physical and mental rehabilitation) and Rehabilitation Modalities (cold, heat, water, radiation, Hydrotherapy, cryo therapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator).

The Student will learn about the Rehabilitation Modalities

THEORY SYLLABUS

Unit-I

(15 hrs lectures)

Health-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of health,

Concept and components of wellness.

Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education. Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health

Unit-II

(15 hrs lectures)

Meaning of Nutrition, Function and sources of essential body nutrients, balanced diet

Communicable and Non-communicable diseases-Distinction between communicable and non- communicable diseases.

Communicable diseases-Definition, mode of spread and prevention,

Non-communicable diseases-- Meaning, causes and prevention

Unit-III

(15 hrs lectures)

Contemporary health problems of college youth- Substance abuse management , Alcohol, drugs, tobacco (chewing, sniffing,smoking)- their harmful effects

Population education- importance of small family, methods of controlling conception, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy

Unit-IV

(15 hrs lectures)

Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain(PRICER), Drowningsnake bite, poisoning, heat stroke and heat exhaustion.

Internationals health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health.

Rehabilitation – Definition- physical and mental rehabilitation. Modalities of Physical Rehabilitation

SUGGESTED READINGS

1. Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago. USA.
2. Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
3. Chopra D and D Simon (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
4. Dewan AP (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
5. Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.
6. Donatelle RJ (2005). Health the Basics. Sixth Edition. Oregon State University.
7. Floyd PA SE Mimms and C Yeilding (2003). Personal Health: Perspectives and Lifestyles. Thomson Wads Worth. Belmont. California. USA.
8. Hales D (2005). An Invitation to Health. Thomson-Wadsworth, Belmont. California. USA.
9. Park K (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.
10. Snehlata (2006). Shareer, Vigyan Evam Swasthya Raksha. Discovery Pub. House s. New Delhi.
11. Uppal AK & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.

Facilitation the achievement of Course Learning Outcomes

| Month Wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|--|--|---|
| First Month- UNIT-I | The Students will develop the understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The students will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The student will gain knowledge of meaning and importance of different types of Hygiene. The Student will learn the Prescription of diet and determination of calorie value of foods. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month- UNIT-II | The Students will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The student will get the knowledge of Communicable and Non-communicable diseases, distinction between them, mode of spread and prevention of communicable diseases and Cause, Mode of spread and prevention of some specific diseases - diarrhea diseases, typhoid, malaria, STD Respiratory disease. The student will also be acquainted with meaning, causes and prevention of Non-communicable diseases - diabetes, CVD, cancers, renal diseases and respiratory diseases. The Student will be able to demonstrate CPR. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | The Students will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The students will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy. The student will be able to define first aid, | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

| | | | |
|------------------------------|--|--|---|
| | DRABCH of first aid, CPR and will learn first aid for hemorrhage, fractures, sprain and strain (PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion. The student will gain knowledge about international health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health, School Health Service, Components Of school health. The Student will learn the Immunization schedule | | |
| Fourth Month- UNIT-IV | <p>The Students will gain knowledge of the Rehabilitation (definition, physical and mental rehabilitation) and Rehabilitation Modalities (cold, heat, water, radiation, Hydrotherapy, cryo therapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator).</p> <p>The Student will learn about the Rehabilitation Modalities</p> | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Objective: -To provide students with the knowledge of alterations and adaptations in physiological processes of the body that occurs in Exercise& training.

Learning Outcome: -Student will learn changes/adaptations in body systems in response to Exercise& training. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex.

After the Completion of First Month:

The Students will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The student will understand the Nature of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The Student will be well acquainted with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Bio-energetics : Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation. The Student will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects.

After the Completion of Third Month:

The Students will gain knowledge of Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Acute response and Chronic Adaptation, Respiratory Function During Exercise and Training : Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.

After the Completion of Fourth Month:

The Students will understand the fundamentals of Body Composition, Obesity and its causes, Weight Management, Various methods of Assessing Body Composition, BMI, and WHR. The Student will be able to assess BMR and will revise all the Practicals.

THEORY SYLLABUS

UNIT 1: Fundamentals and Neuromuscular Function

(07 hrs. lectures)

The Focus of Exercise Physiology: Definition, Concept & it Significance in the field of Physical Education & Sports, Acute Physiological Response, Chronic Physiological Adaptation.

