

**G.E. PAPERS – HONS. COURSES & B.A. PROG. AND BSC**  
**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)****SEM- I (GE-1)**  
**FITNESS & WELLNESS**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
1.	<b>SEM- I (GE-1) FITNESS &amp; WELLNESS</b>	04	3	0	1	XII Pass	NIL

**Learning Objective:**

- The objective of this course is to provide understanding through practical knowledge and practices regarding fitness and wellness

**Learning Outcomes:**

- Learner can evaluate the application strategies for the development of fitness and wellness
- Students will develop competency in many movement activities.
- Students will understand how and why they move in a variety of situations and use this information to enhance their own skills.
- Students will achieve and maintain a health-enhancing level of physical fitness.
- Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.
- Students will demonstrate responsible personal behavior while participating in movement activities.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT – I INTRODUCTION TO FITNESS AND WELLNESS****(11 hrs lectures)**

- 1.1 Definition, meaning, and concept of fitness and wellness
- 1.2 Components of fitness and their description
- 1.3 Components of wellness and their description
- 1.4 Significance of fitness and wellness in the present scenario

**UNIT – II DEVELOPMENT AND MAINTENANCE OF FITNESS****(11 hrs lecture)**

- 2.1 Types of Fitness: Health-related Fitness and Skill-Related Fitness
- 2.2 Principles of Physical Fitness
- 2.3 Development and Maintenance of Fitness

**UNIT – III DEVELOPMENT AND MAINTENANCE OF WELLNESS****(11 hrs lectures)**

- 3.1 Factors influencing wellness
- 3.2 Wellness and Lifestyle
- 3.3 Development and maintenance of wellness

**UNIT – IV LIFESTYLE MODIFICATION****(12 hrs lectures)**

- 4.1 Barriers to change
- 4.2 Process of change (6 stages) SMART
- 4.3 Hazards of inactivity
- 4.4 Overcoming Barriers through Physical Activity

## **PRACTICAL**

- Test, Measure and Evaluate any Two Fitness components
- Design a General warm up and cooling down routine
- Prepare a Fitness Program for Daily Life

## **Suggested Readings: -**

- Anderson, B., Stretch Yourself for Health & Fitness, Delhi: UBSPD, 2002.
- Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
- Bean, Anita, Food For Fitness, London: A & C Black, 1999.
- Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
- Difiore, Judy, Complete Guide to Postnatal Fitness, London: A & C Black, 1998.
- Giam, C.K & The, K.C., Sport Medicine Exercise and Fitness, Singapore: P.G. Medical Book, 1994.
- Gosselior, C., The Ultimate Guide to Fitness, London: Vermilion, 1995.
- Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Corn., 1993.
- Hoeger, W.K. and SA., Principles and Labs for Physical Fitness, Englewood Morton, 1999.
- Kirtani, Reema, Physical Fitness, Delhi: Khel Sahitya, 1998.
- Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, 1995.
- Mcglynn, G., Dynamics of Fitness, Madison: W.G.B Brown, 1993.
- Muller, J. P., Health, Exercise and Fitness Delhi: Sports, 2000.
- Muller, J.P., Health Exercise and Fitness, Delhi: Sports, 2003.
- Saggar, S.K., Physical Fitness, New Delhi: Rupa Co., 1994.
- Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
- Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 1 (GE-2)**

**GYM MANAGEMENT**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
2	<b>SEM- 1 (GE-2)</b> <b>GYM MANAGEMENT</b>	04	3	0	1	XII Pass	NIL

**Learning Objective:**

This course aims to provide understanding through practical knowledge and practices regarding management of gymnasium.

**Learning Outcomes:**

- Learner can evaluate the application strategies for the establishment of a gym
- Learner would become a better manager to handle tools, equipment, and other gym facilities.
- The learner can understand and develop the origin of the gym in modern times.
- Learner will be able to understand how to plan gym-based exercise & programs.
- Learner can practice facility management, project management, and space.
- Learner can achieve team-building, decision-making, and leadership skills.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit-I: Historical Development of Gymnasium**

**(11 hrs. lectures)**

1.1 History and Origin of Gym Culture.

1.2 Modern trends in Gymnasium.

1.3 Significance of Gym culture in the modern scenario

**Unit-II: Establishment and Management of Gym**

**(12 hrs. lectures)**

2.1 Principles for Establishing a Gym

2.2 Qualities & Qualifications of a Gym Instructor.

2.3 Introduction to Gym Equipment, Flooring & Facilities

2.4 Sections of a Gym - Cardio Section, Weight Section and Floor Section

**Unit-III: Facility Management in a Gym**

**(11 hrs. lectures)**

3.1 Financial Management – Importance of Budget

3.2 Implementing a Maintenance Program with special reference to insurance and AMC

3.3 Injury Risk and Management in a Gym

**Unit-IV: Operations and Marketing in a Gym**

**(11 hrs. lectures)**

4.1 Marketing, sales and services for the gym facility.

4.2 Gym Membership

4.3 Promotional activities

**PRACTICALS****(30 hrs.)**

1. Write a report on a Visit to a Gym,
2. Introduction to Equipment and Preparation of a Report.
3. Design a daily life routine workout in GYM

**Suggested Readings:**

1. Book: Agarwal M., Arora S., Gupta B (2018) "Posture; Athletic Care And First Aid", Vivechan Publications (INDIA) ISBN: 978-9-38391-490-6.
2. Book: Agarwal M., Arora S., Singh N. (2017), "Aerobics; Fitness & Style", Friends Publications (INDIA) ISBN: 978-81-7216-459-1.
3. "Sports Nutrition and Weight Management", ISBN: 978-93-88269-53-7, Year (2019), published by Sports Publication, DaryaGanj, New Delhi-110002
4. Handbook of "Exercise Therapy and Rehabilitation", ISBN: 978-93-88269-54-4, Year 2019 published by Sports Publication, Daryaganj, New Delhi-110002
5. Kumar, P. (2021,2022). "Fitness & Exercise Management" Friends Publications (India)
6. Alexandria, Virginia, (1994) "The Gym Workout" Published by Time-Life Books.
7. Ann Goodsell "Your Personal Trainer".
8. Carol Kennedy Armbruster. Mary M. Yoke (2009) "Methods of Group Exercise Instruction".
9. Philip Mazzurco (1985) "Exerstyle".
10. Refus, Inc, "The Body in Motion" Published by Time Life Books.
11. Sheela Kumari, (2009) "Fitness, Aerobics & Gym Operations", New Delhi, Khel Sahitya Kendra.
12. Sunil Bharihoke, (2002) "The Gym".
13. Time life books, (2004) "Gym workout", London times life books.
14. Time life books, (2005) "staying flexible", London, time life books.
15. Time life books, (2005) "super firm tough workouts", London times life books.
16. Wayne L. Westcott, Thomas R. Bachle, (2007) "Strength Training".
17. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
18. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
19. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
20. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN: 978-81-7730-847-1.
21. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN: 978-81-937698-1-2.
22. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 2 (GE-3)**

**STRESS MANAGEMENT**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
3	<b>SEM- 2 (GE-3)</b> <b>STRESS</b> <b>MANAGEMNET</b>	04	3	0	1	XII Pass	NIL

**Learning Objective:**

- The learner can evaluate the application strategies for Stress.
- To acquaint the student with the knowledge and understanding of anger, stress, and its management and other related aspects important to sports persons.