The Nature Of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle,, Sliding Filament Theory , Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system .

UNIT 2: Energy & Hormonal Regulation

(07 hrs. lectures)

Bio-energetics: Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate.

Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.

UNIT 3: Cardiorespiratory System and Training Adaptation (08 hrs. lectures)

Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptation.

Respiratory Function during Exercise and Training: Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.

UNIT 4: Body Composition (08 hrs. lectures)

Understanding Body Composition, Obesity and its causes.

Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.

Practical (60 hrs.)

Assessment of Resting Heart Rate

Assessment of Blood Pressure

Administering the Harvard Step test

To measure vital capacity using Spirometer

To assess the Body Mass Index of the subjects

To assess the Waist Hip Ratio of the subjects

Methods of assessing Body Composition

Assessment of BMR of the subjects

REFERENCES:

1. Camaione, David N. (1993). Fitness Management. WCB Brown & Benchmark.
2. Jakson, Allen W and James R. Morrow (1999) Physical Activity for Health & fitness. Human Kinetics Publication.
3. Katch F.L and Mc Ardle W.D (2010) Nutrition, Weight Control and Exercise .Philadelphia, Lea & Febiger.
4. Tiwari, Sandhya, (1999). Exercise Physiology. Sports Publications, New Delhi.
5. Wilmore Jack. H and David L. Costill (1994). Physiology of Sport and Exercise .Human Kinetics.
6. G.Gregory Half. (2012). Laboratory Manual for Exercise Physiology. USA. Human Kinetics,
7. W.Larry Kenney, Jack H. Wilmore, David L. Costil. (2015). Physiology of Sports and Exercise, Second Edition. USA. Human Kinetics.
8. Christophe. Hausswirth, Inigo Mujika. (2013). Recovery for Performance in Sports, USA, Human Kinetics.
9. Inigo Mujika. (2009). Tapering and Peaking For Optimal Performance. USA. Human Kinetics
10. Per-Olf .Astrand, Kaare. Rodahl. (2003). Text Book of Work Physiology: Physiological Bases of Exercise. Fourth Edition. USA. Human Kinetics.
11. Jonathan K. Ehrman, Dennis Kerrigan, et.al. (2017). Advance Exercise Physiology: Essential Concepts and Applications. USA. Human Kinetics.

Facilitation the achievement of Course Learning Outcomes

| Month Wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|--|--|---|
| First Month- UNIT-I | The Students will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The student will understand the Nature Of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The Student will acquaint with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month- UNIT-II | The Students will develop the knowledge of Bio-energetics : Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| | Adaptation. The Student will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects. | | |
| Third Month- UNIT- III | The Students will gain knowledge of Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Respiratory Function During Exercise and Training : Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation. The Student will learn to assess the Waist Hip Ratio of a given subject and the methods of assessing Body Composition. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT- IV | The Students will understand the fundamentals of Body Composition, Obesity and its causes, Weight Management, Various methods of Assessing Body Composition, BMI, and WHR. The Student will be able to assess BMR and will revise all the Practicals. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II

**BSc-PE-DSC-6(4): Optional Game 2 (Choose any one
from the list other than chosen before)**

BSc-PE-DSC-6(4)-101: ATHLETICS

Max. Marks= 100

Credit = 4 (2 THz + 2 P)
30 hrs. Theory + 60 hrs. Practical

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

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

(08 hrs 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

(08 hrs 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

(07 hrs 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

(07 hrs 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:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
- Evans DA (1984). Teaching Athletics. Hodder, London.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
- Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
- Prentice, W. and Arnheim, D. (2005). Arnheim's Principles of Athletic Training 12th Ed. McGraw Hill. in place of Knight (1988).
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-102: BADMINTON

Credit = 4 (2 THz + 2 P)

30 hrs Theory + 60 hrs Practical

Max. Marks=100

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

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

(08 hrs 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

(08 hrs lectures)

- 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 lectures)

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

Unit-IV

(07 hrs lectures)

- 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 Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
3. Brahms 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 Ed.). 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.