**Learning Outcomes:**

- The student would be able to apply the knowledge, learning, and understanding the concept of anger, stress, and how to manage it.
- The students will be introduced to the basic concepts of stress and anger, the causes and effects of stress and anger, the main emotions of stress and anger, daily life stressors, the process of stress, anger and the psychophysiology of stress.
- The students will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress,
- It helps to know about stress-related diseases and disorders.
- The students will gain knowledge and concepts 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.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT – I INTRODUCTION TO STRESS**

**(8 hrs lectures)**

1.1 Definition and Introduction to Stress

1.2 Types of stress

1.3 Causes and effects of stress

**UNIT – II STRESS ADAPTATION AND RESISTANCE**

**(11 hrs lectures)**

2.1 Adaptation to stress - GAS Theory

2.2 Sources of stress-personal and social stress

2.3 Reframing of habitual stress resistance

**UNIT – III STRESS AWARENESS**

**(11 hrs lectures)**

3.1 Self-awareness and stress management, Adaptive and Maladaptive Behaviour

3.2 Relationship between Stress and Conflict.

3.3 Stress & drug abuse.

**UNIT – IV STRESS MANAGEMENT**

**(12 hrs lectures)**

- 4.1 Role of communication in managing stress and work performance
- 4.2 Conflict Management - Positive and Negative Criticism
- 4.3 Coping Methods through physical activities- Lifestyle management.

## **PRACTICAL**

**(30 Hours)**

1. Suggest a program utilizing yogic asanas and meditative techniques as a tool to manage stress
2. Suggest a program utilizing physical activity and recreation as a tool to manage stress
3. Suggest a program utilizing pranayama as a tool to manage stress.

## **SUGGESTED READINGS**

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing Florence. Kentucky. U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
- Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
- Petee F (2006) Anger Management. Pentagon. Press. New York, U.S.A.
- Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
- NCERT & CBSE publication and reading for stress management.  
Pahuja M., Pahuja S., Panda S. (2020), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-8195365593.
- Sahrawat M (2024) yoga and stress management Khel Sahitya, Kendra ISBN: 978-93-90461-65-3

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 2 (GE-4)**

**PROFESSIONAL PREPARATION AND CAREER AVENUES  
IN PHYSICAL EDUCATION AND SPORTS**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
4	<b>PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES:**

1. To develop an understanding of professional preparation in physical education.
2. To develop skills to meet professional requirements.
3. To understand the need for professional development.
4. To acquire skills and competencies for professional development.

**COURSE OUTCOMES:**

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

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT-I HISTORICAL PERSPECTIVE**

**(11 hrs lecture)**

- Professional Preparation in India
- Pre-independence perspective
- Post-independence perspective

**UNIT-II PROFESSIONAL PREPARATION PROGRAMMES**

**(12 hrs lecture)**

- Importance, objectives, and characteristics of professional preparation programs
- Courses available in physical education and sports.
- Role of physical education teacher in professional preparation programs
- Role of institutes in professional preparation programs

**UNIT-III PHYSICAL EDUCATION AND PROFESSIONALISM**

**(11 hrs lecture)**

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

**UNIT-IV CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS****(11 hrs lecture)**

- Career avenues and opportunities for undergraduate, graduate, postgraduate, and research degrees.
- Planning for a career: self-assessment, motivational dynamics, decision-making, counseling, and guidance
- Inter-relationships among various careers in physical education and sports

**PRACTICALS****(30 hrs)**

1. Case study on national sports policy
2. National education policy
3. Brief Report on any two institutes/ colleges offering Physical Education courses in India

**Suggested Readings**

1. Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, 1991
2. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Design in Physical Education & Sports Sciences, New Delhi, Friends Publications, 2004
3. Hoover. Kenneth H., The Professional Teachers Handbook, Boston, Allyn and Bacon, 1972
4. Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, 1988
5. Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004
6. Sandhu Kiran, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication, 2006
7. Wessel Janet A, and Kelly Luke, Achievement-Based Curriculum Development in Physical Education, Philadelphia, Lea and Febiger, 1986
8. Sahrawat M (2023) Success Mirror Manisha publications ISBN 978-93-94043-96-1.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 3 (GE-5)**

**OLYMPIC EDUCATION**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
5.	<b>SEM- 3 (GE-5) OLYMPIC EDUCATION</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES:**

To impart knowledge about Olympism and its functions through the various International sports federation, National committees, and IOC commissions.

**LEARNING OUTCOMES:**

1. Students will gain deep knowledge about ancient and modern Olympics, administration, organization of the Olympic Games, and functions of the IOC.
2. The students will develop an understanding and knowledge of the Concept of the Olympic movement, the ancient Olympic Games, and the Modern Olympic Games and its movement. It also helps to know about the aims and symbols of the Olympic movement and the International Olympic Committee (IOC).
3. The students will develop an understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympic games.
4. The students will learn about the Organization of the Olympic Games, the international bid process for selecting sites/cities for the games, Participation in the Olympic Games, and about Women & sports.
5. The students will learn and understand the Olympic solidarity program and culture of Olympism.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT – I THE OLYMPIC MOVEMENT**

**(11 Hrs. lectures)**

- 1.1 Concept of Olympic movement, the Ancient Olympic Games and the Modern Olympic Games and its movement
- 1.2 Aims and symbols of the Olympic movement.
- 1.3 The International Olympic Committee (IOC).

**UNIT – II STRUCTURE OF THE OLYMPIC MOVEMENT**

**(11 hrs. lectures)**

- 2.1 The National Olympic Committee (NOC).
- 2.2 The International Sports Federations (IFs) and
- 2.3 The National Sports Federations (NFs).

**UNIT – III THE OLYMPIC GAMES**

**(11 hrs. lectures)**

- 3.1 Organization of the Olympic Games.
- 3.2 Outline of the international bid process for selecting the host city for the games.
- 3.3 Women and sports

**UNIT – IV IOC PROGRAMMES**

**(12 hrs. lectures)**

- 4.1 Olympic Solidarity Program.
- 4.2. Paralympics games
- 4.3. Volunteerism in Olympic Games
- 4.4 Fight Against Doping

### **PRACTICAL**

**(30 hours)**

1. Write a report on the Origin of the Olympic Movement
2. Review of the Olympic Education Program
3. Report on any One Olympic Sport in India
4. Report on Any One Olympian Medalist
5. Report on Any Olympian Medalist of India

### **Suggested Reading:**

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Lumpkin, A. (2007). Introduction to Physical Education, Excises Science, and Sports Studies, McGraw Hill. New York, USA.
3. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
4. Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
5. Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
6. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
7. Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.
8. Singh, Ajmer et.al (2012), Essentials of Physical Education, Kalyani publishers, New Delhi.
9. Kamlesh, M.L (2013), Foundations of Physical Education, Sports publication, New Delhi.
10. Kanwar, Chand Ramesh (2010), Principles and History of Physical Education, Amit Brothers publication.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 3 (GE-6)**

**MEDIA IN PHYSICAL EDUCATION & SPORTS**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
6.	<b>SEM- 3 (GE-6) MEDIA IN PHYSICAL EDUCATION &amp; SPORTS</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES:**

The paper aims to help the students develop a basic ability to think critically, creatively, and independently and express themselves clearly, both in writing and orally regarding sports events around them. The paper is an opportunity for the learner to carry out journalistic research and interviews for the purpose of preparing content for news and sports media.

**COURSE OUTCOMES:**

1. Demonstrate analytical skills and critical judgment.
2. Work to a professional standard during live sporting events.
3. Demonstrate the confidence to seek accreditation to sporting events and set up interviews with sporting personalities
4. Develop knowledge of the essential tools required to enter the field of sports journalism, applicable across all areas of the sports media.
5. Develop basic skills relevant to sports journalism: reporting, interviewing, bulletin compiling and feature writing, and other journalistic skills.
6. Impart the skills required to write material to an advanced professional standard, ready for broadcast/print/electronic publication.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT – I INTRODUCTION TO SPORTS MEDIA**

**(11 Hours/Lectures)**

- 1.1 Historical development of media in sports
- 1.2 Media Ethics: Role and Responsibilities of journalist & editor (social, legal and professional)
- 1.3 Principles of Advertising in Sports

**Unit II: SPORTS WRITING AND DESIGNING**

**(11 hrs lecture)**

- 2.1 Write-ups: feature, follow-ups, advance story, curtain raiser, flashback, articles
- 2.2 Sports Radio and T.V. Commentary anchoring, interviews, group discussions, talk-shows
- 2.3 Sports Designing - headings, front reading, layout & page making, stories, editorial tools

**UNIT – III RESEARCH AND SOURCING**

**(11 hrs lectures)**

- 3.1 Research tools for developing a sports story, Use of personal library, statistics, records, Internet, Validation of Fake News.
- 3.2 Sports Broadcasting: Live Coverage, Pre-Match and Post-Match Reporting.
- 3.3 Organizational set-up of a newspaper printing press OR Radio Station.

**UNIT – IV TRACKING CURRENT AFFAIRS IN SPORTS (15 hrs lectures)**

- 4.1 Major Competitions Winners and Trophies in Sports
- 4.2. Sports Bodies and their Administration: Government and NGO Sports Bodies, NSFs, WADA and NADA, Olympic, Asian Games Bodies and NSF
- 4.3. Careers in Sports Media
- 4.4 Drug abuse, doping, and Scandals in sport

**PRACTICAL: (ANY TWO)**

- 1. Prepare a Press Release on your college sports event
- 2. Conduct an Interview of (any two) the sportspersons of your college/university
- 3. Design a Newsletter for your college/University sport

**Suggested Readings:**

- 1. Sports Writing Handbook by Steve Wilstein Associated Press
- 2. Sports Journalism: Context and Issues by Raymond Boyle, Pine Forge Press, 2006
- 3. The Sports Writing Handbook by Thomas Fensch, Lawrence Erlbaum Associates, 1995 (2nd edition)
- 4. Sports Journalism: A Practical Introduction by Phil Andrews, 2005
- 5. Sports Journalism, by K.C. Thakur, Cyber-Tech Publications, 2010
- 6. Media and Sports Journalism by T. Rajsekhar, Sonali Publications
- 7. Field Guide to Covering Sports Spiral-bound by Joe Gisoni (Author) Sports Journalism by Phil Andrews Call Number: GENERAL - PN4784. S6 A53 2014 Publication Date: 2013-12-26
- 8. Sports Journalism by Rob Steen Call Number: GENERAL - PN4784.S6 S87 2015 Publication Date: 2014-12-18
- 9. The Essentials of Sports Reporting and Writing by Scott Reinardy; Wayne Wanta Call Number: GENERAL - PN4784.S6 R45 2015 Publication Date: 2015-03-27
- 10. Sports Media by Bradley Schultz; Edward T. Arke Call Number: GENERAL – GV742. S38 2015 Publication Date: 2015-11-02
- 11. The Best American Sports Writing of the Century by David Halberstam (Editor); Glenn Stout (Editor) Call Number: Glendale CC Library - GENERAL – PS509.S65 B48 1999 Publication Date: 1999-06-16
- 12. Keepers of the Flame by Travis Vogan Call Number: GENERAL - GV742.3. V63 2014 (also an E-book) Publication Date: 2014-02-12

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 4 (GE-7)**

**YOGA AND STRESS MANAGEMENT**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
7.	<b>SEM-4 (GE -7) YOGA AND STRESS MANAGEMENT</b>	04	3	0	1	XII Pass	NIL

**Learning objective:**

The objective of this course is to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

**Learning outcomes:**

- Understand the concept of yoga.
- Demonstrate different asanas to achieve a healthy lifestyle.
- Apply Pranayama and Shat karmas to reduce day-to-day stress in our life.
- Management of Stress by using different yogic relaxation techniques.
- Develop Physical Fitness Program.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit-1: INTRODUCTION**

**(11 hrs. Lectures)**

- 1.1 Meaning, Definition, and Importance of Yoga.
- 1.2 Origin and Historical Development of Yoga.
- 1.3 Concept of the Importance of Yogic Diet.

**Unit-II: YOGA-ASANAS**

**(11 hrs. Lectures)**

- 2.1 Ashtanga Yoga (Maharishi Patanjali): Meaning and importance.
- 2.2 Supine Position Asanas (Ardh-Halasana, Sarvangasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana)
- 2.3 Sitting Asanas (Ardh Matsyendrasana, Paschimotanasana, SuptaVajrasana); Standing Asanas (Utkatasana, Trikonasana and Tadasana).

**Unit-III: PRANAYAMAS AND SHAT KARMAS**

**(11 hrs. lectures)**

- 3.1 Meaning, Procedure, Precautions, and Benefits of the following Pranayamas: Anulom-Vilom, Suryabhedan, Bhrameri, Sheetal, Sheetkari Pranayamas.
- 3.2 Meaning, Procedure, Precautions, and Benefits of the following Shatkarmas: Kapalbhati, Trataka, and Neti (Jal and sutra).
- 3.3 Relevance of yoga for holistic health development in society.

**Unit-IV: STRESS MANAGEMENT**

**(11 hrs. lectures)**

- 3.1 Concept, Causes, and Effects of Stress.
- 3.2 Non-communicable diseases (due to stress), Stress prevention, and good health.

3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities, and developing healthy relationships as coping strategies.

### Practical Syllabus

(30 hrs.)

1. Suryanamaskar and any four asanas.
2. Pranayams (any two).
3. Practice Meditation for 10-15 minutes.
4. Assessment of stress (Questionnaire-PSQ)

### Suggested Readings:

1. Arora S., Agarwal M. (2022), "Yoga & Stress Management", Khel Sahitya Kendra ISBN: 978-93-90461-38-7.
2. Pawar, B., Gosain, N., Sharma, S. (2021), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-81-7216-579-6.
3. Saini, N. (2020). "Yoga & Stress Management", Friends Publications. New Delhi. ISBN: 978-93-88457-58-3
4. Arora S., Agarwal M. (2020), "Yoga Skills", Khel Sahitya Kendra ISBN: 978-81-947808-4-7.
5. Pahuja M., Pahuja S., Panda S. (2020), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-8195365593.
6. Gupta, B., Chakravorty, S.K., Chakravorty, Munesh., (2019) "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-81-7216-568-0.
7. "Anger and Stress Management". God's Way. Calvary Press, USA.
8. Swate Y B (2009). "Anger Management". Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.
10. Davis M. et al (2008). "The Relaxation and Stress Reduction" workbook. Harbinger Publications, USA
11. Greenberg J.S. (2008). "Comprehensive Stress Management". McGraw Hill, USA
12. HippE. (2008). "Fighting Invisible Tigers: Stress Management for Teens". Free Spirit Publishing, USA.
13. Petee F (2006). "Anger Management". Pentagon. Press. New York. U.S.A.
14. Gupta Rashmi (2015), "Yoga and Pranayam Exercise". Aryan Publication.
15. Gupta Rashmi (2016), "Yogaasana and pranayama abhayas". Aryan Publication.
16. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
17. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
18. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
19. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN: 978-81-7730-847-1.
20. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN: 978-81-937698-1-2.
21. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.
22. Shaw D. (2020) "Yoga Asanas and their Benefits" Sports Publication, ISBN: 978-81-9436-11-9-0.
23. Sahrawat M (2024) yoga and stress management Khel Sahitya Kendra ISBN: 978-93-90461-65-3

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 4 (GE-8)**

**INTRODUCTION TO INJURY PREVENTION AND REHABILITATION IN SPORTS**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
8.	<b>SEM- 4 (GE-8) INTRODUCTION TO INJURY PREVENTION AND REHABILITATION IN SPORTS</b>	04	3	0	1	XII Pass	NIL

**Learning objective:**

The objective of this course is to provide the understanding, skill, and practices related to injury prevention and rehabilitation in athletics along with enough scope for creativity/Innovations.

**Learning outcomes:**

1. Understand the concept of injury prevention and rehabilitation in athletes.
2. Apply the principles of rehabilitation for fast and better recovery in a collaborative Work of athletes, coaches, and medical professionals.
3. Identify and classify the particular injury to deal with or suggest apply Suitable exercise and other related aids.
4. Practice related modalities (e.g., heat therapy, cold therapy, electrical stimulation) Used in rehabilitation.
5. Apply functional training and return-to-play criteria

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit-1: INTRODUCTION TO INJURY PREVENTION AND REHABILITATION (11 hrs. Lectures)**

- 1.1 Introduction and definition of injury
- 1.2 Importance of injury prevention and rehabilitation in sports
- 1.3 Principles of injury prevention and rehabilitation

**Unit-II: COMMON SPORTS INJURIES AND FIRST AID**

**(11 hrs. lectures)**

- 2.1 Identification and classification of common sports injuries
- 2.2 Causes and risk factors associated with sports injuries
- 2.3 Introduction to First Aid

**Unit-III: INJURY PREVENTION STRATEGIES**

**(11 hrs. lectures)**

- 3.1 Warm-up and cool-down protocols
- 3.2 Proper technique and form to minimize injury risk
- 3.3 Nutritional considerations for injury prevention

**Unit-IV: REHABILITATION AND PSYCHOSOCIAL ASPECTS OF INJURY PREVENTION****(12 hrs. lectures)**

- 4.1 Overview and Goals of the rehabilitation process
- 4.2 Modalities used in rehabilitation (ANY TWO: heat therapy, cold therapy, electrical stimulation)
- 4.3 Psychological impact of sports injuries
- 4.4 Injury prevention and rehabilitation education for athletes, coaches, and parents

**PRACTICAL****(30 Hours)**

- 1. Preparation of first aid box.
- 2. Application of PRICE.
- 3. Preparation of warming up and cooling down exercises to prevent injury in a general context.

**Suggested Readings:**

- Brukner, P., & Khan, K. (2017). Clinical sports medicine. McGraw-Hill Education.
- Sherry, M. A., & Best, T. M. (2004) A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. Journal of Orthopedic & Sports Physical Therapy, 34(3), 116-125.
- Brukner, P., & Khan, K. (2017). Clinical sports medicine. McGraw-Hill Education.
- Sherry, M. A., & Best, T. M. (2004). A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. Journal of Orthopedic & Sports Physical Therapy, 34(3), 116-125.
- Myer, G. D., Faigenbaum, A. D., Chu, D. A., Falkel, J., & Ford, K. R. (2011). Integrative training for children and adolescents: Techniques and practices for reducing sports-related injuries and enhancing athletic performance. The Physician and Sports Medicine, 39(1), 74-84.
- Bahr, R., & Holme, I. (2003). Risk factors for sports injuries—a methodological approach. British Journal of Sports Medicine, 37(5), 384-392.
- Lephart, S. M., Ferris, C. M., Riemann, B. L., & Myers, J. B. (2002). Gender differences in strength and lower extremity kinematics during landing. Clinical Orthopedics and Related Research, 401, 162-169.
- Myer, G. D., Ford, K. R., Brent, J. L., & Hewett, T. E. (2006). The effects of plyometric versus dynamic stabilization and balance training on lower extremity biomechanics. The American Journal of Sports Medicine, 34(3), 445-455.
- Petersen, J., Thorborg, K., Nielsen, M. B., Budtz-Jørgensen, E., & Hölmich, P. (2011). Preventive effect of eccentric training on acute hamstring injuries in men's soccer: a cluster-randomized controlled trial. The American Journal of Sports Medicine, 39(11), 2296-2303.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 5 (GE-9)**

**LIFESTYLE MANAGEMENT THROUGH PHYSICAL EDUCATION**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
9	<b>SEM-5 (GE-9) LIFESTYLE MANAGEMENT THROUGH PHYSICAL EDUCATION</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES:**

The main focus of this course is changing the behavior of each individual learner. Students will be in a variety of settings ranging from a classroom to a food lab, to a fitness center.

The paper will help the student have an awareness regarding the information about positive lifestyle, physical fitness, weight management, food choices, and healthy practices to balance life.

**COURSE OUTCOMES:**

- The students will identify behaviors that contribute to their overall health, fitness, and nutrition.
- The student will analyze factors that impact the nutritional choices of adolescents.
- The students will analyze their diet in relationship to Dietary Guidelines
- The students will explore the concept of energy in = energy out.
- The students will evaluate nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet specific nutritional needs.
- The students will evaluate the results of a fitness assessment to provide personal information so that the student will be able to develop personal fitness goals.
- The student will analyze the results of a fitness assessment to create and implement a personal fitness plan.
- Students will design, implement, and self-assess a personal Nutrition and Fitness Plan

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT – I Physical Education: Lifestyle Management**

**(11 hrs lectures)**

- 1.1 Introduction and Concept of Physical Education and Lifestyle
- 1.2 Meaning and Components of Health
- 1.3 Factors Affecting Health and Lifestyle

**Unit II: Sustainable Practices for Positive Lifestyle**

**(11 hrs lectures)**

- 2.1 Definition and importance of sustainable health practices
- 2.2. Key elements of sustainable lifestyle for healthy living
- 2.3 Causes and prevention of lifestyle diseases

**UNIT – III Goal setting for positive lifestyle****(11 hrs lectures)**

- 3.1 Short-term and long-term Goals for Positive Lifestyle
- 3.2 Dietary Guidelines and Food Pyramid
- 3.3 Sleep management and physical activity

**UNIT – IV Mental Health and Lifestyle Management****(11 hrs lectures)**

- 4.1 Introduction to Mental Health
- 4.2 Physical exercise and mental wellbeing
- 4.3 Holistic Lifestyle Management

**PRACTICAL****(30 hours)**

- 1. Develop a fitness/ physical activity program for a healthy lifestyle
- 2. Identify 2 common lifestyle diseases and design a management program
- 4. Prepare a diet plan for a healthy lifestyle

**Suggested Readings:**

1. Pawar, B., Joshi. A., Chaudhary, V. (2022), “Practical Manual for Physical Education”, Friends Publications. New Delhi (India) ISBN-978-93-95829-30-4.
2. Kumar, P (2022). “Assessment & Management of Obesity”. Friends Publication (India)
3. Saini N., Suri. M., (2020) “Sports Psycho-Physiology”, Friends Publication, New Delhi (India) ISBN-978-93-88457-58-3.
4. “Sports Nutrition and Weight Management”, ISBN: 978-93-88269-53-7, the Year 2019, published by Sports Publication, Darya Ganj, New Delhi-110002
5. Anspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). “Wellness: Concepts and applications”. McGraw-Hill Companies.
6. Caliendo, M. A. (1981). “Nutrition and preventive health care”. Macmillan.
7. Hales, D. (2006). “An invitation to health”. Cengage Learning.
8. Hoeger, W. W. K., & Hoeger, S. A. (2007). “Fitness & Wellness. Belmont”, USA: Thomson Wadsworth
9. Howley, E. T., & Franks, B. D. (1986). “Health/Fitness Instructor's Handbook”. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
10. Kansal D.K. (2012). “Test Measurement and Evaluation”. Sports Spiritual Sciences Publications, New Delhi.
11. Kumari, S. S., Rana, A., & Kaushik, S. (2008). “Fitness, Aerobics & Gym Operations”. New Delhi: Khel Sahitya Kendra
12. Sharma K. et. al. (2014), “Fitness Aerobics & Gym Operations”, Jyoti Enterprises, Delhi.
13. Tiwari S. (1999). “Exercise Physiology”, Sports Publications, Delhi.
14. Shaw D. (2018) “Fundamental Statistics in Physical Education and Sports Sciences” Sports Publication, ISBN: 81-86190-57-0.
15. Shaw D. (2020) “Physical Education Practical Manual for Class XI” Prachi Publication, ISBN: 978-8193-7698-0-5.
16. Shaw D. (2020) “Physical Education for Class XII” Prachi Publication, ISBN: 978-81-7730-848-8.
17. Shaw D. (2020) “Physical Education for Class XI” Prachi Publication, ISBN: 978-81-7730-847-1.
18. Shaw D. (2020) “Physical Education Practical Manual for Class XII” Prachi Publication, ISBN: 978-81-937698-1-2.
19. Shaw D. (2020) “Parable Global English Hindi Dictionary of Physical Education & Sports Sciences” Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.
20. Shaw D. (2020) “Yoga Asanas and their Benefits” Sports Publication, ISBN: 978-81-9436-11-9-0.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 5 (GE-10)**

**HISTORY & FOUNDATION OF PHYSICAL EDUCATION**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
10	<b>SEM-5 (GE-10) HISTORY AND FOUNDATION OF PHYSICAL EDUCATION</b>	04	3	0	1	XII Pass	NIL

**Learning Objectives**

- To provide knowledge of the historical development of Physical Education & Sports and to familiarize the students with foundations of Physical Education & Sports about biological, psychological, sociological, and other foundations.
- To educate students on the historical development of Physical Education and Sports, and to familiarize them with its foundational aspects from biological, psychological, sociological, and other perspectives.

**Learning Outcomes**

At the end of the course, students will be able to:

- Develop knowledge of the history and foundation of Physical Education and understand its purpose and development in sports.
- Develop knowledge of the meaning, aim, objectives, scope, and importance of Physical Education
- Understand the concepts and qualities of movement, fundamental movements, their importance in educational programs, and the role of the wellness movement.
- Gain knowledge of the historical development of the Ancient and Modern Olympic movement.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit-1: Introduction to Physical Education and Sports and General Awareness**

**(11 Hours)**

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

**Unit-2: Growth and Development of Physical Education and Sports****(11 Hours)**

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

**Unit-3: Major Competitions at National and International Level****(12 Hours)**

1. Major Sports Competitions at International Level: Olympics Games (Summer, Winter, and Paralympics), Asian Games, Commonwealth Games, SAF Games, World Cups, World Universities
2. Major Sports Competitions at the National Level: National Games, Khelo India University Games (KIUG), Khelo India Youth Games (KIYG), Inter-University (All India & Zonal) Competitions, National Championships
3. Prominent Honors and Awards in Games and Sports in India, Different Cups and Trophies at National and International levels in different sports.

**Unit-4: Foundations of Physical Education****(11 Hours)**

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

**PART-B: PRACTICALS (Any Three)****(30 Hours)**

1. Prepare a report on sports facilities available in any one stadium/sports Complex.
2. Organize any intra-mural/ extra-mural competition in the format of University games.
3. Prepare a brief report on various schemes for sports promotion in India.
4. Selected anthropometry/ body type measurement.

**Suggested Readings:**

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
3. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
4. Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
5. Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
6. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
7. Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.
8. Singh, Ajmer et.al (2012), Essentials of Physical Education, Kalyani publishers, New Delhi.
9. Kamlesh, M.L (2013), Foundations of Physical Education, Sports publication, New Delhi.
10. Kanwar, Chand Ramesh (2010), Principles and History of Physical Education, Amit Brothers publication.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 6 (GE-11)**

**OBESITY AND WEIGHT MANAGEMENT**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
11	<b>SEM-6 (GE-11) OBESITY AND WEIGHT MANAGEMENT</b>	04	3	0	1	XII Pass	NIL

**Learning Objective:** This course aims to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

**Learning Outcomes:**

- The learner will learn about the concept of obesity and its causes.
- The learner will practice and manage the ways to prevent obesity.
- The learner can assess the obesity (Basic methods).
- The learner can practice and maintain a healthy weight.
- The learner can modify behavior to control weight through diet and physical activities.
- The learner can design a balanced diet chart for his/her requirements.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit-I: OBESITY & IT'S ASSESSMENT**

**(11 hrs. lectures)**

1.1 Concept and Causes of Obesity.

1.2 Health Risks Associated with Obesity.

1.3 Assessment of Obesity-Body Mass Index (BMI), Waist-Hip Ratio, Waist-Height ratio, Skinfold Thickness (Abdomen, triceps, thigh, Suprailiac).

**Unit-II: MANAGEMENT OF OBESITY THROUGH DIET**

**(11 hrs. lectures)**

2.1 Nutrition and Balanced Diet.

2.2 Dietary Aids and Gimmicks.

2.3 Obesity and weight management through diet.

**Unit- III: WEIGHT MANAGEMENT**

**(11 hrs. lectures)**

3.1 Concept of weight, Importance of weight Management in Life.

3.2 Cultural and social aspects, Lifestyle patterns in contemporary system.

3.3 Goal setting and goal accomplishment, Self-control skills for weight management.

**Unit-IV: WEIGHT MANAGEMENT THROUGH PHYSICAL ACTIVITIES AND BEHAVIOUR  
MODIFICATION**

**(11 hrs. lectures)**

4.1 Importance of maintaining Healthy Weight; Weight Management and Energy Balance.

4.2 Principles of weight management; Aerobic & Anaerobic activities.

4.3 Behavior Modification techniques for weight management.

**Practical****(30 hrs.)**

1. Use BMI to identify the actual body weight status and desirable body weight status of at least ten students.
2. Calculate the Waist-Hip ratio and waist-height ratio of ten persons.
3. Suggested exercises for Obesity (Jogging, Running, Aerobics, and calisthenics exercises)
4. Development of a Diet chart for a sportsperson

**Suggested Reading**

1. Pawar, B., Joshi, A., Chaudhary, V. (2022), "Practical Manual for Physical Education", Friends Publications. New Delhi (India) ISBN-978-93-95829-30-4.
2. Kumar, P (2022). "Assessment & Management of Obesity". Friends Publication (India)
3. Saini N., Suri. M., (2020) "Sports Psycho-Physiology", Friends Publication, New Delhi (India) ISBN-978-93-88457-58-3.
4. "Sports Nutrition and Weight Management", ISBN: 978-93-88269-53-7, Year 2019, published by Sports Publication, Darya Ganj, New Delhi-110002
5. Ansbaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). "Wellness: Concepts and applications". McGraw-Hill Companies.
6. Caliendo, M. A. (1981). "Nutrition and preventive health care". Macmillan.
7. Hales, D. (2006). "An invitation to health". Cengage Learning.
8. Hoeger, W. W. K., & Hoeger, S. A. (2007). "Fitness & Wellness. Belmont", USA: Thomson Wadsworth
9. Howley, E. T., & Franks, B. D. (1986). "Health/Fitness Instructor's Handbook". Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
10. Kansal D.K. (2012). "Test Measurement and Evaluation". Sports Spiritual Sciences Publications, New Delhi.
11. Kumari, S. S., Rana, A., & Kaushik, S. (2008). "Fitness, Aerobics & Gym Operations". New Delhi: Khel Sahitya Kendra
12. Sharma K. et. al. (2014), "Fitness Aerobics & Gym Operations", Jyoti Enterprises, Delhi.
13. Tiwari S. (1999). "Exercise Physiology", Sports Publications, Delhi.
14. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
15. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
16. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
17. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN 978-81-7730-847-1.
18. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN 978-81-937698-1-2.
19. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN 978-93-90461-18-9.
20. Shaw D. (2020) "Yoga Asanas and their Benefits" Sports Publication, ISBN 978-81-9436-11-9-0.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 6 (GE-12)**

**FUNDAMENTALS OF GAME/SPORTS**  
**(CHOOSE ANY ONE FROM THE FACILITIES AVAILABLE)**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
12	<b><u>SEM- 6 (GE-12)</u></b> <b>FUNDAMENTALS OF GAME/SPORTS</b>	04	3	0	1	XII Pass	NIL

**Learning 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.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit-I Introduction of the Game/Sport (11 hrs lectures)**

- Historical Development and Modern Trends in the game (National and International Level)
- Organizational Structure (State, National, and International Level)
- Introduction to the Playfield/arena of any 1 game

**Unit-II Rules of the Game/Sport and Role of Coach (12 hrs lectures)**

- Rules and their interpretation of any 1 sport
- Basis of Warming up and cooling down and its effect
- Role of coach in preparing players/Teams

**Unit-III Skills and Techniques (11 hrs lectures)**

- Basic skills and techniques of any 1 Game
- Developmental Drills / Preparatory Exercises to improve skills of any 1 Game

**Unit-IV Game/Sport Related Fitness (11 hrs lectures)**

- Introduction to Fitness components related to any 1 sport.
- Role of Fitness & skill related fitness components of any game in improving performance

**PRACTICAL****(30 hrs.)**

1. Learning and demonstrating various skills/techniques of any 1 Game
2. Drills to improve Fundamental skills of any 1 game
3. Marking of Playfield/ arena of any 1 game
4. Playing ability in a match.

**Suggested Readings:**

- 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. 1<sup>st</sup> 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).
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
- Elliott R., (2011). Runners on Running: The Best Nonfiction of Distance Running, Human Kinetics, United States of America.
- Galloway J., (2011). Cross Country Running, Mayer & Mayer Sport, United Kingdom.
- Galloway J., (2012). 100 Reasons to Run, Mayer & Mayer Sport, United Kingdom.
- Thani L., (2018). Skills & tactics field athletics, sports publication, New Delhi

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)****SEM- 7 (GE-13)****SPORTS FOR LEISURE AND RECREATION**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
13	<b>SEM- 7 (GE-13) SPORTS FOR LEISURE AND RECREATION</b>	04	3	0	1	XII Pass	NIL

**Learning objective:**

This course aims to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

**Learning Outcomes:**

1. Students will demonstrate knowledge of (a) the nature & scope of the recreation professional, techniques and processes used by professional workers in these industries, and (c) the foundation of the profession in history, science, and philosophy.
2. Students can utilize their knowledge of operations and strategic management/administration in recreational services.
3. Students will demonstrate knowledge and ability to (a) apply research and evaluation methods and practices, and (b) utilize the results of research and evaluation to improve practice/services. Such practices will encourage creativity/innovation in the students.
4. Students through a practicum experience can succeed as professionals at an administrative or supervisory level in recreational services with more creativity.
5. Students have developed the ability to design, implement, and evaluate services that facilitate targeted human experiences and that embrace personal and cultural dimensions of diversity.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT- I: FOUNDATION****(11 hrs)**

- 1.1 Foundation of Leisure, Play, Sports and Recreation.
- 1.2 Definition and concept of Leisure, Play, Sports and Recreation.
- 1.3 Importance of Leisure, play, sports, and recreation.

**UNIT- II: SPORTS AND RECREATION MANAGEMENT****(11 hrs)**

- 2.1 Introduction to clubs, boards, and committees in sports and recreation organizations.
- 2.2 Communication and Public Relations in Sports.
- 2.3 Risk management applied to sports and recreation organizations.

**UNIT- III: HEALTH ASPECTS OF LEISURE, SPORTS AND RECREATION (11 hrs)**

- 3.1 Leisure, recreation, and wellness through sports
- 3.2 Relationship between Recreation and personal well-being
- 3.3 Leisure and Recreation for stress, depression, and mental Health

**UNIT- IV: EDUCATION, LEADERSHIP, AND PROGRAMME DEVELOPMENT THROUGH**

**LEISURE AND RECREATION SPORTS****(12 hrs)**

- 4.1 Types of recreational activities (public, outdoor programs, Intramural activities, Club sports & Leadership programs)
- 4.2 Education and leadership development through leisure and recreation sports.
- 4.3 Role of leisure and recreation activities in the development of leadership ethics.

**PRACTICAL****(30 hrs.)**

1. Plan & Conduct a Recreation activity.
2. Leadership skills development activity through leisure and recreation.
3. Write a report on any recreational/ leisure activity you attended in your college.

**Suggested Readings:**

1. Arora S., Agarwal M Gupta B. (2018), "Fitness; Wellness and Nutrition", Vivechan Publications (INDIA) ISBN: 978-93-83914-89-0
2. Busser J.A. (1990), "Programming for employee services and recreations campaign Illinois". in 61824-40673.
3. Mueller P, Rezwik J.W, (1985) "Intra- mural Recreational Sports: programming and Administration" MacMillan publishing company. Cellier Mcmillan publishers.
4. Kraus R. (2001), "Recreation & leisure in Modern society" Jones and Bartlett Publishers.
5. Shivers J.S. (1987), "Introduction to recreational service administration" Lea & Febiger.
6. Corbin H.D., Williams E. (1987), "Recreation programming and leadership", Prentice Hall, Inc. Englewood Cliffs.
7. Vanaik Dr. A, (2010) "Fundamentals of Recreational Activities", Friends Publication.
8. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
9. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
10. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
11. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN: 978-81-7730-847-1.
12. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN: 978-81-937698-1-2.
13. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 7 (GE-14)**

**INTRODUCTION OF SPORTS TRAINING**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
14	<b><u>SEM- 7 (GE-14)</u></b> <b>INTRODUCTION OF SPORTS TRAINING</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES:**

The student will be able to gain a basic understanding of sports and develop an awareness of the technical and scientific basis of preparing sportspersons. The paper will help the student develop insights Students will be able to develop potential and skill with motivation and purpose.

**COURSE OUTCOMES:**

- The students will learn about the Meaning and Principles of Sports Training.
- The students will know about various important terms of Sports Training like Load, Adaptation, Super-compensation, and Overload to make it more effective and meaningful.
- The students will be explained about various training methods for improving the Motor abilities of Sportspersons.
- The students will acquire knowledge of Training plans and principles of Periodization for achieving Top form for an athlete.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT I: INTRODUCTION TO SPORTS TRAINING**

**(11 Hours)**

- 1.1 Introduction, Meaning & Definition of Training
- 1.2 Aim & Objective of Training
- 1.3 Principles of Sports Training

**UNIT II: FITNESS COMPONENTS**

**(12 hrs lecture)**

- 2.1 Strength: Definition and its Types
- 2.2 Endurance: Definition and its Types
- 2.3 Speed: Definition and its Types
- 2.4 Flexibility: Definition and its Types
- 2.5 Coordinative Ability Definition and its Types

**UNIT III: TRAINING PROCESS**

**(11 hrs lectures)**

- 3.1 Technical Training
- 3.2 Tactical Training
- 3.3 Circuit & Weight Training

**UNIT IV: LOAD ADAPTATION AND PLANNING****(10 hrs lectures)**

- 4.1 Overview of Training Load & Recovery
- 4.2 Introduction to Periodization

**PRACTICAL WORK****(30 hours)**

- 1. Develop a training program for One Week.
- 2. Develop a training program one month.
- 3. Develop a circuit training program.

**Suggested Readings:**

- 1. Bill Foran, High Performance Sports Conditioning.
- 2. Frank W. Dick, Sports Training Principles. 4th Edition, Friends Publication, 2006
- 3. G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
- 4. Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
- 5. Beachle, T.R.: Earle, R.W.: Essentials of strength training and conditioning, NSCA Publication, 2000.
- 6. Slater, G., & Phillips, S. M. (2011). Nutrition guidelines for strength sports: sprinting, weightlifting, throwing events, and bodybuilding. Journal of Sports Sciences, 29(sup1), S67- S77.
- 7. Frank W. Dick, Sports Training Principles. 4th Edition, Friends Publication, 2006
- 8. G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
- 9. Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
- 10. John SK (2014). 'Health Fitness and Wellness' ISBN No: 978 93 8218665 6 Prestige Books International, Delhi.

**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 7 (GE-15)**

**MANAGEMENT AND MARKETING IN PHYSICAL EDUCATION**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
15	<b>SEM- 7 (GE-15) MANAGEMENT AND MARKETING IN PHYSICAL EDUCATION</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES:**

The course offers students exposure to the various dimensions involved in Sports management and marketing where the study of planning, supervising, and conducting sports activities is done. They are rendered with the general understanding and training for polishing their interpersonal skills, organizing events, and entrepreneurship skills

**COURSE OUTCOMES:**

- Students will be able to develop professionalism among students to officiate physical education and Sports in their colleges, local leagues, competitions, and community
- As a part of the curriculum framework, the students will be exposed to trade practices in management and marketing to better career opportunities in event management.
- The student learns to plan, organize, budget, and execute sports events.
- The student can develop qualities of leadership, decision-making, problem-solving, team spirit, and healthy competition by being a part of a college team and organizing events
- The marketing aspect of this paper helps the student investigate the relationship between the product and the consumer and how to best present a product to the targeted public through sport.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT – I INTRODUCTION TO SPORTS MANAGEMENT AND MARKETING IN PHYSICAL EDUCATION** **(11 hrs lectures)**

- 1.1 Definition, Concept and Scope of Sports Management
- 1.2 Role and responsibilities of a sports manager.
- 1.3 Team behind Elite Sports Performance Athletes

**Unit II: SPORTS ECOSYSTEM**

**(11 hrs lectures)**

- 2.1 Concept of Sports Marketing
- 2.2. Fundamental Principles of Management in Physical Education and Sports
- 2.3 Strategic Sports Marketing Process
- 2.4 Sponsorships - Obligations and Opportunities

**UNIT – III SPORTS INFRASTRUCTURE****(11 hrs lectures)**

- 3.1 Concept of Sports Clubs
- 3.2 Introduction to Facility Management
- 3.3 Public Relations and Sports Media

**UNIT – IV PHYSICAL EDUCATION & SPORTS EVENTS IN COLLEGE (12 hrs lectures)**

- 4.1 Competition Planning Intramural / Extramural Competitions
- 4.2 Formation of Tournament Committees and their specific roles
- 4.3 Outline of Organizing Events of Physical Education and Sports (Seminar, Workshop, Clinics, Lectures)
- 4.4 Ceremonies in Sports Opening and Closing ceremony, prize distribution

**PRACTICAL****(30 hours)**

- 1. Sponsorship Proposals for College Sports events.
- 2. Create a financial balance sheet for an intra-mural sports event in your college.
- 3. Volunteer for a sports event in your college.

**Suggested Readings:**

- Sports Marketing by Matthew D. Shank ISBN: 9780132285353 Publication Date: 2008-03-19
- Cases in Sport Marketing by Mark A. McDonald; George R. Milne ISBN: 0763708631 Publication Date: 1998-11-30
- Sport Marketing by Stephen Hardy; Bernard J. Mullin; William A. Sutton; David J. Stern (Foreword by) ISBN: 9780736060523 Publication Date: 2007-03-20
- The Management of Sport by Bonnie L. Parkhouse; National Association for Sport and Physical Education Staff (Contribution by) ISBN: 9780072844122 Publication Date: 2004-07-01
- Winning the Customer by Lou Imbriano ISBN: 9780071775267 Publication Date: 2011-09-09
- John SK (2014). 'Managing Sports Competition Events' ISBN No: 978 93 8218666 3 Prestige Books International, Delhi.
- Sports and Entertainment Management by Ken Kaser; John L. Brooks; John R. Brooks ISBN: 0538438290 Publication Date: 2004-03-18
- Score casting by L. Jon Wertheim; Tobias Moskowitz ISBN: 9780307591791 Publication Date: 2011-01-25

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 8 (GE-16)**

**STRENGTH AND CONDITIONING**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
16	<b>SEM- 8 (GE-16) STRENGTH AND CONDITIONING</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES:** Students will be introduced to the concept of Strength and conditioning. They will be able to interpret the development of different factors associated with fitness training with special reference to strength and conditioning.

**COURSE OUTCOMES:**

- Students will be able to understand the concept of Warm-up and Cooling down
- They will be able to utilize according to requirement of different sports activities and according to individual requirements.
- They will be able to prepare basics for designing a fitness plan
- Students will be able to identify a proper blend of exercise and yogic practices for developing strength and conditioning.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**UNIT-I: INTRODUCTION TO STRENGTH AND CONDITIONING**

**(11 hrs lectures)**

- 1.1 Meaning and Concept of Strength and Conditioning
- 1.2 Aim and Objectives of Strength and Conditioning
- 1.3 General Principles of Strength and Conditioning

**UNIT-II: TRAINING LOAD AND ADAPTATION**

**(11 hrs lectures)**

- 2.1 Definition and Concept of Load
- 2.2 Types of Training Load
- 2.3 Principles of Training Load

**UNIT-III: STRENGTH TRAINING METHODS**

**(11 hrs lectures)**

- 3.1 Introduction Muscular Contraction
- 3.2 Development of Strength Using Own Body Weight and External Resistance
- 3.3 Core Strength and Functional Training

**UNIT-IV: PROGRAMME DESIGN AND IMPLEMENTATION**

**(12 hrs lectures)**

4.1 Exercise Selection in a Strength Training Program

4.2 Concept of Training Load

4.3 Methods of Training

## **PRACTICAL WORK**

**(30 hours)**

1. Design a Warming-Up Exercise Program
2. Design a Cooling/Limbering Down Exercise Program
3. Demonstrate Exercises for Core Stability and Balance

## **SUGGESTED READINGS:**

1. Matveyev, L. (1981) Fundamentals of Sports Training, Moscow, Progress Publishers: 6–85, 166–1854
2. Bompa Tudor, O.: Theory and methodology of training: The key to athletic Performance, 1990.
3. Harre, D.: Principles of Sports Training. Sports verlag, Berlin, 1988.
4. Kansal, D.K.: Test and measurement in sports and physical education, DVS Publication, New Delhi, 1996.
5. Matweyev, L.P.: Fundamentals of Sports training, Publication Moscow, 1984.
6. Michael Kent: The Oxford dictionary of sports sciences and medicine Oxford University Press, Inc., New York, 1994.
7. Scholisch, M.: Circuit Training, Sportvertag, Berlin, 1988
8. Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
9. Singh, H.: Sports Training: General Theory and methods, NIS, Patiala, 1984
10. John SK (2014). 'Health Fitness and Wellness' ISBN No: 978 93 8218665 6 Prestige Books International, Delhi.
11. Beachle, T.R.: Earle, R.W.: Essentials of strength training and conditioning, NSCA Publication, 2000.

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 8 (GE-17)**

**ADVENTURE SPORTS**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
17	<b>SEM- 8 (GE-17) ADVENTURE SPORTS</b>	04	3	0	1	XII Pass	NIL

**LEARNING OBJECTIVES**

- This course offers an introduction to Adventure Sports. It aims Students will be able to develop an understanding
- about adventure sports, its classification, and new trends in adventure sports, training institutes, governing bodies and scope in adventure sports.
- This course aims to inculcate the value of nature, and its diversity across the country, and develop the dignity of hard work through adventure.

**LEARNING OUTCOMES**

- After completing this course, the students will be able to
  - understand the concept of adventure sports and its types. understand the historical development of adventure sports.
  - distinguish between adventure and other sports Realization of fear and its role,
  - classify and identify the Training and its Institutes, Federations and Associations, Rules, Protocols, Standards, and guidelines in adventure sports, recognize
  - distinguish the functional operations of national and international federations.
- Adventure Sports is closely linked with nature and sensitize students regarding the conservation and preservation of natural ecosystems
  - Adventure sports activities create awareness among the public to conserve and protect wildlife.
  - Adventure sports activities create the sense of proper use of forest resources and avoid deforestation.
  - Adventure activities make concrete effort to minimize pollution factors and uplift natural environment.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit – I: INTRODUCTION TO ADVENTURE SPORTS**

**(11 HRS.)**

- Definitions and meanings of adventure sports
- History and development of adventure sports
- Classification of adventure sports

**Unit – II NATURE AND SPORTS ADVENTURE**

**(12 HRS.)**

- Natural Resources like Air, Water, and Land for adventure sports
- Role of weather and climate in adventure sports
- Understanding Nature and Bio-Diversity for adventure sports

**Unit – III: ACTIVITY OF ADVENTURE SPORT**

**(11 HRS.)**

- Air: (Bungee Jumping; Gliding, Para Sailing, Parachute)
- Water (Sailing, Scuba Diving, Open Water, Canoeing, Kayaking, Open Water Swimming, Surfing)
- Land (Roller Blade, Trekking, Hiking, Climbing, Mountaineering, Rock Climbing)

#### **Unit – IV: SAFETY AND PRECAUTIONS IN ADVENTURE ACTIVITIES (11 HRS.)**

- Quest for excitement and risk
- Role of fear and its management
- Understanding hazards, types, and possible solutions
- Rational approach to safety

#### **PRACTICAL:**

**(30 Hrs)**

1. Select and write a report on any One Adventure Sport - LAND
2. Select and write a report on any One Adventure Sport - WATER
3. Select and write a report on any One Adventure Sport - AIR
4. Write a Report on any ONE INDIAN Adventure Personality of your choice.

#### **Suggested Readings**

1. Adventure Sports Coaching, Routledge 2015
2. Barton, Safety, Risk and Adventure in Outdoor Activities, Sage Publications 2006
3. Bob Stremba and Christian A Bisson, Editors, Teaching Adventure Education Theory: Best Practices, Human Kinetics, 2009
5. Fritz Allhoff, Climbing: Because It's There, John Wiley & Sons 2010
6. Mark Wagstaff, Aram Attarian, Technical Skills for Adventure Programming: A Curriculum Guide, Human Kinetics Publishers 2009
8. Matt Berry and Charis Hodgson, Adventure Education: An Introduction, Taylor & Francis 2011
9. Nick Draper Chris Hodgson, Adventure Sport Physiology, John Wiley & Sons Inc
10. R. James Sibthorp, Alan Ewert, Outdoor Adventure Education, Human Kinetics Publishers 2014

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**SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)**  
**SEM- 8 (GE-18)**

**PHYSICAL EDUCATION FOR INCLUSIVENESS**

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
18	<b>SEM- 8 (GE-18) PHYSICAL EDUCATION FOR INCLUSIVENESS</b>	04	3	0	1	XII Pass	NIL

**Learning objective:**

This course aims to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

**Learning Outcomes:**

- Learning experiences help students understand & practice Inclusivity.
- Acquire skills to make the world more accepting & accessible
- The general people can handle the PWD people with more ease and include their knowledge and skills for the collective benefit of society
- Learners can materialize the knowledge of the challenges faced by women with disability
- Learners can perform the skill of Yoga and Meditation, recreational activities, etc. for their benefits
- Learners would become more effective volunteers
- Learning & practice of advanced technology would help to make society more inclusive in nature including.

**SYLLABUS**

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

**Unit-I MEANING & SCOPE OF INCLUSIVE PHYSICAL EDUCATION (11 hrs. lectures)**

- 1.1 Concept and significance of inclusiveness in Physical Education
- 1.2 Initiatives to promote inclusiveness in physical education
- 1.3 Role of educational Institutions and agencies in promoting Inclusiveness in Physical Education for challenged populations

**Unit-II CHALLENGES & PROMOTION OF INCLUSIVENESS. (11 hrs. lectures)**

- 2.1 Need and Importance of Inclusiveness in Physical Education
- 2.2 Challenges in implementing inclusiveness
- 2.3 Sports for Promoting Inclusiveness.

**Unit -III INSTRUCTIONAL PROGRAM FOR LEARNERS (11 hrs. lectures)**

- 3.1 Learning the Sports skills, leisure & recreation
- 3.2 Physical Fitness and Yoga
- 3.3 Practices, Volunteer Training, and different management.

**Unit-IV PHYSICAL EDUCATION FOR INCLUSIVE EDUCATION (12 hrs. lectures)**

- 4.1 Developing Physical Education programs for people with disability
- 4.2 Social development and society's responsibility
- 4.3 Supervision of carefully designed physical education program for People with disability.

**PRACTICAL****(30 hrs.)**

- 1- Organize inclusive sports events in your Institute.
- 2- Volunteer at sports events for people with disability
- 3- Write briefly about any two teaching aids used in Inclusive Physical education

**Suggested Readings:**

1. Arora S., Agarwal M Gupta B. (2018), "Fitness; Wellness And Nutrition", Vivechan Publications (INDIA) ISBN: 978-93-83914-89-0.
2. Morris L R, Schulz L, (1989) "Creative play activities for children with disabilities" Human Kinetics books,ampaign Illinois.
3. Davis RW, (2002) "Teaching Disability Sports." Human Kinetics.
4. Mishra, S.C, (2007) "Viklang aur Khel", Sports Publications.
5. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.

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