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-103: BASKETBALL

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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 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

(08 hrs lectures)

- 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 lectures)

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

Unit-IV

(08 hrs lectures)

- 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

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
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- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
- Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-----------------------------------|--|--|---|
| First Month UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment |
| | | <ul style="list-style-type: none"> • Presentation | <ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month UNIT-IV | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-104: CRICKET

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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 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

(08 hrs lectures)

- 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 lectures)

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

Unit-IV

(08 hrs lectures)

- 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

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment |
| | | <ul style="list-style-type: none"> • Presentation | <ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

| | | | |
|--------------------------------------|--|---|--|
| Fourth Month- UNIT-IV | 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. | <ul style="list-style-type: none">• Lecture Methods• Demonstration Methods• Assessment Methods• Presentation | <ul style="list-style-type: none">• Evaluation of Presentation• Evaluation of Assignment• MCQ• Class-test / viva/ seminar |
|--------------------------------------|--|---|--|

Semester II
BSc-PE-DSC-6(4)-105: FOOTBALL

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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

(08 hrs 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

(08 hrs lectures)

- 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 lectures)

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

Unit-IV

(07 hrs lectures)

- 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.
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9. Sharma OP (2001). Teaching and Coaching –Football. Khel S.K.Delhi.
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Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month-UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month-UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month-UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-106: GYMNASTICS

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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 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 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

(08 hrs 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 coaching.

Unit-III

(08 hrs lectures)

- 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

(07 hrs lectures)

- 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.
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5. Chakraborty S (1998). Women's Gymnastics. Friends Pub.Delhi.
6. Code of Points Trampoline Gymnastics (2005). Federation Int. DE Gymnastics
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

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|--|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-107: HANDBALL

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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

(08 hrs 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

(08 hrs lectures)

- 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 lectures)

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

Unit-IV

(07 hrs lectures)

- 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

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-108: HOCKEY

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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

(08 hrs 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

(08 hrs lectures)

- 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 lectures)

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

Unit-IV

(07 hrs lectures)

- 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.
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7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
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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

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6(4)-109: JUDO

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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

(08 hrs 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

(08 hrs lectures)

- 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 lectures)

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

Unit-IV

(07 hrs lectures)

- 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. 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. and 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.

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month-UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month-UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month-UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month-UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-110: KABADDI

Max. Marks=100

Credit = 4(2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

- Historical Development and Modern Trends (National and International Level) **(08 hrs lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(08 hrs lectures)**
- 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

- Basic skills and techniques of the Sports/Game. **(07 hrs lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(07 hrs lectures)**
- 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

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

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6(4)-111: KHO-KHO

Max. Marks=100

Credit = 4(2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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

- Historical Development and Modern Trends (National and International Level) **(08 hrs lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(08 hrs lectures)**
- 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

- Basic skills and techniques of the Sports/Game. **(07 hrs lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(07 hrs lectures)**
- 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

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month- UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-112: VOLLEYBALL

Credit = 4(2 THz + 2 P)

Max. Marks=100

30 hrs Theory + 60 hrs Practical

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

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

- Historical Development and Modern Trends (National and International Level) **(08 hrs lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(08 hrs lectures)**
- 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

- Basic skills and techniques of the Sports/Game. **(07 hrs lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(07 hrs lectures)**
- 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

Facilitation the achievement of Course Learning Outcomes

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|---|--|---|
| First Month-UNIT-I | A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month-UNIT-II | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month-UNIT-III | 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. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month-UNIT-IV | 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 it's testing. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

Semester II
BSc-PE-DSC-6 (4)-113: YOGA

Max. Marks=100

Credit = 4 (2 THz + 2 P)
30 hrs Theory + 60 hrs Practical

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

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, shirshasana Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhamari, ujjayi Shatkarma : neti, dhauti, nauli, basti, kunjil, kapal bhati, shankh prakshalana Bandhas : 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 lectures)

- 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 lectures)

- 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

(09 hrs lectures)

- 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, uddyana, mool bandha

UNIT-IV

(07 hrs lectures)

- 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

- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
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- Mukerji, A.P. (2010). The Doctrines and Practice of Yoga. General Books, LLC, New Delhi.
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- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra

Facilitation the achievement of Course Learning Outcomes

| Month Wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-----------------------------|---|--|---|
| First Month-UNIT-I | <p>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.</p> <p>The student will learn about the prayer.</p> | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month-UNIT-II | <p>The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-</p> <p>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</p> <p>Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi</p> <p>Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana</p> <p>Bandhas : jalandhar, uddyana, mool</p> | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| | <p>bandha.</p> <p>The student will be able to perform learn Asanas, pranayama, shatkarma, bandha.</p> | | |
| Third Month-UNIT-III | <p>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.</p> <p>The student will learn Yoga-nidra/relaxation techniques.</p> | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month-UNIT-IV | <p>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.</p> <p>The student will Visit yoga centers /institutes.</p> | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |

SEMESTER-II

BSc-PE-GE-1 (4)-103: PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS

Max. Marks:100

Credit=4(3Thz+1P)
45 Hrs Theory+30 Hrs Practical

OBJECTIVES

- To develop an understanding of professional preparation in physical education.
- To develop skills to meet professional requirements.
- To understand the need for professional development.
- To acquire skill and competencies for professional development.
- To gain knowledge of curriculum development.
- To acquire skill to analyze, develop and evaluate curriculum

FUNDAMENTALS OF PROFESSIONAL PREPARATION

UNIT-I HISTORICAL PERSPECTIVE (09 hrs lecture)

- Professional Preparation in India
 - Pre Independence perspective
 - Post Independence perspective
- Comparative analysis of professional preparation program in U.S., Europe and China

UNIT-II PROFESSIONAL PREPARATION PROGRAMMES (09 hrs lecture)

- Foundation: need, objectives and characteristic of professional preparation programmes
- Courses available in physical education and sports.
- Role of physical education teacher and institutes in professional preparation programmes

UNIT-III PHYSICAL EDUCATION AND PROFESSIONALISM (09 hrs lecture)

- Concept and meaning of Profession, Professional and Professionalism.
- Physical education as a profession.

UNIT-IV CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS (09 hrs lecture)

- Career avenues after under graduation and post graduation and research degrees.
- Planning for a career : self-assessment, motivational dynamics, decision making, counseling and guidance

UNIT-V EXPLORING AND VENTURING INTO NEW AVENUES (09 hrs lecture)

- Challenges and opportunities in physical education
- Inter-relationship among various careers in physical education and sports

PRACTICALS :

30 hrs

1. Case study on national sports policy/national education policy

REFERENCES

- Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991
- Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & sports Sciences, New Delhi, Friends Publications, 2004
- Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacon, 1972
- Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988
- Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004

- Sandhu Kiran, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication, 2006
- Wessel Janet A, and Kelly Luke, Achievement-Based Curriculum Development in Physical Education, Philadelphia, Lea and Febiger, 1986
- Zeigler E.F, Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies, 2007

Semester II
BSc-PE-GE-1 (4)-104: STRESS MANAGEMENT

Max. Marks:100

Credit=4(4THr)

60 Hrs Teaching Theory

Objective: - To acquaint the student with the knowledge and understanding of anger, stress and its management and other related aspects important to sports persons.

Learning Outcome: - The student would be able to apply the knowledge, learning and understanding the concept of anger, stress and how to manage it.

After the Completion of First Month:

The students will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.

After the Completion of Second Month:

The students will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / students stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.

After the Completion of Third Month:

The students will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.

After the Completion of Fourth Month:

The Students will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management-behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.

THEORY SYLLABUS:

Unit-I

(15 hrs Lectures)

Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

Unit-II

(15 hrs Lectures)

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse.

Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit-III

(15 hrs Lectures)

Self-awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.

Unit-IV

(15 hrs Lectures)

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy & intervention skills.

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

SUGGESTED READINGS

1. Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
2. Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
3. Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
4. Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
5. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
6. Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
7. Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
8. Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.

| Month wise Progression | Course Learning Outcomes | Teaching and learning Activity | Assessment Tasks |
|-------------------------------|--|--|---|
| First Month- Unit I | The students will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Second Month – UNIT-II | The students will develop the understanding and knowledge of adaptation to stress-reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / students stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Third Month- UNIT-III | The students will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |
| Fourth Month- UNIT-IV | The Students will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management-behavior modification, time management, coping strategy& intervention skills. It also helps to learn relaxation technique-diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy. | <ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation | <ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar |