

UNIVERSITY OF DELHI

CNC-II/093/1(40)/EC-1270/2024-25/178

Dated: 08.08.2024

NOTIFICATION

Sub: Amendment to Ordinance V

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

Add the following:

The following syllabi of amendment is notified herewith based on Undergraduate Curriculum Framework 2022 implemented from the Academic Session 2022-2023, for the information of all concerned:

1. Department of Physical Education & Sports Sciences [E CR 5-17/ dated 27.07.2024]

- (i) Syllabi of B.Sc. (Hons.) Physical Education, Health Education & Sports for Semester-V & VI (including Revision in Sem-I to IV) under the Department of Physical Education & Sports Sciences based on Undergraduate Curriculum Framework 2022 implemented from the Academic Session 2022-2023. **As per Annexure-1.**
- (ii) Revised BA (Prog.) Physical Education – **As per Annexure-2**
- (iii) Pool of Generic Electives– **As per Annexure-3**

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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

Revised Course Structure NEP-2020

UGCF: Bachelor of Science in Physical Education, Health Education and Sports (Hons.)

B.Sc (P.E, H.E & S) (Hons.)

Semester	Discipline Specific Course (DSC)	Discipline Specific Elective (DSE)	Generic Elective (GE)	Ability Enhancement Course (AEC)	Skill Enhancement Course (SEC)	Internship/Apprenticeship/Project (2)	Value Addition Course (VAC)	Total Credits
I	DSC-1 (4): History and Foundation of Physical Education DSC-2 (4): Anatomy and Physiology DSC-3(4): Fundamentals of Game 1* : (Choose any one Game as per the list & availability of the facilities) *		Choose one from a pool of courses BSc-PE-GE-1(4) 101: Fitness & Wellness** BSc-PE-GE-1(4) 102: Gym Management	Choose one from a pool of AEC courses(2) English/ Hindi/ EVS	Choose one from a pool of courses (2)		Choose one from a pool of courses (2)	22 Credits

II.	DSC-4 (4): Health Education DSC-5 (4): Exercise Physiology -DSC - 6 (4): Fundamentals of Game 2* (Choose any one Game as per the list that hasn't been chosen in Sem I & as per availability of the facilities) *		Choose one from a pool of courses BSc-PE-GE-2(4)- 201: Stress Management BSc-PE-GE-2(4)- 202: Professional Preparation and Career Avenues in Physical Education and Sports**	Choose one from a pool of AEC courses (2) English/ Hindi/ EVS	Choose one from a pool of courses (2)		Choose one from a pool of courses (2):	22 Credits
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Students on exit shall be awarded undergraduate Certificate (in the field of Multidisciplinary Study) after securing the requisite 44 Credits in Semesters I and II

III	DSC-7 (4): Kinesiology DSC-8 (4): Exercise & Sports Psychology DSC-9 (4): Professional Preparation and Career Avenues in Physical Education and Sports	Choose one DSE from a pool of Courses OR Choose One GE (GE-3) DSE-1 (4) 101- Optional Game 1* * (Select any one game (as per the list) * that hasn't been chosen before in Sem I & II as DSC & as per the facility available)	BSc-PE-GE-3(4) 301: Olympic Education BSc-PE-GE-3(4) 302: Media in Physical Education and Sports	Choose one from a pool of AEC courses (2)	Choose one SEC or Internship/ Apprenticeship/ Project/ Community Outreach (2):	Choose one from a pool of courses (2)	22 Credits
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		(i) Athletics (ii) Badminton (iii) Basketball (iv) Cricket (v) Football, (vi) Gymnastics (vii) Handball (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga (xiv) Swimming (xv) Wrestling (xvi) Table Tennis					
IV	DSC-10 (4): Sports Sociology DSC-11 (4): Sports Biomechanics DSC-12 (4): Exercise Prescription for Fitness and Health	Choose one DSE from a pool of Courses OR Choose One GE (GE-4) DSE-2(4)-201: Optional Game 2* Optional Game 2 (Select any one game (as per the list) * that hasn't been chosen before in Sem I, II & III as DSC/DSE & as per the facility available) (i) Athletics (ii) Badminton	BSc-PE-GE-4(4)-401: Yoga and Stress Management BSc-PE-GE-4(4)-402: Introduction to Injury Prevention and Rehabilitation **	Choose one from a pool of AEC courses(2)	Choose one SEC or Internship/ Apprenticeship/ Project/ Community Outreach (2):	Choose one from a pool of courses (2)	22 Credits

		(iii) Basketball (iv) Cricket (v) Football, (vi) Gymnastics (vii) Handball (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga (xiv) Swimming (xv) Wrestling (xvi) Table Tennis					
Students on exit shall be awarded undergraduate Diploma (in the field of Multidisciplinary Study) after securing the requisite 88 Credits on completion of Semester IV							
V	DSC-13 (4): Organization & Administration in Physical Education & Sports DSC -14 (4): Fundamentals of Sports Nutrition DSC -15 (4): Athlete Care & Rehabilitation	Choose one from the pool of courses- DSE-3(4)-301: Game of Specialization Game - I * (Select any one game from the games already studied from Sem I to IV as DSC/DSE Game) DSE-3(4)-302: Sports Journalism DSE -3(4) -303: Sports Facility	Choose one from a pool of courses BSc-PE-GE- 5(4)-501: Lifestyle Management Through Physical Education BSc-PE-GE- 5(4)- 502: History and Foundations of Physical Education**		Choose one SEC or Internship/ Apprenticeship/ Project/ Community Outreach (2):		22 Credits

		Planning and Management						
VI	DSC -16 (4): Fundamental of Sports Training DSC -17 (4): Test, Measurement & Evaluation in Sports DSC -18(4): Fitness and Wellness Management	Choose one from a pool of Courses DSE -4(4) -401: Game of Specialization – I* (Teaching and Coaching) (Game to continue from Sem V) DSE -4(4) -402: Research Methods in Physical Education and Sports DSE-4(4)-403: Sports Field Technology	Choose one from a pool of courses BSc-PE-GE-6(4)- 601: Obesity and Weight Management BSc-PE-GE-6(4)-602: Fundamentals Of Game/ Sports** (Choose any one Any one Game/sports as per the facility available in the college)		Choose one SEC or Internship/Apprenticeship/ Project/ Research/Community Outreach(2)		22 Credits	
Students on exit shall be awarded Bachelor of (in the field of Multidisciplinary Study) after securing the requisite 132 credits on Completion of Semester VI								
VII	DSC-19 (4): Strength and Conditioning	Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses Or Choose one DSE (4) and two GE (2x4) Courses	BSc-PE-GE-7(4): 701-Sports for Leisure and Recreation BSc-PE-GE-7(4): 702- Introduction to Sports Training** BSc-PE-GE-7(4): 703- Management and Marketing in Physical Education				Dissertation on Major(4+2) OR Dissertation on Minor(4+2) OR Academic Project/ Entrepreneurship(4+2)	22 Credits

		(total=12) DSE 5 (4) 501 Game of Specialization II * (select any Game already studied in Sem I to IV as DSC or DSE, but other than studied in Sem V & VI) DSE-6(4): 502 Applied Statistics in Sports DSE-7(4): 503 Research Methods in Physical Education and Sports DSE-8(4)-504: Ergogenic Aids and Doping in Sports					)	
VII	-DSC-20 (4): Sports Management	Choose three DSE (3X4) Courses OR Choose two DSE- (2X4) and one GE (4) Courses OR Choose one DSE (4) and two GE	BSc-PE-GE-8(4): 801- Strength and Conditioning BSc-PE-GE-8(4): 802- Adventure Sports BSc-PE-GE-8(4):				Dissertatio n on Major (6) <u>OR</u> Dissertatio n on Minor (7) <u>OR</u> Academic	22 Credits

		(2x4) Courses (total=12) DSE-9(4):601 Game of Specialization II* (Teaching and Coaching) (Game to continue from Sem. VII) DSE-10(4): 602- Research Ethics in Physical Education and Sports DSE-11(4): 603- Adapted Physical education DSE-12(4) 604- Adventure Sports	803- Physical Education for Inclusiveness				Project Entrepreneurship (8)	
								TOTAL CREDITS =176

***LIST OF GAMES (Choose as per the facility available)**

(i) Athletics, (ii) Badminton, (iii) Basketball, (iv) Cricket, (v) Football, (vi) Gymnastic, (vii) Handball, (viii) Hockey, (ix) Judo, (x) Kabaddi, (xi) Kho-Kho, (xii) Volleyball, (xiii) Yoga, (xiv) Swimming, (xv) Wrestling (xvi) Table Tennis

**** GE (Compulsory to opt for Minor in Physical Education)**

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UGCF: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.)
NEP-2020

B.Sc (PE, HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
I	Discipline Specific Course (DSC)	DSC-1 (4): History and Foundation of Physical Education DSC-2 (4): Anatomy and Physiology DSC-3(4): Fundamentals of Game 1** ((Choose any one Game as per the list & availability of the facilities) *
	Discipline Specific Elective (DSE)	NONE
	Generic Elective (GE)	Choose one from a pool of courses (of other Departments) (4)
	Ability Enhancement Course (AEC)	Choose one from a pool of AEC courses(2) English/ Hindi/ EVS
	Skill Enhancement Course (SEC)	Choose one from a pool of courses (2)
	Internship/Apprenticeship/Project (2)	NONE
	Value Addition Course (VAC)	Choose one from a pool of courses (2)
		Total Credits= 22

* (FIGURE IN BRACKETS DENOTE CREDITS)

**LIST OF GAMES (Choose as per the facility available)

(i) Athletics, (ii) Badminton, (iii) Basketball, (iv) Cricket, (v) Football, (vi) Gymnastic, (vii) Handball, (viii) Hockey, (ix) Judo, (x) Kabaddi, (xi) Kho-Kho, (xii) Volleyball, (xiii) Yoga, (xiv) Swimming, (xv) Wrestling (xvi) Table Tennis

SEMESTER I

SEMESTER I

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

Course Title & Code	Credits	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-1 (4): HISTORY AND FOUNDATION OF PHYSICAL EDUCATION	4	3	1	0	Pass in XII	NIL

Learning Objectives

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

Learning outcomes At the end of the course student will be able to::

- Acquire the knowledge of history & foundations of Physical Education and understand the purpose & development of physical education & sports.
- Develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.
- Learn Biological, Psychological and Sociological Foundation of physical education.
- Learn to assess the body types by Heath & Carter method.
- Develop the understanding and knowledge of meaning& concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.
- Knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games.

THEORY SYLLABUS (45 HOURS)

UNIT-I

(10 hours)

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

UNIT-II

(15 hours)

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

UNIT-III

(10 hours)

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

UNIT-IV

(10 hours)

- (i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.
- (ii) Olympic movement and Olympic Games (Ancient and Modern)
- (iii) National Sports Awards and Honors.

SUGGESTED READINGS:

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Lumpkin, A. (2007). Introduction to Physical Education, Exercise 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 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.

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

SEMESTER I
BSc-PE-DSC-2 (4): ANATOMY AND PHYSIOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-2 (4): ANATOMY AND PHYSIOLOGY	4	3	0	1	Pass in XII	NIL

Learning Objectives

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

Learning Outcomes At the end of the course student will be able to::

1. Acquire the basic knowledge of the anatomy of the human body.
2. Develop understanding about the functions of each system of the body.
3. Acquire knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, abilities.

THEORY SYLLABUS (45 HOURS)

UNIT-I (10 hrs.)

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

UNIT-II (15 hrs.)

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

output, composition & functions of blood

UNIT-III (10 hrs.)

- Respiratory system- structure and function, second wind, oxygen debt.
- Digestive system-structure & function, balanced diet, an overview of Carbohydrate, Protein and Lipid metabolism
- Maintenance of body temperature.

UNIT-IV (10hrs.)

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

Practical Syllabus:-(30 HOURS)

1. Counting of pulse rate
2. Study of various bones of the human body
3. Study of different body systems with the help of models
4. Study of various movements of the joints.

SUGGESTED READINGS:

1. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried EN(2007).Essential of Human Anatomy & Physiology.Ed.8thDorling Kindersley, India.
3. Prives Mand and Others(2004).Human Anatomy Vol.I&II Paragon, Delhi.
4. Seeley & Others(2008).Anatomy & Physiology. McGrawHill, Boston.
5. Tortora (2017) Principles of Anatomy & Physiology, New York: John Willy & Sons.
6. William CS (2000).Essentials of Human Anatomy & Physiology, Benjamin
7. Dutta, Tapan (2015), Anatomy and physiology for Two years B.P.Ed. Programme Semester -I, Siddhart publication, Nagpur.
8. Kanwar, Chand Kanwar (2011), Amit brother's publications.
9. Routhan, Tarun (2018), Essentials of Exercise Physiology, Sports Publication, Sports publication.
10. Wilson and Ross (2006), Anatomy and Physiology in Health and illness, Churchill Livingstone.

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

SEMESTER 1

BSc-PE-DSC-3(4): FUNDAMENTALS OF GAME 1

(Choose any one Game as per the list & availability of the facilities) *

*(i) Athletics(ii) Badminton(iii) Basketball,(iv) Cricket (v) Football(vi) Gymnastic(vii) Handball(viii) Hockey

(ix) Judo(x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga (xiv) Swimming (xv) Wrestling (xvi) Table Tennis

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/P practice		
BSc-PE-DSC-3(4): FUNDAMENTALS OF GAME 1	4	2	0	2	Class 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.

THEORY SYLLABUS (30 Hours)

UNIT-I

(08 Hours)

- Historical Development and Modern Trends in the game (National and International Level)
- Organizational Structure (State, National, and International Level)
- Introduction to Playfield/arena of the game/ athletic Track& field events/ Yogic arena

UNIT-II

(08 Hours)

- Rules and their interpretation of the chosen sports/ Track & field events/ Yogic Asanas
- Basis of Warming up and cooling down and its effect
- Role of coach in preparing players/Teams

UNIT-III

(07 Hours)

- Basic skills and techniques of the chosen Game/ Yogic Asanas/Athletic Events (short,middleandlong-distanceraces,hurdlesraces,jumpingevents-longjump & High Jump, throwing events-shot-put, discuss & Javelin)
- Developmental Drills / **Preparatory Exercises** to improve skills of the Game/event/Asanas

UNIT-IV

(07 Hours)

- Introduction to Fitness components related to sports / athletic events/yoga

- Role of Fitness & skill related fitness components of the chosen game in improving performance

PRACTICAL SYLLABUS (60 Hours)

1. Learning and demonstrating various skills/techniques of the chosen Game
2. Drills to improve Fundamental skills of the chosen game (for athletics/ Gymnastics any three events)
3. Marking of Playfield/ arena of chosen game (for athletics / Gymnastics any three events)

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-RulesandRegulation.InternationalAthleticFederation(2010).
- HerbAmato,DAATCetal(2002).Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated.1sted.,USA.
- Kumar,Pardeep.(2008).HistoricalDevelopmentofTrack&Field.FriendsPublication.NewDelhi
- Maughan,R. and Gluson, M.(2004).The Biomechanical Basics of Athletic Performance. Oxford University Press,U.K.
- Renwick GR(2001).Play Better Athletics. Sports Pub, Delhi.
- Singh, Hardayal.(2019).Science of Sports Training.DVS Publication, N.Delhi.
- VanaikA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi.
- 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
- Singh, Hardayal.(2019).Science of Sports Training. D V S Publication, N.Delhi.
- Vanaik A.(2017).Officiating and Coaching, Friends Publication .NewDelhi

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

SEMESTER II

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UGCF: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.) NEP-2020

B.Sc (PE,HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
II	Discipline Specific Course (DSC)	DSC-4 (4): Health Education DSC-5 (4): Exercise Physiology -DSC - 6 (4): Fundamentals of Game 2** (Choose any one Game as per the list that hasn't been chosen in Sem I & as per availability of the facilities)
	Discipline Specific Elective (DSE)	NONE
	Generic Elective (GE)	Choose one from a pool of courses (of other Departments) (4)
	Ability Enhancement Course (AEC)	Choose one from a pool of AEC courses (2) English/ Hindi/ EVS
	Skill Enhancement Course (SEC)	Choose one from a pool of courses (2)
	Internship/Apprenticeship/Project (2)	NONE
	Value Addition Course (VAC)	Choose one from a pool of courses (2)
		Total Credits= 22

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(FIGURE IN BRACKETS DENOTE CREDITS)

****LIST OF GAMES (Choose as per the facility available)**

(i) Athletics, (ii) Badminton, (iii) Basketball, (iv) Cricket, (v) Football, (vi) Gymnastic, (vii) Handball, (viii) Hockey, (ix) Judo, (x) Kabaddi, (xi) Kho-Kho, (xii) Volleyball, (xiii) Yoga, (xiv) Swimming, (xv) Wrestling (xvi) Table Tennis

SEMESTER-II

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

B.SC.(HONS.) IN PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

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

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/P ractice		
BSc-PE-DSC-4(4): HEALTH EDUCATION	4	3	1	0	Class XII pass	Nil

Learning Objective:-The learner will acquire knowledge and understanding with applications and skills (field and laboratory) in health education in real-life situations.

Learning Outcome:- At the end of the course students will be able to:

- Understand the concepts of health and related terminologies.
- Acquire knowledge about communicable and non-communicable diseases.
- Differentiate between communicable and non-communicable diseases.
- Understand the effect of substance abuse and its management
- Acquired knowledge of first aid, CPR, and first aid for, bleeding, fractures, sprain and strain (PRICER), drowning, snakebite, poisoning, heat stroke, and heat exhaustion.
- Acquire knowledge about international health agencies- WHO, UNICEF, RED CROSS- their constitution and role in promoting health.

THEORY SYLLABUS (45 HOURS)

UNIT I (11 HOURS)

- (i) Health-Meaning, Dimensions of Health And Their Interrelationships, The Importance of Health For Individual, Family, CommUNITY, And Nation; Factors Influencing Health, The Spectrum Of Health
- (ii) Health Education- Meaning, Scope, Aims And Objectives, Principles, Methods And Media Used In Health Education.
- (iii) Personal Hygiene, Food Hygiene, Environmental Hygiene Meaning, Need And Importance; Associated Practices Related To Maintenance And Promotion Of Health

UNIT -II (11 HOURS)

- i. Communicable And Non – Communicable Diseases-Distinction Between Communicable And Non-Communicable Diseases.

- ii. Communicable Diseases-Definition, Mode Of Spread And Prevention,
- iii. Non-Communicable Diseases--Meaning, Causes, And Preventive Measures

UNIT-III (11 HOURS)

- (i) Contemporary Health Problems of College Youth
- (ii) Substance Abuse Management-Alcohol, Drugs, Tobacco (Chewing, Sniffing, Smoking)-Their Harmful Effects
- (iii) Population Education Importance Of Small Families, Methods Of Controlling Conception
- (iv) Care Of The Infant, The Importance Of Breastfeeding, Immunization, Oral Rehydration Therapy (ORS)

UNIT-IV (12 HOURS)

- (i) Definition Of First Aid, DRABCH Of First Aid, CPR, First Aid For, Hemorrhage, Fractures, Sprain And Strain (PRICER), Drowning, Snakebite, Poisoning, Heat Stroke, And Heat Exhaustion.
- (ii) International Health Agencies- WHO, UNICEF, Red Cross- Their Constitution And Role In Promoting Health.

SUGGESTED READINGS-

1. Anspaugh DJ Ezell Gand 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 A P (1996).School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
5. Dixit Suresh(2006). Swasthya Shiksha. Sports Publication. Delhi.
6. Donatelle R J (2005).Health the Basics. Sixth Edition.Oregon State University.
7. FloydPASEMimmsandCYeilding(2003).PersonalHealth:Perspectivesand Lifestyles.ThomsonWadsWorth.Belmont.California.USA.
8. HalesD(2005).AnInvitationtoHealth.Thomson-Wadsworth,Belmont.California.USA.
9. Park K (2017).Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.
10. Snehlata(2006).Shareer,VigyanEvamSwasthyaRaksha.DiscoveryPub.Houses.New Delhi.
11. Uppal A K & Gautam G P (2008). Health & Physical Education. Friends Publication. New Delhi.

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

SEMESTER II

BSc-PE-DSC-5(4): EXERCISE PHYSIOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-5(4): EXERCISE PHYSIOLOGY	4	3	0	1	Class XII pass	NIL

Learning Objective:-The learner will acquire knowledge and understanding with applications and skills (field and laboratory) in exercise physiology.

Learning Outcomes: By the end of the course, students will be able to:

1. Understand the concepts of Exercise Physiology and its significance in Physical Education and Sports.
2. Acquire knowledge about skeletal muscle's gross and microscopic structure, fiber types, acute response, chronic adaptation, and the muscular system.
3. Gain an overview of energy metabolism, including fuels for exercise, exercise duration, and fuel utilization.
4. Differentiate between aerobic and anaerobic systems.
5. Understand cardiovascular function during exercise and training.
6. Assess the various physiological parameters during rest and exercise.

THEORY SYLLABUS (45 Hours)

UNIT 1: Fundamentals and Neuromuscular Function (10 HOURS)

- i.Exercise Physiology: Definition, Concept & its Significance in the Field of Physical Education & Sports
- ii.Meaning of Acute Physiological Response and Chronic Physiological Adaptations
- iii.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 (10 HOURS)

- i.Overview of Energy Metabolism-Fuels of exercise, Exercise Duration and Fuel utilization
- ii.Energy Systems- Aerobic & Anaerobic Systems
- iii.Endocrine Glands: Hormones secreted, actions, target organ/system, and Exercise and Training Response.

UNIT3: Cardio-respiratory System and Training Adaptations (16 HOURS)

- i. Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptations, Athlete's heart.
- ii. Respiratory Function during Exercise and Training: Respiratory Parameters, Oxygen Debt, Second Wind, Acute Response and Chronic Adaptation.

UNIT4: Exercise and the Environment (09 HOURS)

- i. High Altitude – Physiological Response, Exercise responses, and training adaptations.
- ii. Hot and Cold Environment: Physiological Responses, Exercise Response, Heat & Cold Disorders.

PRACTICAL SYLLABUS (30 HOURS)

1. Assessment Of Resting Heart Rate
2. Assessment Of Resting Blood Pressure
3. To Measure Vital Capacity Using Spiro-Meter
4. Assessment Of Heart Rate After Exercise
5. Administering The Harvard Step Test

SUGGESTED READINGS:

1. Camaione, David N.(1993).Fitness Management. WCB Brown & Benchmark.
2. Jakson,AllenWandJamesR.Morrow(1999)PhysicalActivityforHealth&fitness.HumanKineticsPublication.
3. Katch F. Land McArdle W.D(2010) Nutrition, Weight Control and Exercise. Philadelphia, Lea & Febiger.
4. Tiwari,Sandhya,(1999).ExercisePhysiology.SportsPublications,NewDelhi.
5. WilmoreJack.HandDavidL.Costill(1994).PhysiologyofSportandExercise. Human Kinetics.
6. G.GregoryHalf.(2012).LaboratoryManualforExercisePhysiology.USA.HumanKinetics.
7. W.LarryKenney,JackH.Wilmore,DevidL.Costil.(2015).PhysiologyofSportsandExercise,SecondEdition.USA.HumanKinetics.
8. Christophe. Hausswirth, Inigo Mujika.(2013).Recovery for Performance in Sports, USA, Human Kinetics.
9. InigoMujika.(2009).TaperingandPeakingForOptimalPerformance.USA.HumanKinetics.
10. PerOlf.Astrand,Kaare.Rodahl.(2003).TextBookofWorkPhysiology:Physiological Basis of Exercise. Fourth Edition. USA. Human Kinetics.
11. Jonathan K.Ehrman, Dennis Kerrigan,et.al.(2017). Advanced Exercise Physiology: Essential Concepts and Applications.USA. Human Kinetics.

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

SEMESTER II

BSc-PE-DSC-6 (4): FUNDAMENTALS OF GAME 2

(Choose any one Game as per the list that hasn't been chosen in Sem I & as per availability of the facilities) *

*(i) Athletics(ii) Badminton(iii) Basketball,(iv) Cricket (v) Football(vi) Gymnastic(vii) Handball(viii) Hockey
(ix) Judo(x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga (xiv) Swimming (xv) Wrestling (xvi) Table Tennis

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/P practice		
BSc-PE-DSC-6(4): FUNDAMENTALS OF GAME 2	4	2	0	2	Class 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.

THEORY SYLLABUS (30 Hours)

UNIT-I (08 Hours)

- Historical Development and Modern Trends in the game (National and International Level)
- Organizational Structure (State, National, and International Level)
- Introduction to Playfield/arena of the game/ athletic Track& field events/ Yogic arena

UNIT-II (08 Hours)

- Rules and their interpretation of the chosen sports/ Track & field events/ Yogic Asanas
- Basis of Warming up and cooling down and its effect
- Role of coach in preparing players/Teams

UNIT-III (07 Hours)

- Basic skills and techniques of the chosen Game/ Yogic Asanas/Athletic Events (short,middleandlong-distanceraces,hurdlesraces,jumpingevents-longjump & High Jump, throwing events-shot-put, discuss & Javelin)
- Developmental Drills / Preparatory Exercises to improve skills of the Game/event/Asanas

UNIT-IV (07 Hours)

- Introduction to Fitness components related to sports / athletic events/yoga
- Role of Fitness & skill related fitness components of the chosen game in improving performance

PRACTICAL SYLLABUS (60 Hours)

4. Learning and demonstrating various skills/techniques of the chosen Game

5. Drills to improve Fundamental skills of the chosen game (for athletics/ Gymnastics any three events)
6. Marking of Playfield/ arena of chosen game (for athletics / Gymnastics any three events)

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-RulesandRegulation.InternationalAthleticFederation(2010).
- HerbAmato, DAAT Cetal (2002).Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated.1sted.,USA.
- Kumar,Pardeep.(2008).HistoricalDevelopmentofTrack&Field.FriendsPublication.NewDelhi
- Maughan,R. and Gluson, M.(2004).The Biomechanical Basics of Athletic Performance. Oxford University Press,U.K.
- Renwick GR(2001).Play Better Athletics. Sports Pub, Delhi.
- Singh, Hardayal.(2019).Science of Sports Training.DVS Publication, N.Delhi.
- VanaikA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi.
- 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
- Singh, Hardayal.(2019).Science of Sports Training. D V S Publication, N.Delhi.
- Vanaik A.(2017).Officiating and Coaching, Friends Publication. New Delhi

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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UGCF: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS
(HONS.) NEP-2020

B.Sc (PE, HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
III	Discipline Specific Course (DSC)	DSC-7 (4): Kinesiology DSC-8 (4): Exercise & Sports Psychology DSC-9 (4): Professional Preparation and Career Avenues in Physical Education and Sports
	Discipline Specific Elective (DSE) OR Generic Elective (GE)	Choose one DSE from a pool of Courses, DSE-1 (4) 101-Optional Game 1** (Select any one game(as per the list) ** that hasn't been chosen before in Sem I & II as DSC & as per the facility available) OR Choose one GE -3 from a pool of courses (of other Departments) (4)
	Ability Enhancement Course (AEC)	Choose one from a pool of AEC courses (2)
	Skill Enhancement Course (SEC)	Choose one SEC or Internship/ Apprenticeship/ Project/ Community Outreach (2)
	Internship/Apprenticeship/Project (2)	
	Value Addition Course (VAC)	Choose one from a pool of courses (2)
		Total Credits= 22

* (FIGURE IN BRACKETS DENOTE CREDITS)

**LIST OF GAMES (Choose as per the facility available)

(i) Athletics, (ii) Badminton, (iii) Basketball, (iv) Cricket, (v) Football, (vi) Gymnastic, (vii) Handball, (viii) Hockey, (ix) Judo, (x) Kabaddi, (xi) Kho-Kho, (xii) Volleyball, (xiii) Yoga, (xiv) Swimming, (xv) Wrestling (xvi) Table Tennis

SEMESTER III

SEMESTER III
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UNIVERSITY OF DELHI

B.Sc. (Hons.) (Physical Education, Health Education and Sports)

SEMESTER- III

B.SC.-PE-DSC-7(4) KINESIOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.SC.-PE-DSC-7(4) KINESIOLOGY	4	3	0	1	Class XII pass	Nil

Learning Objective: To impart the knowledge, practices, Applications, and analysis related to Kinesiology.

Learning Outcome:

1. Understand the concepts, applications, aims, objectives, and importance of kinesiology in physical education and sports, including fundamental movements and muscle classification.
2. Develop skills in the location and action of muscles at various joints (upper extremity, neck and trunk, lower extremity) and analyze muscular actions in fundamental movements.
3. Gain knowledge and application of the structure of motor actions, including cyclic and acyclic motor actions and movement combinations.
4. Acquire knowledge and apply qualities and physiological principles of movements such as movement rhythm, coupling, flow, precision, and amplitude.
5. Analyze the muscular aspects of fundamental sports skills and apply innovative applications.

THEORY SYLLABUS (45 HOURS)

UNIT-I (11 HOURS)

1. Meaning, Aim & Objectives, Importance Of Kinesiology For Physical Education And Sports
2. Fundamental Concepts: Centre of Gravity, Line Of Gravity, Axis And Planes of Motion, Fundamental Starting Positions, Terminology of Fundamental Movements, And Classification of Muscles

UNIT-II (11 HOURS)

1. Location & Action Of Muscles At Various Joints:-
 - a) Upper Extremity–Shoulder Girdle, Shoulder Joints, Elbow Joint
 - b) Neck, Trunk (Lumbo-Thoracic Region)
 - c) Lower Extremity–Hip Joint, Knee Joint, Ankle Joint
2. Muscular Analysis of Fundamental Movements:-Walking, Running, Jumping, Throwing, Catching, Pulling, Pushing, Striking, Hanging

UNIT-III (12 HOURS)

1. Structure of Motor Actions: - Structure Of Cyclic And Acyclic Motor Action And Movement Combination,
2. Functional Relationship Of Different Phases Of Motor Action.

UNIT-IV (11 HOURS)

1. Qualities & Physiological principles of movements:-
Movement rhythm, Movement coupling movement flow, Precision And Amplitude.

PRACTICAL SYLLABUS (30 HOURS)

1. Demonstration Of Planes & Axes Of A Given Movement.
2. Determination Of The Location Of Muscles At Various Joints:
 - i. Shoulder Girdle
 - ii. Shoulder joints
 - iii. Elbow joint
 - iv. Hip joint
 - v. Knee joint
 - vi. Ankle joint
3. Muscular analysis of the techniques of the game of your specialization
4. Measurement Demonstration of qualities of movement.

SUGGESTED READINGS: -

- Bartlett,R.(2007).IntroductiontoSportsBiomechanics.RoutledgePublishers,USA.
- Blazeovich,A.(2007). Sports Biomechanics .A&C Black Publishers, USA.
- McGinnis,P.(2004).BiomechanicsofSports&Exercise.HumanKinetics,USA.
- Shaw,D.(2014).MechanicalBasisofBiomechanics.SportsPublication:NewDelhi
- Rai,R.(2003).Biomechanics Mechanics Aspects of Human Motion. A grim Publication: Moha
- Shaw,D(2018).Pedagogic Kinesiology. Sports Publication: Delhi
- Robertson,D.G.E.Caldwell,G.E.,Hamil,J.KamenG.,&Whittlesey,S.N.(2014).Research Methods in Biomechanics.(2nded.)EdwardsBrothersMalloy:USA
- Hoffman.J (2013), Introduction to Kinesiology, Human kinetics.
- Shaw Dhananjoy (2017), Pedagogic Kinesiology, Sports Publication.
- Ziegler.F Earle (2007), Physical education and Kinesiology, Sports educational technologies.

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SEMESTER III

BSc-PE-DSC-8(4) EXERCISE & SPORTS PSYCHOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC - 8(4): EXERCISE & SPORTS PSYCHOLOG Y	4	3	0	1	Class XII pass	Nil

Learning Objective: - The student is provided with the knowledge Practices Applications and Innovative of psychological aspects of sports performance.

Learning Outcomes:

After completing the course, the students will be able to:

- Understand Concept, Scope, role of sports and exercise psychologist, Importance of Sports and exercise psychology and Historical development and future of Sports and Exercise Psychology
- Motivate athletes
- Understand Arousal and Anxiety: Types, phenomena of Anxiety in relation to performance – Drive Theory, Inverted U Theory and IZOF.
- Understand the concept of Personality and Team Cohesion
- Understand Aggression in sports, Leadership in Sports, psychological preparation, Goal setting and self-confidence
- Assess Motivation, Anxiety, Personality, Team Cohesion and Aggression

THEORYSYLLABUS (45 HOURS)

UNIT-I (12 HOURS)

- (i) Sports and Exercise Psychology
- (ii) Concept, Scope, role of sports and exercise psychologist
- (iii) Importance of Sports and exercise psychology
- (iv) Historical development and future of Sports and Exercise Psychology,

UNIT-II (11 HOURS)

- (i) Motivation: guidelines for building motivation, achievement motivation.
- (ii) Arousal and Anxiety: Types, phenomena of Anxiety in relation to performance – Drive

UNIT-III

(11 HOURS)

- i. Personality- approaches to personality–Trait, types and psychodynamic theories, determinants of personality, assessment of personality.
- ii. Team Cohesion: a conceptual model of Cohesion, assessment of Cohesion, relationship of Cohesion with performance.

UNIT-IV (11 HOURS)

- i. Aggression in sports: types, phenomena of Aggression–Instinct Theory and Social Learning Theory, Assessment of Aggression and Leadership in Sports
- ii. Psychological preparation–Long-term and short-term psychological preparation, Goal setting and self-confidence

PRACTICAL SYLLABUS (30 HOURS)

1. Measurement of Motivation
2. Measurement of Anxiety
3. Measurement of Personality
4. Measurement of Team Cohesion
5. Measurement of Aggression

SUGGESTED READINGS:

- 1.Coaklay,J.J.(2009) .Sporting Sociology, Issues and controversies,
- 2.Cohen RJ and Swerdli ME (2002). Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill.NewYork.U.S.A.
- 3.Liukkonen JED (2007).Psychology for Physical Educators. Human Kinetics.U.S.A.
- 4.Kornspan.S ,Alan (2009), Fundamentals of sports and exercise psychology, Human kinetics.
- 5.Rober, Weinberg.S &Gould ,Daniel (2011), Foundations of sports and exercise psychology (Fifth edition), Human kinetics.
- 6.Andrew, Lane. M (2016), Sports and exercise psychology, Routledge Taylor and Francis group.

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

SEMESTER-III

BSc-PE-DSC-9(4):-PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-9(4) PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS	4	3	0	1	Class XII pass	Nil

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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.

Learning Outcomes: After completion of the course the student will -

1. Understand professional preparation in physical education, comparing perspectives from pre- and post-independence India and other countries.
2. Apply the knowledge of the foundation, objectives, and characteristics of professional preparation in preparing programs, courses available in physical education and sports
3. Understand the role of physical education teachers and institutes.
4. Define and understand concepts such as profession, professional, and professionalism in physical education, explore career avenues at different educational levels, and apply learning through practical activities like case studies and surveys.

THEORY SYLLABUS (45 HOURS)

UNIT-I HISTORICAL PERSPECTIVE (10 HOURS)

1. Professional Preparation in India
2. Pre-Independence perspective
3. Post-Independence perspective

UNIT-II PROFESSIONAL PREPARATION PROGRAMMES (12 HOURS)

1. Foundation: need, objectives, and characteristics of professional preparation programs
2. Courses available in physical education and sports
3. Role of physical education teachers and institutes in professional preparation programs

UNIT-III PHYSICAL EDUCATION AND PROFESSIONALISM (11 HOURS)

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

UNIT-IV CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS (12 HOURS)

1. Career avenues after certificate course, diploma, under-graduation and post-graduation, and research degrees.
2. Planning for a career: self-assessment, motivational dynamics, decision-making, counseling, and guidance
3. Challenges and opportunities in physical education
4. Inter-relationships among various careers in physical education and sports

PRACTICAL SYLLABUS (30 HOURS)

1. Case study on National Sports Policy
2. Case study on National Education Policy highlighting the role of physical education.
3. A Survey on current job avenues with certificate courses, diploma courses, under-graduation degrees, post-graduation degrees, and doctoral degrees in physical education.

SUGGESTED READINGS:

1. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, 2004 Professional Preparation and Curriculum Designing Physical Education & Sports Sciences, New Delhi, Friends Publications,.
2. Sandhu Kiran, 2004. Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications,.
3. Sandhu Kiran 2006, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication,.
4. Zeigler E.F, 2007 Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies,.
5. Gupta, Rakesh (2017), Curriculum design, Friends publications.
6. Sharma, J.P (2005), Curriculum design in Physical education, Khel Sahitya Kendra.
7. James, Jose (2005) Curriculum design in Physical education and sports, Friends publications.

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

SEMESTER- III

BSc-PE-DSE-1 (4): OPTIONAL GAME-1

**** (Select any one game (as per the list) ** that hasn't been chosen before in Sem I & II as DSC & as per the facility available)**

BSc-PE-DSE-1(4)-101:ATHLETICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-101:ATHLETICS	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: The student will

1. Gain knowledge of the historical development, organizational structure, and playfield technology of an Athletics
2. Understand and interpret the rules of various events in track and field, as well as the physiological aspects of warming up and technical coaching.
3. Acquire skills in the sport, learn about various fitness tests and skill evaluations, and assess player performance in technical practices such as sprint races, middle and long-distance races, hurdles, long jump, and shot put.
4. Learn about various fitness components and their forms, and apply this knowledge to improve performance, including track and arena marking for selected events.

THEORY SYLLABUS (30 HOURS)

UNIT-I (07 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational Structure (State, National, and International Level)

UNIT-II (08 HOURS)

- Rules related to various Track & field events
- Basis of Warming up and Cooling down and its effect.
- Techniques of Coaching–Peptalk, Pre, during, and Post competition Coaching.

UNIT-III (08 HOURS)

- Basic skills and techniques in various Track & field events: sprint races, middle and long-distance races, hurdles races, jumping event-long jump, throwing events put, hammer throw.

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components related to various Track & field events
- Track marking and marking of different arenas for selected events mentioned in UNIT-III.

PRACTICAL(60 HOURS)

1. Learning and demonstrating various skills/techniques of sprint races, middle and long-distance races, jumping events jump & High Jump, throwing events put & Discus.
2. 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 Halff G. Gregory. (2009). Periodization Theory and Methodology of Training Human kinetics. NY.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- 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.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

SEMESTER- III
BSc-PE-DSE-1 (4)-102: BADMINTON

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-102 BADMINTON	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes:

After completing the course, the students will be able to:

- Understand, interpret and analyze proficiency in a game of one's choice.
- Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
- Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
- Acquire various skills of sports
- Evaluate fitness and skill test as well as the evaluate player's performance.
- Understand fitness components and its forms.
- Enhance performance on the basis of knowledge gained in understanding various fitness components.
- Construct different Field/ Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National, and International Level)
- Introduction to Badminton Court

UNIT-II (08 HOURS)

- Rules and their interpretation.

- Basis of Warming up and Cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills

Drills to improve skills in Badminton

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Badminton performance

PRACTICAL SYLLABUS (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Badminton

SUGGESTED READINGS:

1. Bompa O Tudor and Halff G. Gregory.(2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Brahm Bernd-Voler.(2010).Badminton Handbook.Mayer&MayerSports:UK.Unt-II,III&IV-p-9-14.
3. Grice,T.(2007).Badminton:StepstoSuccess.2ndEd.HumanKinetics,USA.
4. GuptaR.KumarP.andTyagiS.(2008).TextbookonTeachingSkillandProwess(PartI &II).Friends P ublication .New Delhi.
5. Singh, MK.(2007).Comprehensive Badminton. Friends Pub. New Delhi.
6. Vanaik A.(2005).Playfield Manual, Friends Publication. New Delhi.
7. Vanaik A.(2017).Officiating and Coaching, Friends Publication. New Delhi.

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

SEMESTER- III
BSc-PE-DSE-1 (4)-103: BASKETBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-103: BASKETBALL	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

1. Understand, interpret and analyze proficiency in a game of one's choice.
2. Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
3. Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
4. Acquire various skills of sports
5. Evaluate fitness and skill test as well as the evaluate player's performance.
6. Understand fitness components and its forms.
7. Evaluate different components of fitness
8. Enhance performance on the basis of knowledge gained in understanding various fitness components.
9. Construct different Field/Courts for the game

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Basketball Court

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Basketball

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Basketball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Basketball

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 .Crab Tree Publishing Co.,USA.
- Jain Naveen (2003).Playand Learn BasketBall .Khel Sahitya Kendra.NewDelhi.
- Singh,Hardayal.(2019).Science of Sports Training. DVS Publication,N.Delhi.
- Wilmore & Costill (2004).Physiology of Sports & Exercise.Human Kinetics,US.

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SEMESTER- III
BSc-PE-DSE-1(4)-104: CRICKET

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-104 CRICKET	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

- Understand, interpret and analyze proficiency in a game of one's choice.
- Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/ game.
- Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
- Acquire various skills of sports
- Evaluate fitness and skill test as well as the evaluate player's performance.
- Understand fitness components and its forms.
- Evaluate different components of fitness
- Enhance performance on the basis of knowledge gained in understanding various fitness components.
- Construct different Field/Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Cricket ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Cricket

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Cricket performance

PRACTICAL SYLLABUS - (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Cricket

SUGGESTED READINGS: -

1. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
2. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
3. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
4. Hobbs, J. (2008). The Game of Cricket As it should be played. Jepson Press, USA.
5. Singh, Hardayal. (2019). Science of Sports Training. DVSPublication, N. Delhi.
6. Vanaika A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

Semester-III
BSc-PE-DSE-1(4)-105: FOOTBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-105: FOOTBALL	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to gain knowledge concerning Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Football Ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition

- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Football

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Football performance

PRACTICAL SYLLABUS - (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Football

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis: A Systematic Approach to Improving Performance. Routledge Publishers, USA.
3. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA. Developing Strength, Speed and Endurance. Routledge Publisher, USA.
4. Reilly, T. and J.C.D. Arau (2008). Science and Football V: The Proceedings of the 5th World Congress on Sports Science and Football, Volume 5.
5. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

SEMESTER- III

BSc-PE-DSE-1(4)-106: GYMNASTICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-106: GYMNASTICS	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

- Understand, interpret and analyze proficiency in a game of one's choice.
- Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
- Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
- Acquire various skills of sports
- Evaluate fitness and skill test as well as the evaluate player's performance.
- Understand fitness components and its forms.
- Evaluate different components of fitness
- Enhance performance on the basis of knowledge gained in understanding various fitness components.
- Construct different Field/Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National, and International Level)
- Introduction to Gymnastic Gymnasium

UNIT-II (08 HOURS)

- Rules and their interpretation

- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Gymnastics

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Gymnastics performance

PRACTICAL SYLLABUS - (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve various Gymnastics skills

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Humankinetics. NY.
2. Brown(2009).How to Improve at Gymnastics. CrabtreePublishingCo., USA.
3. HarveyFJ (1998).Physical Exercises & Gymnastics. KhelSahitya.NewDelhi.
4. JainR(2005).PlayandLearnGymnastics.KhelSahitayaKendra
5. Mitchell,D.,Davis, B.andLopez,R.(2002). Teaching FundamentalGymnasticsSkills.HumanKinetics, USA.
6. Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2ndEd.Sportsworkout.com.
7. SchlegelEandDunn,CR.(2001).TheGymnasticsBook:TheYoungPerformer’sGuideto Gymnastics.FireflyBooks,USA.
8. Singh,Hardayal.(2019).ScienceofSportsTraining.DVSPublication,N.Delhi.
9. Stickland,L.R.(2008).GenderGymnastics.TransPacificPress,Japan.
10. VanaikaA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi

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

SEMESTER- III
BSc-PE-DSE-1(4)-107: HANDBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-107: HANDBALL	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to gain knowledge concerning Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Handball Court

UNIT-II (08 HOURS)

- Rules and their interpretation

- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and post-match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Handball

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Handball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Handball

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. Singh, Hardayal. (1919). Science of Sports Training. DVSPublication, N. Delhi.
7. Surhone, L. M. et. al, (2010). Team Handball. Betascript Publishing, USA
8. Vanaika A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

SEMESTER- III

BSc-PE-DSE-1(4)-108: HOCKEY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-108: HOCKEY	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

- Understand, interpret and analyze proficiency in a game of one's choice.
- Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
- Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
- Acquire various skills of sports
- Evaluate fitness and skill test as well as the evaluate player's performance.
- Understand fitness components and its forms.
- Evaluate different components of fitness
- Enhance performance on the basis of knowledge gained in understanding various fitness components.
- Construct different Field/Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Hockey Ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Hockey

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Basketball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Hockey

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. Pecknold,R.andFoeste,A.(2009).Hockey:EssentialSkills.McGrawHills,USA. Illustrated edition. Sterling Publishers, USA.
4. Singh,Hardayal.(1919).ScienceofSportsTraining.DVSPublication,N.Delhi.
5. Walter,R.andJohnson,M.(2009).HockeyPlaysandStrategies.HumanKinetics,USA.
6. Wukovits,J.F.(2000).HistoryofHockey1stEd.LucentBooks,USA.
7. Vanaik A.(2017).Officiating and Coaching, Friends Publication. New Delhi.

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

SEMESTER- III

BSc-PE-DSE-1(4)-109: JUDO

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-109: JUDO	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

1. Understand, interpret and analyze proficiency in a game of one's choice.
2. Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
3. Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
4. Acquire various skills of sports
5. Evaluate fitness and skill test as well as the evaluate player's performance.
6. Understand fitness components and its forms.
7. Evaluate different components of fitness
8. Enhance performance on the basis of knowledge gained in understanding various fitness components.
9. Construct different Field/Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Judo Dojo

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and post-match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Judo

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Judo performance

PRACTICAL SYLLABUS - (60 HOURS)

- 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. adevitsky, A. (2004). Judo: History, Theory and Practice. Blue Snake Books, Moscow.
7. Singh, Hardayal. (2019). Science of Sports Training. DVSPublication, N. Delhi.
8. Takahashi M. (2005). Mastering Judo. Human Kinetics, USA.

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

SEMESTER- III

BSc-PE-DSE-1(4)-110: KABADDI

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-110: KABADDI	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

1. Understand, interpret and analyze proficiency in a game of one's choice.
2. Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
3. Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
4. Acquire various skills of sports
5. Evaluate fitness and skill test as well as the evaluate player's performance.
6. Understand fitness components and its forms.
7. Evaluate different components of fitness
8. Enhance performance on the basis of knowledge gained in understanding various fitness components.
9. Construct different Field/Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Kabaddi Court

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Kabaddi

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Kabaddi performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Kabaddi

SUGGESTED READINGS:

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics.NY.
- Kumar, Dharmander.(2018).Kabaddi andI t’s Playing Techniques. Writers Choice, New Delhi.
- Mishra,S.C.(2007).Teach YourselfKabaddi.SportsPublications,NewDelhi.
- Singh,Hardayal.(1919).ScienceofSportsTraining.DVSPublication,N.Delhi.
- Syal,M.(2004).Kabaddi Teaching. Prerna Parkashan, NewDelhi.
- VanaikA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi.

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

SEMESTER- III

BSc-PE-DSE-1(4)-111: KHO-KHO

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-111: KHO-KHO	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

1. Understand, interpret and analyze proficiency in a game of one's choice.
2. Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
3. Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
4. Acquire various skills of sports
5. Evaluate fitness and skill test as well as the evaluate player's performance.
6. Understand fitness components and its forms.
7. Evaluate different components of fitness
8. Enhance performance on the basis of knowledge gained in understanding various fitness components.
9. Construct different Field/Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Kho Kho ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition

- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Kho Kho

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Kho Kho performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Kho-Kho

SUGGESTED READINGS:

- Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human Kinetics. NY.
- Chakrabarty G (2002). Kho-Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Singh, Hardayal. (2019). Science of Sports Training. DVSPublication, N. Delhi.
- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

SEMESTER- III
BSc-PE-DSE-1(4)-112: VOLLEYBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practicum		
BSc-PE-DSE-1(4)-112: VOLLEYBALL	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes:

After completing the course, the students will be able to:

- Understand, interpret and analyze proficiency in a game of one's choice.
- Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
- Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
- Acquire various skills of sports
- Evaluate fitness and skill test as well as the evaluate player's performance.
- Understand fitness components and its forms.
- Evaluate different components of fitness
- Enhance performance on the basis of knowledge gained in understanding various fitness components.
- Construct different Field/Courts for the game

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National, and International Level)
- Introduction to Volleyball Court

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Volleyball

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Volleyball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Volley Ball

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics, USA.
- Bompa O.Tudor and Halff G. Gregory. (2009) Periodization Theory and Methodology of Training Human kinetics. NY.
- Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA.
- Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics, USA.
- Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics, USA.
- Singh, Hardayal. (2019). Science of Sports Training. DVSPublication, N. Delhi.
- The National Alliance for Youth. Sports (2009). Coaching Volleyball For Dummies Publishers, USA.
- Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, USA.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

SEMESTER- III

BSc-PE-DSE-1(4)-113: YOGA

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-113: YOGA	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will be able to:

1. Understand Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields
2. Learn about the prayer, perform Asanas, Pranayama, Shatkarma, Bandha.
3. Treat Disease through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease.
4. Apply Yoga-Nidra/Relaxation techniques
5. Understand Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation.

THEORY SYLLABUS (30 HOURS)

UNIT-I (07 HOURS)

- 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 HOURS)

- 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 HOURS)

- Meaning, Techniques, Precautions & Effects of The Following:-
- Asanas: Padmasana, Vajrasana, Sidhasana, Paschimottanasa, Halasana, Sarvangasana, Shalabhasana, Ardhamatsyendrasana, 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, Kunjal, Kapal Bhati, Shankh Prakshalana
- Bandhas: Jalandhar, Uddyana, Mool Bandha

UNIT-IV (07 HOURS)

- 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, and the importance of vegetarianism in yogic diet.

PRACTICAL SYLLABUS (60 HOURS)

1. Prayer
2. Asanas, Pranayama, Shatkarma, Bandha (As Mentioned In Theory)
3. Yoga-Nidra/Relaxation Techniques

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
- Sharma J. P. (2007). Manav jeevan evam yoga. Friends Publication. New Delhi.
- Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends Publication. Delhi.
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- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- 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
- Text Book Patanjali Yoga Sutra

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

Semester-III

BSc-PE-DSE-1(4)-114: SWIMMING

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-114: SWIMMING	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to learn about Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Introduction to Swimming game
- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect

UNIT-III

(07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during and Post match coaching
- Basic skills and techniques of the skills
- Drills to improve skills in Swimming

UNIT-IV

(07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for swimming performance

PRACTICAL SYLLABUS -

(60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Swimming

SUGGESTED READINGS

1. David J., Mathur M. (1994). "How to learn swimming in 30 days" UBS Publishers, New Delhi, India.
2. Jain. R. (2003). "Play and Learn Swimming" Khel Sahitya Kendra, New Delhi, India
3. Jain. D. (2003). "Swimming Skills & Rules" Khel Sahitya Kendra, New Delhi, India
4. Hardy, Colin (1987) "Handbook for the Teacher Of Swimming" Pelham books ltd., London (U.K)
5. Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
6. Thomas, David G., (2005). "Swimming STEPS TO SUCCESS" Human Kinetics, U.S.A
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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Semester-III

BSc-PE-DSE-1(4)-115: WRESTLING

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-115: WRESTLING	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to learn about Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS (30 HOURS)

UNIT-I

(08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Wrestling Game

UNIT-II

(08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III

(07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Wrestling

UNIT-IV

(07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Wrestling performance

PRACTICAL SYLLABUS -

(60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Wrestling.

SUGGESTED READINGS

1. Gable, D. (1999) “Coaching Wrestling Successfully” Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) “Teaching & Coaching Wrestling A Scientific Approach” John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) “Play & Learn Wrestling” Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) “Coaching Successfully Wrestling” Sports Publication, Delhi.
5. Bompa O. Tudor and Half G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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Semester-III
BSc-PE-DSE-1(4)-116: TABLE TENNIS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-116: TABLE TENNIS	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to gain knowledge concerning Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

Historical Development and Modern Trends (National and International Level)

- Organizational structure (State, National and International Level)
- Introduction to Table Tennis Game

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III

(07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Table Tennis

UNIT-IV

(07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility
- Importance of skill-related components for Table Tennis performance

PRACTICAL SYLLABUS -

(60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Table Tennis

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Jain D. (2001) “ Teaching& Coaching Table Tennis” Khel Sahitya Kendra, Delhi.
3. Burn B. (1979) “ The Science of Table Tennis” S. Chand & Company ltd., N. Delhi.
4. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
5. Jain D. (2003) “Table Tennis skills & Rules” Khel Sahitya Kendra, N. Delhi.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UGCF: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.) NEP-2020

B.Sc (PE, HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
IV	Discipline Specific Course (DSC)	DSC-10 (4): Sports Sociology DSC-11 (4): Sports Biomechanics DSC-12 (4): Exercise Prescription for Fitness and Health
	Discipline Specific Elective (DSE) OR Generic Elective (GE)	Choose one DSE from a pool of Courses DSE-2(4)-201: Optional Game 2** (Select any one game (from the list) that hasn't been chosen before in Sem I, II & III as DSC/DSE& as per the facility available) OR Choose one GE (GE -3) from a pool of courses (of other Departments) (4)
	Ability Enhancement Course (AEC)	Choose one from a pool of AEC courses (2)
	Skill Enhancement Course (SEC) OR Internship/Apprenticeship/Project (2)	Choose one SEC or Internship/ Apprenticeship/ Project/ Community Outreach (2)
	Value Addition Course (VAC)	Choose one from a pool of courses (2)
		Total Credits= 22

* (FIGURE IN BRACKETS DENOTE CREDITS)

**LIST OF GAMES (Choose as per the facility available)

(i) Athletics, (ii) Badminton, (iii) Basketball, (iv) Cricket, (v) Football, (vi) Gymnastic, (vii) Handball, (viii) Hockey, (ix) Judo, (x) Kabaddi, (xi) Kho-Kho, (xii) Volleyball, (xiii) Yoga, (xiv) Swimming, (xv) Wrestling (xvi) Table Tennis

SEMESTER- IV

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIVERSITY OF DELHI

B.Sc. (Hons.) (Physical Education, Health Education and Sports)

SEMESTER- IV

BSc-PE-DSC-10(4) SPORTS SOCIOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/Practic e		
BSc-PE-DSC-10(4) SPORTS SOCIOLOGY	4	3	0	1	Class XII pass	Nil

Learning Objective:

To provide the knowledge and applications of Sports sociology as well as to familiarize the learners with the concepts of sociology, culture and sport, Socialization and sports, Gender and sports as well as sports education with application point of view.

Learning Outcomes: At the end of the course, the student will be able to

- Understand the meaning and importance of sports sociology
- Understand the concept of culture and sports along with its components to deal with cultural aspects
- Differentiate between gender, feminism social, cultural & economic barriers to women's participation in sports.
- Identify sports as a tool for gender equality & women empowerment in the present day context.
- Understand the importance and applications of sports sociology.
- Explain sociological perspectives with sports.
- Inculcate the sports culture in their life & society.
- Establish the relationship between society and sports.
- Understand the significance of socialization through games and sports for development of the society.

THEORY SYLLABUS (45 HOURS)

UNIT-I Introduction

- 1.1 Meaning & definitions of sociology & sports sociology
- 1.2 Aim and importance of sports sociology
- 1.3 Meaning and importance of society
- 1.4 Sports as a part of society

UNIT-II Culture and sports

- 2.1 Concept of culture & sports culture
- 2.2 Characteristics of Sports Culture
- 2.3 Functions of sports culture
- 2.4 Components of sports culture

UNIT-III Socialization and Sports

- 3.1 Concept of Socialization & Sports Socialization
- 3.2 Importance of sports socialization
- 3.3 Types of sports socialization
- 3.4 Agents of sports socialization

UNIT-IV Gender and sports

- 4.1 Meaning of Gender and Feminism
- 4.2 Social, cultural & economical barriers to women's participation in sports
- 4.3 Gender discrimination and equality in sports
- 4.4 Sports as a tool for gender equality & women empowerment.

PRACTICAL SYLLABUS (30 HOURS)

1. Collect data and analysis on the status of women in sports in society/Community
2. Conduct a survey of any sports choice based on commercial growth.
3. Superstition scale collect data and write an article on at least 15 members of a sports team
4. Cultural determination test (collect data and write an article on at least 10 members of the sports team)

SUGGESTED READINGS

1. Rajveer Khel Samaj Shastra, 2010 Sports Publication, New Delhi,
2. Kumar, Dharmander, 2022 "Fundamentals of Sports Sociology" Wriar Choice publication, New Delhi,
3. Rao, Shankar 2012 "Principles of Sociology" S. Chand & Company, New Delhi, Nirja Publishers & printer, India,.
4. Gupta, M.L. & Sharma, D. D. D 2004 "Samajshastra" SahityaBhawan Publication,
5. Bhusan, V. and Sachdeva, 2003 An Introduction to Sociology, Delhi: Kitab,.
6. IGNOU, 2007 The Study of Society - Understanding Sociology, Delhi - IGNOU,.

7. Jain, Rachna, 2005 Sports Sociology, New Delhi: Khel Sahitaya Kendra,.
8. Knop, P.D., Engstrow, L.M., Sbisstadd, B., Uleiss, M.R., 1996 World Wide Trends In Youth Sport, Human Kinetics
9. Maguire, J. and Young JAI, K., 2005 Theory, Sport and Society , Elsevier Ltd.
10. Majuadar, B., and Morgan Reutledge, J. A., 2005 Sport in South Asian Society Past and Present edited, New York and London
11. Moping Sense of Sports, 2000 by Ellis Cashmore Routeedge, New York,
12. Rawat, H.K. Sociology Basic concepts, 2007 Rawat Publication
13. Roulledge, M. Abrow, 2001 Sociology, The Basics London
14. Sandhu, Kanwaljit Singh, 2000 Sport Sociology, New Delhi : Friends Pub.,.
15. Singh, Bhupinder, Sports Sociology, 2004 New Delhi : Friends,.
16. Singh, J.P., Samaajshastra Avdharanaaye Aur Sidhaant 1999, Prentis Hall of India New Delhi
17. Sports in Contemporary Society: An ethnology worth publications, New York-2001
18. Stanly eitzan and George H. Sage, 1997 Sociology of world American Sports, Bastow, M. A: W C B/Mcgraw Hill
19. Turner, B., 2006 Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press.,
20. Woods, Ronald B., 2007 Social issues in Sports, Human Kinetics

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SEMESTER- IV

BSc-PE-DSC-11 (4) :SPORTS BIOMECHANICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-11 (4): SPORTS BIOMECHANICS	4	3	0	1	Class XII pass	Nil

Learning Objective: The objective of this course is to provide an understanding with practical skills to the learners about Sports Biomechanics and its applications to sports as well as to develop the foundation of sports biomechanics for performance analysis and improvement.

Learning Outcomes : At the end of the course the student will be able to-

- 1.Understand the fundamental concepts and practices related to Sports Biomechanics.
- 2.Develop an understanding for practical applications of the fundamental structure of movement with related mechanics and its principles.
- 3.Analyze the sport movements and design movement-oriented exercise for improvement of performance.
- 4.Develop the program for improving performance as an innovative approach applying biomechanics.
- 5.Apply the knowledge and skills related to science of movement to
- 6.create a strong foundation for better sports performance and research.

THEORY SYLLABUS (45 HOURS)

UNIT – I Introduction to Sports Biomechanics (10 Hours)

- i. Meaning and Definition of Sports Biomechanics.
- ii. Importance of Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- iii. Terminology of Fundamental Movements- Fundamental concepts of Centre of Gravity, Equilibrium, Line of Gravity

UNIT – II Mechanical Concepts (10 Hours)

- i. Force - Meaning, definition, types and its application to sports activities
- ii. Lever - Meaning, definition, types and its application to human body.
- iii. Newton's Laws of Motion – Meaning, definition and its application to sports activities (linear and angular).
- iv. Projectile – Factors influencing projectile trajectory.

UNIT – III Kinematics of Human Movement (10 Hours)

- i. Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration
- ii. Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.

UNIT – IV Kinetics of Human Movement And Biomechanical Principles (15 Hours)

- i. Linear Kinetics – Inertia, Mass, Momentum, Friction.
- ii. Angular Kinetics – Moment of Inertia, Couple, Stability.
- iii. The Principle of the Optimum Path of Acceleration.
- iv. The Principle of the Initial Force.
- v. The Principle of Reaction.
- vi. The Principle of Conservation of Momentum.

PRACTICAL SYLLABUS (30 Hours)

1. Evaluation of Velocity- Time Graph.
2. Determination of Centre of Gravity by Reaction Board Method.
3. Determination of Centre of Gravity by Joint Point Method.
4. Determination of Centre of Gravity by Main Point Method.
5. Determination of Centre of Combined Gravity (Joint Point Method).
6. Demonstration of the Principle of Conservation of Angular Momentum.
7. Demonstration of the Principle of Action and Reaction.

SUGGESTED READINGS:

1. Shaw, D. (2003). Sports Biomechanics. Khel Sahitya Kendra.
2. Shaw, D. (2022). Biomechanics and Kinesiology of Human Motion. Khel Sahitya Kendra.
3. Shaw, D. (2007). Mechanical Basis of Bio-Mechanics. Sports Publication.
4. Shaw, D. (2018). Pedagogic Kinesiology. Sports Publication.
5. Shaw, D. & Kumar, G. (2022). Kinesiology of Exercises with Apparatus. Khel Sahitya Kendra.
6. Shaw, D. & Mathur, N. (2022). Kinesiology of Freehand Exercises. Sports Publication.
7. Bunn, J. W. (1972). Scientific Principles of Coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.

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SEMESTER- IV

BSc-PE-DSC-12 (4): EXERCISE PRESCRIPTION FOR FITNESS AND HEALTH

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-12 (4): EXERCISE PRESCRIPTION FOR FITNESS AND HEALTH	4	3	0	1	Class XII pass	Nil

Learning Objective: The objective of this course is to provide an understanding, skill and practices to the learners about exercise prescription for health and fitness.

Learning Outcomes: At the end of the course the student will be able to: -

1. Acquire the knowledge and practices of exercise prescription on behalf of health status.
2. Deal with differentiation and the relation between exercise & physical activity.
3. Understand and demonstrate the direct and indirect health benefits of the exercise
4. Get an understanding and applications of acronyms FITT (Frequency, Intensity, Time (duration), type (Mode of Exercise) (Training principles for better training)

THEORY SYLLABUS (45 HOURS)

UNIT I - (09 Hours)

1. Exercise Prescription: Definition, Concept, and significance of exercise prescription.
2. Scientific Basis of Exercise Prescription
3. Guidelines to be followed while starting an exercise program.

UNIT II - (09 Hours)

1. Meaning and definition of exercise & physical activity
2. Differences between exercise & physical activity (chronic and acute effects for adaptation)
3. Relation between exercise & physical activity

UNIT III - (09 Hours)

1. Effect of sedentary lifestyle on health and Health benefits of exercise.
2. Sedentary population, Special population (Children, Expectant mothers, and the older population).

3. Stages of behavior Change in adapting regular exercise regimen.

UNIT IV - (09 Hours)

1. Exercise stress test, physical fitness test.
2. Understanding acronyms FITT (Frequency, Intensity, Time (duration), Type (Mode of Exercise)).
3. Principles of Fitness Training

PRACTICAL SYLLABUS (30 HOURS)

1. Assessment Of Health-Related Physical Fitness Components (At Least Three Components)
2. Administering The PAR-Q
3. Measurement Of Health Status Using A Health Status Questionnaire.
4. Designing An Exercise Program For A Selected Population.
5. Evaluation Of An Exercise Programme

SUGGESTED READINGS-

1. American College of Sports Medicine (2000). ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins. Philadelphia. USA.
2. Corbin C G Welk W Corbin & K Welk (2005). Concepts of Fitness and Wellness. McGraw Hill Company. New York. USA.
3. Hales D (2006). An Invitation to Health. Thomson Wadsworth. Belmont. California. USA.
4. Kolecki JE and DQ Thomas (2007). Activities and Assessment Manual. Jones and Bartlett Publishers. Sandburg. Massachusetts. USA.
5. Powers S and E Howley (2006). Exercise Physiology- Theory and Applications. McGraw Hill Co. New York. USA.
6. Thomas DQ and JE Kotecki (2007). Physical Activity and Health –An Interactive Approach. Jones and Bartlett Publishers. Sndbury. Massachusetts. USA.

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SEMESTER- IV

BSc-PE-DSE-2 (4) : OPTIONAL GAME -II

(Select any one game from the list that hasn't been chosen before in Sem I, II & III as DSC/DSE & as per the facility available)

BSc-PE-DSE-2(4)-201:ATHLETICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-201: ATHLETICS	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completion of the course the student will-

1. Gain knowledge of the historical development, organizational structure, and playfield technology of an Athletics
2. Understand and interpret the rules of various events in track and field, as well as the physiological aspects of warming up and technical coaching.
3. Acquire skills in the sport, learn about various fitness tests and skill evaluations, and assess player performance in technical practices such as sprint races, middle and long-distance races, hurdles, long jump, and shot put.
4. Learn about various fitness components and their forms, and apply this knowledge to improve performance, including track and arena marking for selected events.

THEORY SYLLABUS (30 HOURS)

UNIT-I (07 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational Structure (State, National, and International Level)

UNIT II (08 HOURS)

- Rules related to various Track & field events
- Basis of Warming up and Cooling down and its effect.
- Techniques of Coaching–Peptalk, Pre, during, and Post competition Coaching.

UNIT -III (08 HOURS)

- Basic skills and techniques in various Track & field events: sprint races, middle and long-distance races, hurdles races, jumping event-long jump, throwing events put, hammer throw.

UNIT -IV (07 HOURS)

- Introduction to Physical Fitness components related to various Track & field events
- Track marking and marking of different arenas for selected events mentioned in UNIT-III.

PRACTICAL SYLLABUS (60 HOURS)

1. Learning and demonstrating various skills/techniques of sprint races, middle and long-distance races, jumping events jump & High Jump, throwing events put & Discus.
2. 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 Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human Kinetics. NY.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- 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.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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SEMESTER- IV

BSc-PE-DSE-2 (4)-202: BADMINTON

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2 (4)-202 BADMINTON	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance
8. Mark and maintain Court/field.

THEORY SYLLABUS (30 HOURS)

UNIT I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National, and International Level)
- Introduction to Badminton Court

UNIT -II (08 HOURS)

- Rules and their interpretation.
- Basis of Warming up and Cooling down and its effect.

UNIT -III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills

Drills to improve skills in Badminton

UNIT -IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Badminton performance

PRACTICAL SYLLABUS (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Badminton

SUGGESTED READINGS:

- Bompa O Tudor and Half f G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Brahms Bernd-Voler. (2010). Badmnton Handbook. Mayer & Mayer Sports: UK. Unt-II,III&IV-p-9-14.
- Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
- Gupta R. Kumar P .and Tyagi S.(2008). Textbook on Teaching Skill and Prowess (Part-I&II). Friends Publication. New Delhi.
- Singh, MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Vanaik A.(2005). Playfield Manual, Friends Publication. New Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

SEMESTER- IV
BSc-PE-DSE-2(4)-203: BASKETBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-203:BASKETBALL	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance
8. Mark and maintain Court/field.

THEORY SYLLABUS (30 HOURS)

UNIT -I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Basketball Court

UNIT -II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT -III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Basketball

UNIT -IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Basketball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Basketball

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 .Crab Tree Publishing Co.,USA.
- JainNaveen(2003).PlayandLearnBasketBall.KhelSahityaKendra.NewDelhi.
- Singh,Hardayal.(2019).ScienceofSportsTraining.DVSPublication,N.Delhi.
- Wilmore & Costill(2004).Physiology of Sports & Exercise. Human Kinetics,US.

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SEMESTER- IV
BSc-PE-DSE-2(4)-204: CRICKET

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-2(4)-204 CRICKET	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

- Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
- Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
- Acquire various skills of sports
- Evaluate fitness and skill and player's performance.
- Provide technical practice
- Understand fitness components and its forms.
- Inculcate Knowledge for practice and improvement of performance
- Mark and maintain Court/field.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Cricket ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Cricket

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Cricket performance

PRACTICAL SYLLABUS - (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Cricket

SUGGESTED READINGS:

- Bompa O. Tudor and Halff G.Gregory.(2009) Periodization Theory and Methodology of Training Human Kinetics. NY.
- Boycott,G.(2010).PlayCrickettheRightWay.GreatNorthernBooksLimited,U.K.
- Cricket(2008).SportsSkills:CricketFielding(KnowtheGame).A&CBlackPublishers.
- Hobbs,J.(2008).TheGameofCricketAsitshouldbeplayed.JepsonPress,USA.
- Singh,Hardayal.(1919).ScienceofSportsTraining.DVSPublication,N.Delhi.
- VanaikA.(2017).OfficiatingandCoaching,FriendsPublication.NewDelhi

Semester-IV
BSc-PE-DSE-2(4)-205: FOOTBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-205: FOOTBALL	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance
8. Mark and maintain Court/field.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Football Ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Football

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Football performance

PRACTICAL SYLLABUS - (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Football

SUGGESTED READINGS

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match
- Analysis: A Systematic Approach to Improving Performance. Routledge Publishers, USA.
- Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.
- Developing Strength, Speed and Endurance. Routledge Publisher, USA.
- Reilly, T. and J.C.D. Arau (2008). Science and Football V: The Proceedings of the
- 5th World Congress on Sports Science and Football, Volume5.
- Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

SEMESTER- IV
BSc-PE-DSE-2(4)-206: GYMNASTICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-206: GYMNASTICS	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National, and International Level)
- Introduction to Gymnastic Gymnasium

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Gymnastics

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Gymnastics performance

PRACTICAL SYLLABUS - (60 HOURS.)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve various Gymnastics skills

SUGGESTED READINGS

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Brown(2009).How to Improve at Gymnastics. Crabtree Publishing Co., USA.
- HarveyFJ (1998).Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
- JainR(2005).Play and Learn Gymnastics. Khel Sahitaya Kendra
- Mitchell,D. ,Davis, B .and Lopez,R.(2002). Teaching Fundamental Gymnastics Skills. Human Kinetics, USA.
- Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2ndEd.Sportsworkout.com.
- SchlegelEandDunn,CR.(2001).TheGymnasticsBook:TheYoungPerformer’sGuideto Gymnastics.FireflyBooks,USA.
- Singh,Hardayal.(1919).ScienceofSportsTraining.DVSPublication,N.Delhi.
- Stickland,L.R.(2008).Gende r Gymnastics. Trans Pacific Press, Japan.
- Vanaika.(2017).Officiating and Coaching, Friends Publication. NewDelhi

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

SEMESTER- IV
BSc-PE-DSE-2(4)-207: HANDBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-207: HANDBALL	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Handball Court

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and post-match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Handball

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Handball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Handball

SUGGESTED READINGS: -

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- JainD(2003).Play & Learn Handball. KhelSahityaKendra.NewDelhi.
- Kleinman,I.(2009).CompletePhysicalEducationPlans.2ndEd.HumanKinetics,USA.
- Page,J.(2000).Ball Games.LernerSportsPublisher,USA.
- Phillips,B.E.(2009).Fundamental Handball. KessingerPublishers,USA.
- Singh,Hardayal.(1919).ScienceofSportsTraining.DVSPublication,N.Delhi.
- Surhone,L.M.et.al, (2010).TeamHandball.Betascript Publishing,USA
- Vanaika.(2017).Officiating and Coaching,Friends Publication.NewDelhi

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

SEMESTER- IV

BSc-PE-DSE-2(4)-208: HOCKEY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-208: HOCKEY	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Hockey Ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Hockey

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Basketball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Hockey

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. Pecknold, R. and Foeste, A. (2009). Hockey: Essential Skills. McGrawHills, USA.
4. Illustrated edition. Sterling Publishers, USA.
5. Singh, Hardayal. (1919). Science of Sports Training. DVSPublication, N. Delhi.
6. Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
7. Wukovits, J. F. (2000). History of Hockey 1st Ed. Lucent Books, USA.
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

SEMESTER- IV

BSc-PE-DSE-2(4)-209: JUDO

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-209: JUDO	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Judo Dojo

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and post-match coaching.

- Basic skills and techniques of the skills
- Drills to improve skills in Judo

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Judo performance

PRACTICAL SYLLABUS - (60 HOURS)

- 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. DVSPublication, N. Delhi.
8. Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

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

SEMESTER- IV

BSc-PE-DSE-2(4)-210: KABADDI

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-210: KABADDI	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Kabaddi Court

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Kabaddi

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Kabaddi performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Kabaddi

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Kumar,Dharmander.(2018).KabaddiandIt’sPlayingTechniques. Writers Choice, NewDelhi.
3. Mishra,S.C.(2007).TeachYourselfKabaddi.SportsPublications,NewDelhi.
4. Singh,Hardayal.(1919).ScienceofSportsTraining.DVSPublication,N.Delhi.
5. Syal,M.(2004).Kabaddi Teaching.PernaParkashan,NewDelhi.
6. VanaikA.(2017).Officiating and Coaching,FriendsPublication.NewDelhi.

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

SEMESTER- IV
BSc-PE-DSE-2(4)-211: KHO-KHO

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-211: KHO-KHO	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

1. Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
2. Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
3. Acquire various skills of sports
4. Evaluate fitness and skill and player's performance.
5. Provide technical practice
6. Understand fitness components and its forms.
7. Inculcate Knowledge for practice and improvement of performance
8. Mark and maintain Court/field.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Kho Kho ground

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Kho Kho

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Kho Kho performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Kho-Kho

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. Singh, Hardayal. (1919). Science of Sports Training. DVSPublication, N. Delhi.
4. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
5. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

SEMESTER- IV

BSc-PE-DSE-2(4)-212: VOLLEYBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-212: VOLLEYBALL	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes : At the end of the course the student will be able to-

- Understand Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
- Interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.
- Acquire various skills of sports
- Evaluate fitness and skill and player's performance.
- Provide technical practice
- Understand fitness components and its forms.
- Inculcate Knowledge for practice and improvement of performance

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National, and International Level)
- Introduction to Volleyball Court

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Volleyball

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Volleyball performance

PRACTICAL SYLLABUS - (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Volley Ball

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics, USA.
 - Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Kenny,B.andGregory,C.(2006).Volleyball:StepstoSuccess.HumanKinetics,USA.
- Scates,A.andLinn,M.(2002).CompleteConditioningforVolleyball.HumanKinetics,USA.
- Shondell,D.andReynaud,C.(2002).TheVolleyballCoachingBible.HumanKinetics,USA.
- Singh,Hardayal.(1919).ScienceofSportsTraining.DVSPublication,N.Delhi.
- TheNationalAllianceforYouth.Sports(2009).CoachingVolleyballFor Dummies Publishers, USA.
- Volleyball ,USA(2009).Volleyball: Systems and Strategies. Human Kinetics,USA.
- Vanaik A.(2017).Officiating and Coaching, Friends Publication. New Delhi

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

SEMESTER- IV

BSc-PE-DSE-2(4)-213: YOGA

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-213: YOGA	4	2	0	2	Class XII pass	Nil

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

Learning Outcomes: After completing the course, the students will:

- 1.Understand Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields
- 2.Learn about the prayer, perform Asanas, pranayama, shatkarma, bandha.
- 3.Treat Disease through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease.
- 4.Apply Yoga-nidra/relaxation techniques
- 5.Understand Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation.

THEORY SYLLABUS (30 HOURS)

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, ardhmatsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana
- Pranayama: anulom-vilom, bhasrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi
- Shatkarma: neti, dhauti, nauli, basti, kunjali, kapal bhati, shankh prakshalana
- Bandhas: jalandhar, uddiyana, 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, and the importance of vegetarianism in yogic diet.

PRACTICALSYLLABUS (60 HOURS)

1. Prayer
2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
3. Yoga-Nidra/relaxation techniques

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

- Sharma J. P. (2007). Manav jeevan evam yoga. Friends Publication. New Delhi.
- Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends Publication. Delhi.
- Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- 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
- Text Book Patanjali Yoga Sutra

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

Semester-III
BSc-PE-DSE-2(4)-214: SWIMMING

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-214: SWIMMING	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to learn about Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS

(30 HOURS)

UNIT-I

(08 HOURS)

- Introduction to Swimming game
- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)

UNIT-II

(08 HOURS)

- Rules and their interpretation

- Team Composition
- Basis of Warming up and cooling down and its effect

UNIT-III

(07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during and Post match coaching
- Basic skills and techniques of the skills
- Drills to improve skills in Swimming

UNIT-IV

(07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for swimming performance

PRACTICAL SYLLABUS -

(60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Swimming

SUGGESTED READINGS

1. David J., Mathur M. (1994). "How to learn swimming in 30 days" UBS Publishers, New Delhi, India.
2. Jain. R. (2003). "Play and Learn Swimming" Khel Sahitya Kendra, New Delhi, India
3. Jain. D. (2003). "Swimming Skills & Rules" Khel Sahitya Kendra, New Delhi, India
4. Hardy, Colin (1987) "Handbook for the Teacher Of Swimming" Pelham books ltd., London (U.K)
5. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
6. Thomas, David G., (2005). "Swimming STEPS TO SUCCESS" Human Kinetics, U.S.A
7. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

Semester-III

BSc-PE-DSE-2(4)-215: WRESTLING

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-215: WRESTLING	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to learn about Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Wrestling Game

UNIT-II (08 HOURS)

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III

(07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Wrestling

UNIT-IV

(07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Wrestling performance

PRACTICAL SYLLABUS -

(60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills in Wrestling.

SUGGESTED READINGS

1. Gable, D. (1999) “Coaching Wrestling Succesfully” Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) “Teaching & Coaching Wrestling A Scientific Approach” John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) “Play & Learn Wrestling” Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) “Coaching Succesfully Wrestling” Sports Publication, Delhi.
5. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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Semester-III

BSc-PE-DSE-2(4)-216: TABLE TENNIS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-2(4)-216: TABLE TENNIS	4	2	0	2	Class 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 attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to gain knowledge concerning Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Table Tennis Game

UNIT-II (08 HOURS)

- Rules and their interpretation

- Team Composition
- Basis of Warming up and cooling down and its effect.

UNIT-III

(07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Table Tennis

UNIT-IV

(07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility
- Importance of skill-related components for Table Tennis performance

PRACTICAL SYLLABUS -

(60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Table Tennis

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Jain D. (2001) “ Teaching& Coaching Table Tennis” Khel Sahitya Kendra, Delhi.
3. Burn B. (1979) “ The Science of Table Tennis” S. Chand & Company Ltd., N. Delhi.
4. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
5. Jain D. (2003) “Table Tennis skills & Rules” Khel Sahitya Kendra, N. Delhi.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UGCF: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (HONS.) NEP-2020

B.Sc (PE, HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
V	Discipline Specific Course (DSC)	DSC-13 (4): Organization & Administration in Physical Education & Sports DSC -14 (4): Fundamentals of Sports Nutrition DSC -15 (4): Athlete Care & Rehabilitation
	Discipline Specific Elective (DSE)	CHOOSE ONE FROM POOL OF COURSES DSE-3(4)-301: Game of Specialization Game - I (Select any one game from the games already studied in Sem I to IV as DSC/DSE Game) DSE-3(4)-302: Sports Journalism DSE -3(4) -303: Sports Facility Planning and Management
	Generic Elective (GE)	Choose one from a pool of courses (of other Departments) GE-5 (4)
	Ability Enhancement Course (AEC)	NONE
	Skill Enhancement Course (SEC) OR Internship/Apprenticeship/Project (2)	Choose one SEC or Internship/ Apprenticeship/ Project/ Community Outreach (2)
	Value Addition Course (VAC)	NONE
		Total Credits= 22

* (FIGURE IN BRACKETS DENOTE CREDITS)

SEMESTER V

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIVERSITY OF DELHI

B.Sc. (Hons.) (Physical Education, Health Education and Sports)

SEMESTER- V

BSc-PE-DSC-13(4): ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-13(4): ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Class XII pass	Nil

Learning Objective: -The learner will acquire knowledge and understanding with applications and skills in **Organisation and Administration in Physical Education and Sports** in real-life situations.

Learning Outcomes: After completing the course, the students will be able to:

1. Understand the scope and importance of Organisation and Administration in physical education and sports,
2. Follow the responsibilities of the Physical Education teacher and pupil leader.
3. Acquire knowledge about Components of Organizations and Administration.
4. Create a budget by acquiring knowledge of **budget-making**
5. Maintain Records and Registers of Budgets
6. Manage Sports Facilities & Equipment
7. Organize Competitions, extra-murals, intra-murals, and athletic meets

THEORY SYLLABUS (45 hours)

Unit – I: Introduction to Organisation and Administration & Organisation Structure in Sports (15 Hours)

- 1.1 Meaning, Scope, and importance of Organisation and Administration in physical education and sports
- 1.2 Qualification and Responsibilities of Physical Education teacher and pupil leader
- 1.3 Analysis of Sports organisations (Local, National, International)
- 1.4 Governing Bodies and Their Functions

1.5 Club structure and affiliation & Steps to Develop Academy/Club/ Coaching Centers.

UNIT- II: Budget Making and Maintenance of Records and Registers (10 Hours)

2.1 Budget: Meaning, Importance of Budget Making,

2.2 Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget for Sports Organizations.

2.3 Records and Registers: Maintenance of attendance Register, stock register, cash register, and physical efficiency record.

UNIT-III: Management of Sports Facilities & Equipment Management (10 Hours)

3.1 Facilities and equipment management: Types of facilities, infrastructure-indoor, outdoor

3.2 Care of school building, Gymnasium, swimming pool, Play fields, Playgrounds

3.3 Equipment: Determining supply and equipment; Guidelines for Purchasing supply of equipment; Store Keeping; Care and maintenance.

UNIT-IV: Competition Organisation (10 Hours)

4.1 Importance and Types of Tournaments

4.2 Organization Structure of Athletic Meet

4.3 Sports Event- Intramurals & Extramural Tournament planning

SUGGESTED READING

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic program: A Managerial Approach. New York: Prentice Hall Inc.

2. Bucher, C. A. (1983). Administration of Physical Education and Athletic program. St. Louis: The C.V.

3. Hosby Co. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co. Pandey, L.K. (1977).

4. Gyanodayal Press. Tirunarayanan, C. & Hariharan, S. (1969). Organization & administration of Physical Education. Madras:

5. Voltmer, E. F. & Esslinger, A. A. (1979). Methods in Physical Education. Karaikudi: South India Press.

6. The organization and administration of Physical Education. New York: Prentice Hall Inc

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

Semester-V

B.Sc-PE-DSC 14(4): FUNDAMENTALS OF SPORTS NUTRITION

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.Sc-PE-DSC 14(4): FUNDAMENTALS OF SPORTS NUTRITION	4	3	1	0	Class XII pass	NIL

Learning Outcome: - The student would be able to apply the knowledge of nutrition in day-to-day life and sports and training. Such core knowledge and skills help to create a strong foundation to engage human subjects of all ages, sexes, and abilities.

Learning Outcomes: After completing the course, the students will be able to:

1. Understand nutrition & nutrients, the significance of their sources & function requirements in normal health conditions
2. Acquire knowledge about Energy metabolism, RMR, energy expended on physical activity, and TEF.
3. Understand the Concept of a balanced diet, dietary and nutritional requirements for children, adolescents, adult men and women, and elderly
4. Consider Nutrition for sports/exercising person during training, pre-event meal, during event and post-event meal.
5. Understand Fluid requirements in sports
6. Understand eating disorders in Sports Persons, Female athletic triad, and Sports anemia
7. Identify Nutrients as ergogenic aids for sports and exercise, Supplements, and their role in sports.

THEORY SYLLABUS: 45 Credits

UNIT-I (12 Hours)

1.1 Introduction to basic concepts in nutrition-Nutrients of physiological significance their sources & functions,

1.2 Basic food groups, Concept of a balanced diet.

1.3 Nutritional requirements- Introduction to Estimated Energy Requirements (EAR) and Recommended Dietary Allowances for Indians (RDA). Concept of Tolerable Upper Limit.

1.4 Basic Dietary Guidelines for Indians for good health and prevention of diseases.

UNIT II (7Hours)

2.1 Energy Metabolism- Definition, catabolic and anabolic reactions.

2.2 Energy components of Energy Expenditure-BMR, RMR, Energy Expended on Physical Activity, and TEF.

2.3 Energy requirements of specific groups, Energy cost of activities, Energy systems used in different sports, Energy substrate for activities of different intensity and duration;

2.4 Concept of energy balance in maintaining body weight.

UNIT-III (12 Hours)

3.1 General and specific dietary guidelines in planning meals for children, adolescents, adult men and women and the elderly.

3.2 Nutritional and dietary modifications for body weight and body composition management

3.2 Nutritional considerations for sports/exercising person(endurance and strength sports/exercise training) during training, and competition including pre-event meals, during the event, and post-event meal.

UNIT-IV (14Hours)

4.1 Importance of hydration and fluid balance in physical activity and sports, Symptoms, and prevention of dehydration, Types of sports drinks - Hypotonic, Isotonic, and Hypertonic drinks.

4.2 Nutrition-related problems in sports persons- Eating disorders, Sports anaemia, Female athletic triad (FAT) Relative energy deficiency syndrome (RED-S) and

4.3 Nutrients as supplements and ergogenic aids for sports and exercise

SUGGESTED READINGS

1. Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
2. Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
3. Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
4. Dietary Guidelines for Indians (2024). ICMR/NIN Publication
5. Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
6. Finic HH et al (2006), Practical Applications in Sports Nutrition J & B Publisher, USA.
7. ILSI- India, NIN, SAI. (2007) Nutrition and hydration Guidelines for excellence in sports performance;
8. Lal PR (2009) Handbook of Sports Nutrition, Friends Publication

9. R, Chadha *and* P. Mathur.(2015) Nutrition: A Lifecycle Approach. ISBN-13: 978-8125059301. The Orient Blackswan. Co.
10. McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3rd Ed. Lippincott Williams and Wilkins, USA.
11. Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
12. Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont. California. U.S.A

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SEMESTER-V

BSc-PE-DSC-15 (4): ATHLETE CARE AND REHABILITATION

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-15 (4): ATHLETE CARE AND REHABILITATION	4	3	0	1	Class XII pass	NIL

Learning Objective:-To acquaint students with the knowledge of Athletic Care and Rehabilitation application.

Learning Outcomes: After completing the course, the students will be able to:

1. Apply training principles in developing various exercise programs and improving sports performances.
2. Understand the concept of ACR/SM.
3. Understand the Principles of care and rehabilitation and the Role of physical educators in athletic care and Rehabilitation
4. Learn about sports injuries
5. Classify sports injuries with their causes and reasons
6. Prevent And Manage Sports Injuries
7. Identify the Risk Factors of Sports Injuries
8. Rehabilitate and provide First Aid and Safety Procedures in Playfield and Gym
9. Manage of sports specific injuries
10. Prevent and Manage Health issues in different climatic conditions.
11. Apply CPR (Cardio Pulmonary Resuscitation) and First Aid for Soft tissue, bone & joint injuries
12. Apply Exercise therapy in rehabilitation

THEORY SYLLABUS: 45 HOURS

UNIT-I: INTRODUCTION (9 HOURS)

1.1 Meaning and definition of related terminologies- Athlete, fitness, wellness, performance, Care, Rehabilitation, Sports, Medicine, Sports Medicine

1.2 Aim, objectives and scope of ACR/SM

- 1.3 Principles of care and rehabilitation
- 1.4 Role of physical educators in athletic care and Rehabilitation

UNIT- II: SPORTS INJURIES (8 HOURS)

- 2.1 Introduction, meaning and definition
- 2.2 Various classifications of sports injuries
- 2.3 Causes and Reasons of Sports Injuries

UNIT-III PREVENTION AND MANAGEMENT OF SPORTS INJURIES (10 HOURS)

- 3.1 Importance of Prevention of Sports Injuries
- 3.2 Identification of Risk Factors of Sports Injuries
- 3.3 Steps for Preventing Sports Injuries – Training Strategies and Equipment Recommendations
- 3.4 Introduction to Rehabilitation Modalities and First Aid. Exercise therapy in rehabilitation
- 3.5 Safety Procedures in Playfield and Gym

UNIT- IV MANAGEMENT OF SPORTS-SPECIFIC INJURIES

- 4.1 Sports-specific injuries- acute and chronic, with special emphasis on the specific risk factors, prevention, and management of various sporting events-
 - a. Individual events: Field & Track Events
 - b. Team events: Hockey, Cricket, and Football
 - c. Combat sports
 - d. Water sports
- 4.2 Prevention and management of Health issues in different climatic conditions: Heat-related injuries – Heat stroke, Heat exhaustion & cold related injuries – Frostbite – Hypothermia – Altitude Sickness.

PRACTICALS (30 HOURS)

CPR (Cardio Pulmonary Resuscitation) and First Aid for Soft tissue, bone & joint injuries

- 1. Therapeutic Modalities, Principles, and Equipment used for
 - Cryotherapy
 - Thermotherapy
 - Electrotherapy
 - Hydrotherapy
 - Massage

2. Exercise therapy
 - Isometric exercise
 - Isotonic exercise

SUGGESTED READINGS-

- Jain, Rachna, (2002) Sports Medicine, New Delhi: Khel Sahitya Kendra,.
- Vijay Ed., (2001) Hand book of Sports Medicine, Delhi: Friends Pub.
- Shaw, D. (2021). Athletic care and rehabilitation. Friends publications.

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SEMESTER-V

DSE-3(4):GAME OF SPECIALIZATION I

(Select any one game from the games already studied in Sem I to IV as DSC/DSE Game)

SEMESTER-V

BSc-PE-DSE-3(4)-301 (i):ATHLETICS

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)-301 (i): ATHLETICS	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of athletics on the ground and will have a command of the basic and advanced rules and regulations of marking the track and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Marking, constructing, and maintaining Track & Field,
2. Prepare technically Focused Athletic Events
3. Train children, beginners, intermediate players(advanced sportspersons) seniors (high performance sportspersons)
4. Apply Safety measures and prevent injuries
5. Manage injuries' Causes
6. Rehabilitate and massage athletes
7. Organize athletics meet
8. Identify the classification and components of nutrition and energy requirements of athletes in specified events.

THEORY SYLLABUS (30 HOURS)

UNIT-I TRAINING AND TECHNICAL PREPARATION FOR SPECIFIED ATHLETIC EVENTS (8 HOURS)

- 1.1 Technical preparation
- 1.2 Marking, construction, and maintenance of Track & Field
- 1.3 Physical, physiological, psychological and sociological characteristics of athletes
- 1.4 Technical Preparation for Focused Athletic Events, Required motor abilities and their technical preparation, Technical and tactical preparation, Physical, physiological, psychological and sociological characteristics of athletes

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

- 2.1 General training for children, Training for beginners, Training for intermediate players (advanced sportspersons)
- 2.2 Training for seniors (high-performance sportspersons)
- 2.3 Safety measures and prevention of injuries, Management of Injuries
- 2.4 Causes and remedies of injuries
- 2.5 Physiotherapy, rehabilitation, and massage

UNIT-III ORGANIZATION OF THE ATHLETICS MEET (7 HOURS)

- 3.1 Structure and organization of the athletics meet
- 3.2 Budgeting, purchase of equipment
- 3.3 Preparation, execution, and conclusion of the respective events
- 3.4 Protocols and Ceremonies

UNIT-IV SPORTS NUTRITION (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of athletes in specified events
- 4.3 Nutritional requirements of athletes: pre-, during, and post-competition phases
- 4.4 Electrolytes – sports drinks, minerals, and supplements: pre-, during, and post-competition

PRACTICALS (60 HOURS)

1. Identify and implementation warming up cooling down exercises
2. Supplementary exercises for specified events, practice, and training of selected events
3. Propose to organize an athletic meet

REFERENCES

- Renwick, G.R., (2001) Play Better Athletics, Delhi: Sports Pub.,.
- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and

Methodology of Training” Human kinetics. NY.

- Handbook-Rules and Regulation. International Athletic Federation (2010).
- 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.
- Vanaika. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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Semester V
BSc-PE-DSE-3 (4)-301 (ii): BADMINTON

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)-301 (ii): BADMINTON	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use badminton knowledge on the ground and have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Marking, constructing and maintaining Badminton court,
2. Officiate and Coach with an understanding of Duties/responsibilities
3. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
4. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
5. Apply Safety measures and prevent injuries
6. Manage injuries' Causes
7. Rehabilitate and massage athletes
8. Organize Competitions
9. Identify classification and components of nutrition and energy requirements of athletes in specified events
10. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR BADMINTON (8 HOURS)

- 1.1 Training of motor components
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of badminton court, equipment etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of technical officials, Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

- 2.1 Systematizing training process for badminton players – general warming-up, specific warming-up and cooling-down
- 2.2 Supplementary exercises, basic skills, weight-training and circuit-training
- 2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.
- 2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION (7 HOURS)

- 3.1 Planning for the Competition
- 3.2 Selection of men, material and management
- 3.3 Concluding the competition – submission of accounts, preparing a report
- 3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of badminton players
- 4.3 Nutritional requirements of badminton players: pre-, during, and post-competition phases

PRACTICALS (60 HOURS)

- 1. Demonstration of skills
- 2. Training for footwork
- 3. Shadow practice and pressure training, planning for competition, organization of competition/seminar/workshop.

SUGGESTED READINGS

- Ashok Kumar, (2003) Badminton, New Delhi Discovery,.
 - Narang, P. (2005), Play and Learn Badminton, Khel Sahitaya Kendra,.
 - Singh, M.K., (2006) A to Z Badminton, New Delhi, Friends Pub.,.
 - Singh, M.K., Comprehensive Badminton, N.D. Friends Pub., 2007.
 - Brahms Bernd-Voler. (2010). Badminton Handbook. Mayer & Mayer Sports: UK.
- Unit-II,III&IV-p-9-14.
- Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
 - Gupta R. Kumar P. and Tyagi S.(2008). Textbook on Teaching Skill and Prowess (Part-I&II). Friends Publication. New Delhi.
 - MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi.

- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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Semester-V
BSc-PE-DSE-3 (4)-301 (iii):BASKETBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)301 (iii): BASKETBALL	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of basketball in the ground and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Understand Prerequisites of preparation and training
3. Marking, construct and maintain Basketball court,
4. Officiate and Coach with understanding of Duties/responsibilities
5. Identifies Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists, and fitness trainers
6. Train children, beginners, intermediate players (advanced sportspersons) seniors (high performance sportspersons)
7. Organize Competitions
8. Train motor components through technical preparation
9. Conduct Tests (AAHPERD Youth Fitness Test, AAHPERD Health-related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test, Skill Tests – AAHPERD, Johnson Basketball Test Battery, SAI Test Battery, Knox Test Evaluation of team performance) Observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE ASSESSMENT OF ATHLETES (8 HOURS)

- 1.1 Organization-Selection of a team and conduct of a camp, Playfield technology- planning, construction and maintenance of a basketball court
- 1.2 Conduct a tournament, Short-term and long-term planning for the organization of a competition
- 1.3 Report writing, photography, analysis, and commentary
- 1.4 Evaluation of players' performance during matches, Video analysis of skills and

techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

- 2.1 Prerequisites of preparation and training
- 2.2 Preparation, pre-contact movement, contact Teaching progression, Coaching points, Drills for skill development (any five), Defense patterns and drills (zone and man - man drill), Lead up games for beginners in basketball, Teaching of basketball skills - preparing a lesson plan and tactical application.
- 2.3 Development of motor components with specific reference to basketball, Specific training methods for different positions
- 2.4 Development of basketball-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

- 3.1 Selection of a team and conduct of camps.
- 3.2 Playfield technology-planning, construction, and maintenance of Basketball Court.
- 3.3 Conduct of a Tournament
- 3.4 Short-Term and Long-Term Planning for organization of a competition.
- 3.5 Report writing, photography, analysis, and commentary.

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health-related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test
- 4.2 Skill Tests – AAHPERDD, Johnson Basketball Test Battery, SAI Test Battery, Knox Test
- 4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

PRACTICAL (60 HOURS)

- 1. General and specific warm-up
- 2. Teaching fundamental skills
- 3. Drills to develop fundamental skills
- 4. Drills for defense and offense system
- 5. Preparing and taking lesson plans for above
- 6. One-on-one measurement, development, and evaluation of motor components
- 7. Preparing training load and schedule for basketball players
- 8. Executing: Fitness test, Knowledge test, Specific skill test
- 9. Organizing Basketball tournaments.

SUGGESTED READINGS

1. Jain, (2003) Naveen Play and Learn Basket Ball, Khel Sahitya Kendra, New Delhi-
2. Sharma O.P. (2003) Basket Ball Skills and Rules, Khel Sahitya Kendra Delhi-
3. Thani, Yograj, (2002) Coaching Successfully Basket Ball, Sports Publisher, Delhi-.
4. Drewett, J. (2007). How to Improve at Basketball. Crab Tree Publishing Co., USA.
5. Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester V
BSc-PE-DSE-3 (4)-301 (iv):CRICKET

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)-301 (iv): CRICKET	4	2	0	2	ClassXII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of cricket in the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand the Prerequisites of preparation and training
4. Marking, construct and maintain Fields,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Conduct Tests (AAHPERD Youth Fitness Test, AAHPHER Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill tests – beep test, running between the wickets, different kinds of catches and Throw Evaluation of team performance) observe techniques, statistical techniques, and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I PERFORMANCE-RELATED ASSESSMENT (8 HOURS)

- 1.1 Evaluation of players' performance during matches
- 1.2 Video analysis of skills and techniques, the importance of a third umpire
- 1.3 Assessment of Prospective Opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

- 2.1 Prerequisites of preparation and training Theory of cricket training process
- 2.2 Lead-up games for beginners in cricket, Teaching of cricket skills - preparing a lesson plan
- 2.3 Development of motor components with specific reference to cricket, Specific training methods for different positions (slip catching, close fielding, fast bowling)
- 2.4 Development of cricket-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

- 3.1 Selection of a team and conduct of a camp
- 3.2 Short-term and long-term planning Playfield technology - planning, construction and maintenance of the cricket field
- 3.3 Conduct of a Tournament, short-term and long-term planning for the organization of a competition
- 3.4 Report writing, photography, analysis and commentary

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana Motor Fitness Test
- 4.2 Skill tests – beep test, running between the wickets, different kinds of catches and throw
- 4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

PRACTICALS (60 HOURS)

- 1. General & specific warming-up
- 2. Training means for development of different components of physical & motor fitness
 - (a) Speed
 - (b) Strength
 - (c) Endurance
 - (d) Flexibility
 - (e) Coordination
 - (f) Core stability
 - (g) Agility
- 3. Game officiating
- 4. Advancement of different techniques, organizing intramurals in the institution, organizing camping, scouting & giving commentary, coaching lesson-5 (five) Internal lessons.

SUGGESTED READINGS

1. Jain, R., (2003) Play and Learn Cricket, New Delhi: K.S.K.,
2. Kutty, S. K., (2003) Fielding Drills in Cricket, New Delhi: K.S.K.,
3. Rachna, (2002) Coaching Successfully: Cricket, Delhi: Sports,.
4. Rachna, Jain, (2005) Play & Learn Cricket, Khel Sahitya Kendra,.
5. Sharma, Prahlad, (2003) Cricket, Jaipur: Shyam Prakashan,.
6. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
7. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
8. Hobbs, J. (2008). The Game of Cricket As it should be played. Jepson Press, USA.
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (v):FOOTBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)-301 (v): FOOTBALL	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Football in the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintain Fields,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Organize Competitions
8. Train motor components through technical preparation
9. Conduct Tests (AAHPERD Youth Fitness Test, Fleishman Physical Fitness test, Indiana motor Fitness Test Skill tests – McDonald test, Mitchell – SAI Football Test.
10. Evaluate of team performance Observe techniques, statistical techniques, and scouting charts.

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 1.1 Rules and Regulations in Football
- 1.2 Officiating- Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents
- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring

UNIT-II PREPARATION AND TRAINING (8 HOURS)

- 2.1 Basic skills and techniques
 - Preparation, pre-contact movement, contact

- Teaching Progression
- Coaching points
- Tactical application
- Drills for skill - development (any five)

2.2 The field defense – general characteristics, teaching progression, and coaching tips, position-specific and other defense drills, Lead - up games for beginners in football, Teaching football skill - preparing a lesson plan

2.3 Development of motor components with specific reference to football, Specific training methods for different positions

2.4 Development of football-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

3.1 Organization-Selection of a team and conduct of a camp

3.2 Playfield technology - planning, construction, and maintenance of football field

3.3 Conduct of a tournament.

3.4 Short-term and long-term planning for the organization of a competition, Report writing.

3.5 photography, analysis, and commentary

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

4.1 Fitness tests - AAHPERD Youth Fitness Test, Fleishman Physical Fitness Test, Indiana motor Fitness Test

4.2 Skill tests – McDonald test, Mitchell – SAI Football Test.

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

PRACTICAL SYLLABUS (60 HOURS)

Advanced movements with the ball

1. Kicking – basic action, requirement, classification and types of kicking
2. Receiving – with the feet, legs, inside the foot, outside and sole, thigh, stomach, abdomen and chest
3. Heading – types of heading, surface of impact, proper movements
4. Dribbling and shooting– types of skills
5. Goal keeping – receiving the ball on the floor and in the air, diving skills, punching the ball
6. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
7. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two center forward
8. Refining of skills

- Kicking
- Receiving
- Heading
- Dribbling
- Tackling
- Goalkeeping

9 Taking advantage of offside rule - attack and defense

10 Match officiating

- Referee
- Linesmen
- Table officials
- Play field preparation guide/organizer

SUGGESTED READINGS

1. N. Kumar, (2003) Play and Learn Football, New Delhi: K.S.K.,.
2. Sharma, O.P.,(2 001) Teaching and Coaching –Football, Delhi: Khel S.K.,.
3. Thani, Yograj, (2002) Coaching Successfully Football, New Delhi: K.S.K.,.
4. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer MatchAnalysis: A Systematic Approach to Improving Performance. Routledge Publishers,USA.
5. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.Developing Strength, Speed and Endurance. Routledge Publisher, USA.
6. Reilly, T., and J.C.D. Arau (2008). Science and Football V: The Proceedings of the5th World Congress on Sports Science and Football, Volume 5.
7. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (vi): GYMNASTICS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (If any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)-301 (vi): GYMNASTICS	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Gymnastics on the ground and have a command of the basic and advanced rules and regulations and conduct a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing, and maintain court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Support techniques and their methods of Security
11. Understand Rhythmic gymnastics and Trampoline gymnastics

THEORY SYLLABUS (30 HOURS)

UNIT-I PRE-REQUISITES OF A GOOD GYMNASTICS COACH AND A GOOD GYMNAST (8 HOURS)

- 1.1 Gymnastics coach
 - a. Qualifications, qualities, and abilities
 - b. Personality profiles of a gymnastics coach

1.2 Gymnast

- a. Anthropometrical demands (physique, body composition, somatotypes of men and women gymnasts)
- b. Conditional and coordinative abilities
- c. Psycho-social abilities

1.3 Knowing gymnastics terminology

- a. Methods of naming various gymnastics terms
- b. Names and definitions of some basic positions and movements
- c. Principles of teaching, coaching and training of gymnastics movements on apparatus

UNIT-II DEVELOPMENT, MEASUREMENT, AND EVALUATION OF motor ABILITIES (8 HOURS)

2.1 Role of various motor abilities in gymnastics

2.2 Means and methods of developing general motor abilities and their evaluation

2.3 Means and methods of developing specific motor abilities and their evaluation

2.4 Schedule of Training and Planning For Competition - Training schedules

- Daily schedules
- Weekly schedules
- Monthly schedules

2.5 Planning for Competition

- Meaning and concept
- Preparation for the competition schedule
- Order of events
- Sequence of gymnast

UNIT-III SAFETY MEASURES IN GYMNASTICS (7 HOURS)

3.1 Supporting techniques and their methods

3.2 Security – means and methods

3.3 Self-security methods

3.4 Causes, prevention, and remedies of injuries in gymnastics

UNIT-IV THEORY OF VARIOUS FORMS OF GYMNASTICS (7 HOURS)

4.1 Rhythmic gymnastics: (i) basic exercises (throw, catch, jumps, turns, waves & balance); and (ii) a combination

4.2 Physical fitness in gymnastics: (i) through free hand exercises; (ii) through apparatus i.e., medicine ball, skipping rope, wall bars, gymnastics bench, free weights, dumbbells, multi gym, rope climbing, modern fitness equipment (treadmill, elliptical upright and recumbent bikes etc.)

4.3 Trampoline gymnastics: (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small

trampoline

PRACTICALS (60 HOURS)

1. Rhythmic gymnastics: (i) basic exercises (throw, catch, jumps, turns, waves & balance); and (ii) combination
2. Physical fitness in gymnastics: (i) Free hand exercises; (ii) Use of apparatus - Medicine ball, skipping rope, wall bars, gymnastics bench, free weights, dumbbells, multi gym, rope climbing, modern fitness equipment (treadmill, elliptical upright and recumbent bikes, etc.)
3. Trampoline gymnastics: (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline
4. Visit to the gymnastics centre

SUGGESTED READINGS

1. Code of Points Trampoline Gymnastics, Federation Int. De Gymnastics, 2005.
2. Federation Internationale Gymnastics, Federation Int. De Gymnastics, 2006.
3. Jain, R., (2005) Play and Learn Gymnastics, Khel Sahitya Kendra,.
4. Jain, R., (2003) Play and Learn Gymnastics, New Delhi: Khel Sahitya Kendra,.
5. Brown (2009). How to Improve at Gymnastics. Crab tree Publishing Co., USA.
6. Stick land, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
7. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (vii):HANDBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of The course (if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-3 (4)-301 (vii): HANDBALL	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Handball on the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, construct and maintain handball court,
5. Officiate and Coach with understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Conduct Tests (AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill tests – Cornish Handball Test
11. Evaluate of team performance-observes techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 1.1 Latest rules and their Interpretations
- 1.2 Match Analysis-Evaluation of players' performance during matches, Video analysis of skills and techniques,
- 1.3 Assessment of Prospective Opponents.

1.4 Duties and responsibilities of officials

1.5 Mechanism of officiating and scoring

UNIT-II PREPARATION AND TRAINING (8 HOURS)

2.1 Prerequisites of preparation and training

- Theory of handball training process

2.2 Basic Skills And Techniques

- Catching – chest level, head and reaching height, side, below waist, one hand, in air
- Passing – straight shoot pass (with and without blocking), underhand, wrist, push and bounce
- Shooting (throw on goal) - straight shot with variation, jump shot with variation, jump shot long (near shot zone)
- Jump shot (long shot zone), penalty shot (7 m.), jump fall shot, side straight
- shot, back flick, lob
- Dribbling – high and low
- Feints – a system of feints, play round and off, offensive and defensive
- Goalkeeper
- Preparation, pre-contact movement, contact
- Teaching Progression
- Coaching points
- Tactical application
- Drills for skill development (Any Five)

2.3 The Court Defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - games for beginners in handball, Teaching of handball skills - preparing a lesson plan.

2.4 Development of motor components with specific reference to handball, Specific training methods for different positions

2.5 Development of handball-specific fitness components

UNIT-III ORGANIZATION (8 HOURS)

3.1 Selection of a team and conduct of a camp.

3.2 Playfield technology planning, construction and maintenance of the handball court,

3.3 Conduct of a tournament,

3.4 Short-term and long-term planning for organization of a competition,

3.5 Report writing, photography, analysis, and commentary

UNIT-IV MEASUREMENT AND EVALUATION (8 HOURS)

4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related

Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana motor Fitness Test

4.2 Skill tests – Cornish Handball Test

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting Charts

PRACTICALSYLLABUS (60 HOURS)

1. Learning and demonstrating various skills/ techniques of sports.
2. Learning to demonstrate various drills for perfecting a skill
3. Learning and demonstrating to complete the process of scoring/judgment.

SUGGESTED READINGS

1. Jain, D., Play & Learn Handball, New Delhi, Khel Sahitya Kendra, 2003.
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. Surhone, L.M. et.al, (2010). Team Handball. Betascript Publishing, USA
5. Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V
BSc-PE-DSE-3 (4)-301(viii):HOCKEY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)301(viii): HOCKEY	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Hockey on the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, construct and maintain Hockey court,
5. Officiate and Coach with understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Conducts Tests (AAHPERD Youth Fitness Test, AAHPER Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests – Schmitha's French Field Test, Freidel Field Test.
11. Evaluate of team performance- observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 1.1 Latest rules, and their interpretations

- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring
- 1.4 Match Analysis-Evaluation of player performance during matches
- 1.5 Video - analysis of skills and techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

- 2.1 Prerequisites of preparation and training
- 2.2 Basic skills and techniques
 - Hitting
 - Passing
 - Dribbling
 - Scoop
 - Bully
 - Grip
 - Flicking
 - Goalkeeping
 - ☐ Preparation, pre-contact movement, contact
 - ☐ Teaching Progression
 - ☐ Coaching Points
 - ☐ Tactical application
 - ☐ Drills for skill development (any five)
- 2.3 The Field Defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - up games for beginners, Teaching of hockey skill - preparing a lesson plan.
- 2.4 Development of motor components with specific reference to hockey, Specific training methods for different positions
- 2.5 Development of hockey-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

- 3.1 Organization-Selection of a team and conduct of a camp,
- 3.2 Playfield technology - planning, construction, and maintenance of a hockey field,
- 3.3 Conduct of a tournament,
- 3.4 Short-term and long-term - planning for the content of a competition,
- 3.5 Report writing, photography, analysis, and commentary

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana Motor Fitness Test
- 4.2 Skill Tests – Schmidthal’s French Field Test, Freidel Field Test.
- 4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

PRACTICALSYLLABUS (60 HOURS)

1. Techniques of Fundamental Skills
2. Beating an opponent or dodging
3. Ball passing and tackling
4. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
5. Attacking tactics – Creating Gaps, mobility
6. Refining of skills
7. Goal - keeping
8. Match officiating: Umpire signals
9. Playfield Marking

SUGGESTED READINGS

- Umpires. India, International Hockey Federation, 2003.
- Jain, D.,(2003) Hockey Skills & Rules New Delhi, khel Sahitya Kendra,.
- Narang, P., (2003) Play & Learn Hockey, Khel Sahitya Kendra, New Delhi,
- Thani Yograj., Coaching Successfully Hockey, Delhi, Sports Publication, 2002.
- Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
- Pecknold, R. and Foeste, A. (2009). Hockey: Essential Skills. McGraw Hills, USA.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (ix):JUDO

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-3 (4)-301 (ix): JUDO	4	2	0	2	ClassXII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Judo and will have a command on the basic and advance rules and regulations of Judo and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintain Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct Tests (AAHPERD Youth Fitness Test, AAHPHER Health Related Fitness Test, National Physical Efficiency Test, Indiana Motor Fitness Test)
15. Observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR JUDO (8 HOURS)

- 1.1 Required motor abilities
- 1.2 Technical preparation and grading system
- 1.3 Competition area, equipment, etc.
- 1.4 Physical, physiological and psychological preparation
- 1.5 Officiating and Coaching-Qualifications, qualities and Responsibilities of a Coach,
philosophy of coaching, Qualifications and responsibilities/functions of technical officials,

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS AND SAFETY MEASURES (8 HOURS)

- 2.1 Systematizing training process for players – warming up, cooling-down, supplementary exercises, basic skills, weight training, circuit-training
- 2.2 Training for beginners, Training for intermediate players, Training for high performers
- 2.3 Prevention of injuries Causes and remedies of injuries in judo and safety measures

UNIT-III DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 3.1 Meaning, definition, classification, and components of nutrition
- 3.2 Energy requirements of Judokas
- 3.3 Nutritional guidelines for Judokas: pre-, during, and post competition phases

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical

Efficiency

Test, Indiana Motor Fitness Test

1.2 Skill/Playing Ability Tests for judo players –

PRACTICAL (60 HOURS)

1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
2. Demonstration of judo techniques
3. Variations and combination of judo techniques
4. Training in fundamentals of judo
5. Visit to a Judo Centre
6. Planning for competitions
7. Organization of a competition/seminar/workshop/clinic

SUGGESTED READINGS

1. Harrison, E.J.,(2002) Coaching Successfully Judo, Delhi: Sports,.
2. Jain, D., (2003) Play and Learn Judo, New Delhi: Khel Sahitya Kendra,.
3. Putin, V, Shestakov, V. ad evitsky, A.(2004). Judo: History, Theory and Practice. Blue Snake Books, Moscow.
4. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V
BSc-PE-DSE-3 (4)-301 (x):KABADDI

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-3 (4)-301 (x): KABADDI	4	2	0	2	Class XII pass	NIL

Learning Objective:-The students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel. The learner will be able to use the knowledge of Kabaddi in the court and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintaining Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I Skill, Tactics & Technical Aspects (8 HOURS)

- Advance defensive skills in kabaddi
- Advance offensive skills in kabaddi
 - Concept of tactics and strategy
 - Offensive and defensive tactics in kabaddi

UNIT-II Performance Dimensions (8 HOURS)

- Anatomical Consideration in a kabaddi.
- Physiological basis to performance in a kabaddi.
- Bio-mechanical analysis of skills/techniques.
- Psychological concept in kabaddi.
- Sociological concept in kabaddi.

UNIT-III Athlete Care & Rehabilitation in Kabaddi (7 HOURS)

- Preventive and safety measures in kabaddi
- Sports injuries in kabaddi
- P.R.I.C.E. Injury Treatment Principle
- Rehabilitation Methods

UNIT-IV Organization & Officials (7 HOURS)

- Selection & conduct of coaching Camps
- Officials' Qualification, duties & Knowledge of Score sheet
- Organization of a Kabaddi tournament
- Report Writing on the Kabaddi Tournament.

Practical Syllabus (60 HOURS)

1. Skills & its developing exercises (Drills)
2. Officiating in a Kabaddi Match

3. Scoring in a Kabaddi Match

4. Demonstration and practice of Tactical Pattern

SUGGESTED READINGS

1. Kumar, Dharmander. (2018). Kabaddi and It's Playing Techniques. Writers Choice, New Delhi.
2. Kumar, Dharmander. (2023). Kabaddi Dynamics: Skill, Technics, Tactics & Science, Khel Sahitya Kendra, New Delhi.
3. Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
4. Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.
5. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V

BSc-PE-DSE-3 (4)-301(xi):KHO-KHO

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)-301(xi): KHO-KHO	4	2	0	2	Class XII passes	NIL

Learning Outcome: - The learner will be able to use the knowledge of Kho-Kho in the court and will have a command on the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, construct and maintain Field/court,
5. Officiate and Coach with understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high performance sportspersons)
8. Apply Safety measures and prevent of injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition, Energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct Tests (AAHPERD Youth Fitness Test, AAHPHED Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests.
15. Evaluation of team performance- observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

2.1 Latest Rules, and their Interpretations

2.2 Match analysis- Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

2.1 Prerequisites of preparation and training

- o Theory of Kho-kho Training Process

2.2 Basic skills and techniques

- o Running – chain game - single chain, double chain 3-3-2

- o Feint

- o Dosing

- o Oval

- o Chasing – pole dive – sitting, running, fake, and pole dive

- o Sitting and block

- o Dive – air dive, sitting dive, flat dive

2.3 Preparation, pre-contact movement, contact, Teaching progression, Coaching points, Tactical application, Drills for skill development (any five), The court defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - up games for beginners in Kho-kho, Teaching of Kho-kho skill - preparing a lesson plan

2.4 Development of motor components with specific reference to Kho-kho, Specific training methods for different positions

2.5 Development of Kho-kho-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

3.1 Organization and Constitution of KKFI and Affiliated Units, Organization- Selection of a team and conduct of a camp,

3.2 Playfield technology planning, construction and maintenance of Kho-Kho Court,

3.3 Conduct of a tournament,

3.4 Short-term and long-term planning for the organization of a competition,

3.5 Report writing, photography, analysis and commentary

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests - AAHPERD Youth Fitness Test, Barrow General Motor Ability Test.
- 4.2 Skill tests
- 4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

Practical (60 HOURS)

- 1. Skills & its developing exercises (Drills)
- 2. Officiating in a Kho-kho Match
- 3. Scoring in a Kho-kho Match
- 4. Demonstration and practice of Tactical Pattern
- 5. Measurement of Sport-specific skill tests

SUGGESTED READING

- 1. Chakrabarty, G., Kho - Kho Aveloken, Delhi, Khel Sahitya Kendra, 2002.
- 2. Panday, L., Kho - Kho Sarvaswa, New Delhi Metropolitan, 1982.
- 3. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- 4. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

Semester-V
BSc-PE-DSE-3 (4)-301(xii):VOLLEYBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)-301(xii): VOLLEYBALL	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Volleyball in the court and will have a command on the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand the Prerequisites of preparation and training
4. Marking, constructing, and maintain Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct Tests (AAHPERD Youth Fitness Test, Indiana Motor Fitness Test, Philips JCR Test Skill Tests – AAHPERD, Russell-Lange, Brady's Volleyball Test
15. Evaluation of team performance- observes techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 1.1 Latest rules, and their interpretations
- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring
- 1.4 Match analysis- Evaluation of player's performance during matches, Video analysis of skills and techniques,
- 1.5 Assessment of Prospective Opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

- 2.1 Prerequisites of preparation and training
 - Theory of volleyball training process
 - General and specific warming up and cooling down (specific exercises for volleyball)
 - Principles of warming up and cooling down and their effects
- 2.2 Basic skills and techniques
 - o The serve – underhand, tennis, jump and serve overhead float
 - o Forearm passing
 - o Overhead Passing
 - o Spiking/attack
 - o Blocking
 - Preparation, pre-contact movement, contact
 - Teaching progression
 - Coaching points
 - Tactical application
 - Drills for skill development (any five)
- 2.3 The court defense – general characteristics, teaching progression, and coaching tips, position-specific and other defense drills, Lead - games for beginners in volleyball, Teaching volleyball skill - preparing a lesson plan
- 2.4 Development of motor components with specific reference to volleyball, Specific training methods for different positions
- 2.5 Development of volleyball-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

- 3.1 Organization- Selection of a team and conduct of a camp,
- 3.2 Playfield technology - planning, construction, and maintenance of the Volleyball

court

3.3 Conduct of a tournament,

3.4 Short-term and long-term planning for the organization of a competition,

3.5 Report writing, photography, analysis, and commentary

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

4.1 Fitness tests - AAHPERD Youth Fitness Test, Indiana motor Fitness Test, Philips JCR Test

4.2 Skill Tests – AAHPERD, Russell-Lange, Brady's Volleyball Test

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts.

Practical Syllabus (60 HOURS)

1.Skills & its developing exercises (Drills)

2.Officiating in a Volleyball Match

3.Scoring in a Volleyball Match

4.Demonstration and practice of Tactical Pattern

5. Sport-specific skill tests

SUGGESTED READING

- The National Alliance for Youth. Sports (2009). Coaching Volleyball For Dummies Publishers, USA.
- Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, USA.
- Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
- Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

Semester-V
BSc-PE-DSE-3 (4)-301(xiii):YOGA

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B Sc-PE-DSE- 3(4) – 301 (xii): YOGA	4	2	0	2	Class XII pass	NIL

Learning objective: - The learner will be able to use the knowledge of Yoga in real life and will have a command on the basic and advanced rules and regulations of Yoga and conduct a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Understand yoga its limitations and misconceptions
2. Identify the importance of yoga in education and other fields Rules and regulations for yoga championships: State, national, international, SGFI, AIU.
3. Understand the Pre-Vedic and Vedic period
4. Organize -Select teams and conduct camps
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Identify classification and components of nutrition and energy requirements in specified events

THEORY SYLLABUS (30 HOURS)

UNIT-I YOGA EDUCATION: (8 HOURS)

- 1.1 Meaning, definition, and scope of yoga, limitations and misconceptions, the importance of yoga in education and other fields
- 1.2 Pre-vedic and Vedic period; upanishad, sutra period, patanjali yoga sutra; hatha yoga tantra

UNIT-II RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 2.1 Rules and regulations for yoga championships: State, national, international, SGFI, AIU.
- 2.2 Officiating and coaching - 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 ORGANIZATION OF YOGA COMPETITION: (7 HOURS)

- 3.1 Structure and organization of yoga competition
- 3.2 Preparation, execution, and closing of the competition
- 3.3 Protocols and Ceremonies

UNIT-IV NUTRITION IN YOGA (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition, nutrients
- 4.2 Yogic diet
- 4.3 PRATHYARA, VEGETARIAN DIET

PRACTICALS (60 HOURS)

- 1. Visit to yoga center
- 2. Planning for a Yoga competition
- 3. Organization of a Yoga competition
- 4. Project on research in Yoga
- 5. Officiating in Yoga competitions

SUGGESTED READINGS

- 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
- Sharma J. P. (2007). Manav Jeevan evam yoga. Friends Publication. New Delhi.
- Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi

- Mukerji, A.P. (2010). The Doctrine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis: The Complete Guide. W.W. Norton & Company, USA.

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

Semester V
BSc-PE-DSE-3 (4)-301 (xiv): SWIMMING

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)-301 (xiv): SWIMMING	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use swimming knowledge and have a command of the basic and advanced skills and will have knowledge of rules and regulations for competitions and conducting competition.

Learning Outcomes: After completing the course, the students will be able to:

1. Set pool profile for competitions
2. Officiate and Coach with an understanding of Duties/responsibilities
3. Identifies Protocols of referees, judges. Roles of sports psychologists, sports physiotherapists, and fitness trainers
4. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
5. Apply Safety measures and prevent injuries
6. Manage injuries' Causes
7. Rehabilitate and massage athletes
8. Organize Competitions
9. Identify classification and components of nutrition and energy requirements of athletes in specified events
10. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR SWIMMING (8 HOURS)

- 1.1 Training of motor components required in the game of swimming
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of swimming pools, equipment etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of

technical officials, Protocols of referees, judges

1.6 Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

2.1 Systematizing training process for swimming players – general warming-up, specific warming-up and cooling-down

2.2 Supplementary exercises, basic skills in swimming

2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.

2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION (7 HOURS)

3.1 Planning for the Competition

3.2 Selection of men, material and management

3.3 Concluding the competition – submission of accounts, preparing a report

3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

4.1 Meaning, definition, classification, and components of nutrition

4.2 Energy requirements of swimmers

4.3 Nutritional requirements of swimming players: pre-, during, and post-competition phases

PRACTICALS (60 HOURS)

1. Demonstration of skills

2. Training for advanced skills for competitions

3. Shadow practice and pressure training, planning for competition,

4, Organization of competition/seminar/workshop.

SUGGESTED READINGS

1. David J., Mathur M. (1994). “How to learn swimming in 30 days” UBS Publishers, New Delhi, India.
2. Jain. R. (2003). “Play and Learn Swimming” Khel Sahitya Kendra, New Delhi, India

3. Jain. D. (2003). "Swimming Skills & Rules" Khel Sahitya Kendra, New Delhi, India
4. Hardy, Colin (1987) "Handbook for the Teacher Of Swimming" Pelham books ltd., London (U.K)
5. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
6. Thomas, David G., (2005). "Swimming STEPS TO SUCCESS" Human Kinetics, U.S.A
7. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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

Semester-V
BSc-PE-DSE-3 (4)-301 (xv): WRESTLING

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-3 (4)-301 (xv): WRESTLING	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Wrestling and will have a command on the basic and advance rules and regulations of Wrestling and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintain Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct related physical fitness tests

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR WRESTLING (8 HOURS)

- 1.1 Required motor abilities for wrestlers
- 1.2 Technical preparation, Competition area, equipment, etc
- 1.3. Physical, physiological and psychological preparation
- 1.4 Officiating and Coaching-Qualifications, qualities and Responsibilities of a Coach, philosophy of coaching,
- 1.5 Qualifications and responsibilities/functions of technical officials

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS AND SAFETY MEASURES (8 HOURS)

- 2.1 Systematizing training process for players – warming up, cooling-down, supplementary exercises, basic skills in Wrestling
- 2.2 Training for beginners, Training for intermediate players, Training for high performers
- 2.3 Prevention of injuries Causes and remedies of injuries in Wrestling and safety measures

UNIT-III DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 3.1 Meaning, definition, classification, and components of nutrition
- 3.2 Energy requirements of Wrestlers
- 3.3 Nutritional guidelines for Judokas: pre-, during, and post competition phases

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests for Wrestlers
- 4.2 Skill/Playing Ability Tests for Wrestling players

PRACTICAL (60 HOURS)

- 1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
- 2. Demonstration of Wrestling techniques
- 3. Training in fundamentals of Wrestling
- 4. Visit to a Wrestling Centre
- 5. Planning for competitions
- 6. Organization of a competition/seminar/workshop/clinic

SUGGESTED READINGS

1. Gable, D. (1999) "Coaching Wrestling Successfully" Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) "Teaching & Coaching Wrestling A Scientific Approach" John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) "Play & Learn Wrestling" Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) "Coaching Successfully Wrestling" Sports Publication, Delhi.
5. Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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Semester V

BSc-PE-DSE-3 (4)-301 (xvi): TABLE TENNIS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)-301 (xvi): TABLE TENNIS	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use Table Tennis knowledge on the ground and have a command of the basic and advanced rules and regulations and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Marking, constructing and maintaining Table Tennis Court
2. Officiate and Coach with an understanding of Duties/responsibilities
3. Identifies Protocols of referees, judges, Roles of sports psychologists, sports physiotherapists, and fitness trainers
4. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
5. Apply Safety measures and prevent injuries
6. Manage injuries' Causes
7. Rehabilitate and massage athletes
8. Organize Competitions
9. Identify classification and components of nutrition and energy requirements of athletes in specified events
10. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR TABLE TENNIS (8 HOURS)

- 1.1 Training of motor components
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of Table Tennis court, equipment etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of

- technical officials, Protocols of referees, judges,
- 1.6 Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

- 2.1 Systematizing training process for Table Tennis players – general warming-up, specific warming-up and cooling-down
- 2.2 Supplementary exercises, basic skills in Table Tennis game
- 2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.
- 2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION (7 HOURS)

- 3.1 Planning for the Competition
- 3.2 Selection of men, material and management
- 3.3 Concluding the competition – submission of accounts, preparing a report
- 3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of badminton players
- 4.3 Nutritional requirements of badminton players: pre-, during, and post-competition phases

PRACTICALS (60 HOURS)

1. Demonstration of skills
2. Training for footwork
3. Shadow practice and pressure training, planning for competition, organization of competition/seminar/workshop.

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Jain D. (2001) “ Teaching& Coaching Table Tennis” Khel Sahitya Kendra, Delhi.

3. Burn B. (1979) “ The Science of Table Tennis” S. Chand & Company ltd., N. Delhi.
4. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
5. Jain D. (2003) “Table Tennis skills & Rules” Khel Sahitya Kendra, N. Delhi.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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SEMESTER-V

BSc-PE-DSE-3(4)-302: SPORTS JOURNALISM

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)-302: SPORTS JOURNALISM	4	3	0	1	Class XII pass	NIL

Learning Objective: - the students will learn to apply knowledge of sports journalism and research in sports and Physical Education.

Learning Outcomes: After completing the course, the students will be able to:

- Understand changing trends of journalism in sports.
- Identifies the Role of journalism in sports promotion & Vice – versa
- Understand Historical development & role of print and electronic media in sports promotion
- Understand the Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals
- Identifies various sports organizations and agencies
- Understand the Theory and principles of advertising in sports, Public relations in sports, press releases, conferences Public relations media
- Understands aspects of journalism by practicing the art on platforms like local tournaments and during sports meets.

THEORY SYLLABUS (45 HOURS)

UNIT-I INTRODUCTION & WRITING SKILLS (12 Hrs)

- 1.1 Meaning and scope of journalism in sports.
- 1.2 Role of journalism in sports promotion & Vice – versa
- 1.3 Historical development & role of print and electronic media in sports promotion,
- 1.4 Media, ethics and responsibilities of journalist & editor (social, legal, and professional)
- 1.5 Fundamentals of a sports story/ news, Language used

UNIT-II ORGANIZATIONAL AND PRESENTATION SKILLS FOR MEDIA (12 Hrs)

2.1 The organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals.

2.2 Introduction of various sports organizations and agencies- Olympic Games, Asian Games ,Commonwealth Games, awards, and trophies.

2.3 New types- Write-ups: feature, follow-ups, advance story, curtain raiser, flashback, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports

2.4 Development and maintenance of sports / personal library Statistics, records, and computers in sports.

UNIT-III EXTENDED RELEVANT DIMENSIONS (11 Hrs)

3.1 Theory and principles of advertising in sports, Public relations in sports, press releases, conferences

3.2 Public Relations Media – advertising, press releases, conferences, exhibitions, fairs, street drama, public speaking, radio, television, newspapers, films, posters, pictures, graphics, Sports photo features, and writing captions of photos.

UNIT-IV JOURNALISM AND SPORTS (10 Hrs)

4.1 Introduction to photojournalism about sports. Process of newspaper publishing and management

4.2 Olympics and Sports Journalism. Research tools for developing a sports story

4.3 Introduction to various types of information technology. Satellite communication: use of satellite in radio and T.V. communication for sports information.

PRACTICAL: 30 Hours

1. Reporting of sports event
2. Review of sports articles
3. Sports Photography
4. Article writing

SUGGESTED READINGS:

1. Aamidor A (2003).Real Sports Reporting. Indiana University Press.Valparaiso. Indiana. U.S.A.

2. Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi.
3. Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
4. Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.

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

SEMESTER-V

BSc-PE-DSE-3(4)-303: Sports Facility Planning and Management

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of The course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)-303: Sports Facility Planning and Management	4	3	0	1	Class XII pass	NIL

Learning Objectives: To acquaint the students with the management of various sports facilities planning and related Legislation

Learning Outcomes: The Learner will able to:

1. Learn the facility management and its assessment
2. Understand indoor and outdoor facility management in conjunction with facility maintenance and supervision.
3. Develop to know the concept of supply & Maintenance of Equipment.
4. Able to understand the fundamental concepts regarding Logistics management.

THEORY SYLLABUS- (45 HOURS)

UNIT -1 HISTORY (10 Hours)

- 1.1 Modern Era of Stadium
- 1.2 Technology in the Stadium
- 1.3 Types of Public Assembly – Arenas, facilities, convention centers, stadium, University venues, local/civic venues.

UNIT – II FACILITY PLANNING (10 Hours)

- 2.1 Meaning and concept of facility management
- 2.2 Planning the facility
- 2.3 Health and legal considerations in facility planning
- 2.4 Assessment of Facility Management

UNIT – III FACILITY MANAGEMENT (10 Hours)

3.1 Indoor facilities management – Site selection, Indoor surfaces, Walls, Ceilings, Doors, Windows, Acoustics, Service areas, Lighting & Air quality control.

3.2 Outdoor facility management – Site selection and Development, Natural surface, Synthetic surface, Fencing & Seating plan.

3.3 Facility maintenance.

3.4 Facility Supervision& Security.

UNIT – IV FACILITY FINANCING AND LOGISTICS MANAGEMENT (15 Hours)

4.1 Facility Financing Mechanism, why do cities subsidize sports facilities?

4.2 Facility marketing – Marketing and Promotion & Facility Revenues & Expenses

4.3 Career Opportunities-Marketing Director & Public Relations/Communication Director

4.4 Meaning and Concept of Logistics Management

4.5 Planning the Competition Venue

4.6 Venue operation and crowd safety

4.7 Selection and Training of Workforce

PRACTICAL SYLLABUS - 30 HOURS

1. Visit Indoor and Outdoor Sports facilities and prepare a detailed report.
2. Event Planning and Execution (Provide hands-on Experience in planning and organizing Sports Events, covering logistics, security & crowd management.
3. Budgeting and Financial Management (Guide students, through creating a budget for sports facilities considering operation costs, maintenance, and potential revenue streams.
4. Technology Integration (Explore the use of technology for efficient facility management)
5. Contract Negotiation and Vendor Management (Teach negotiation skills and vendor management techniques essential for securing services and resources for sports facilities.

SUGGESTED READINGS

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach.
2. New York: Prentice hall Inc. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme.
3. St. Louis: The C.V. Mosby Co. Kozman, H.C. Cassidy, R. & Jackson, C. (1960).
4. Methods in Physical Education. London: W.B. Saunders Co. Pandey, L.K. (1977).
5. Methods in Physical Education. Delhi: Metropolitan Book Depot. 2 years B.P.Ed Curriculum | 27 Sharma, V.M. & Tiwari, R.H.: (1979).
6. Teaching Methods in Physical Education. Amaravati: Shakti Publication. Thomas, J. P. (1967).
7. Organization & administration of Physical Education. Madras: Gyanodayal Press. Tirunaryanan, C. & Hariharan, S. (1969).
8. Methods in Physical Education. Karaikudi: South India Press. Voltmer, E. F. & Esslinger, A. A. (1979).
9. The organization and administration of Physical Education. New York: Prentice Hall Inc.

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

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UGCFC: B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS
(HONS.) NEP-2020

B.Sc (PE, HE & S) Hons.

SEMESTER	COURSE	CONTENT /CREDITS *
VI	Discipline Specific Course (DSC)	DSC -16 (4): Fundamental of Sports Training DSC -17 (4): Test, Measurement & Evaluation in Sports DSC -18(4): Fitness and Wellness Management
	Discipline Specific Elective (DSE)	CHOOSE ONE FROM POOL OF COURSES DSE -4(4) -401: Game of Specialization –I* (Teaching and Coaching) (Game to continue from Sem V) DSE -4(4) -402: Research Methods in Physical Education and Sports DSE-4(4)-403: Sports Field Technology
	Generic Elective (GE)	Choose one from a pool of courses (of other Departments) GE-6 (4)
	Ability Enhancement Course (AEC)	NONE
	Skill Enhancement Course (SEC) OR Internship/Apprenticeship/Project (2)	Choose one SEC or Internship/ Apprenticeship/ Project/ Community Outreach (2)
	Value Addition Course (VAC)	NONE
		Total Credits= 22

* (FIGURE IN BRACKETS DENOTE CREDITS)

SEMESTER VI

SEMESTER VI
BSc-PE-DSC-16(4): FUNDAMENTALS OF SPORTS TRAINING

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-16(4): FUNDAMENTALS OF SPORTS TRAINING	4	3	0	1	Class XII pass	Nil

Learning Objective: - Students will acquire the knowledge (theoretical and practical) and importance of Test measurement and evaluation in physical education and Sports.

Learning Outcomes: After completing the course, the students will be able to:

1. Assess fitness in Sports & exercise.
2. Understand Tests, Measurement, and evaluation and their importance in the field of physical education
3. Construct Tests
4. Understand Physical fitness testing
5. Understand the Anthropometric Measurements
6. Administer Senior Fitness Test

THEORY SYLLABUS: (45 HOURS)

UNIT-I INTRODUCTION TO SPORTS TRAINING (10 HOURS)

- 1.1 Importance, definition, Aim, and objectives of Sports Training
- 1.2 Characteristics and Principles of Sports Training
- 1.3 Training, Load, Adaptation, and Recovery: Concept of Load & Adaptation and Factors Affecting Load & adaptation.

UNIT-II MOTOR ABILITIES (10 HOURS)

- **STRENGTH:** Types of strength (maximum strength; explosive strength, Relative Strength and Strength endurance ,etc.) & Determining Factors affecting strength performance and methods of strength training.
- **ENDURANCE:** Definition and significance of endurance, forms of endurance, and Methods to develop endurance.
- **SPEED:** Definition, types of factors determining speed, Methods to develop

speed abilities.

- **FLEXIBILITY:** Definition ,Factors affecting flexibility; and Methods used to develop flexibility.

UNIT- III TECHNICAL PREPARATION, TACTICS AND PERIODIZATION (15 HOURS)

- Technical preparation: Definition and meaning of technique, skill, and style
Technique training & its implication in various phases;
- Tactics and its aim, Principal of Tactical Preparation.
- Periodization: Need & types of Periodization
- Competition: Preparation for competition, number & frequency, competition preparation.

UNIT-IV SPORTS TALENT IDENTIFICATION & DEVELOPMENT (S.T.I.D). (10 HOURS)

- Concept and definition of S.T.I.D.
- Aspects and contents of S.T.I.D.
- Modern trends of S.T.I.D.
- Indian and some foreign systems of S.T.I.D.

PRACTICAL TESTS

- To measure the five motor abilities- speed, strength, endurance, flexibility and coordinative abilities.
- Selected test for STID- Any two tests.

SUGGESTED READINGS

1. Baechle TR & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics.USA.
2. NewtonH (2006) Explosive lifting for sports. Human Kinetics.US.
3. Routhan,T (2018), Principles of Sports Training, Sports Publication, New Delhi.
4. Shaw,D(2021),Sports Training: General Theory and Methods of Sports Training and Exercise, Sports Publication, New Delhi.
5. Uppal,A.K(2018) Scientific Principle of Sports Training, Friends Publications, New Delhi.

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

SEMESTER-VI
BSc-PE-DSC 17(4): TEST MEASUREMENT AND EVALUATION IN SPORTS

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC 17(4): TEST MEASUREMENT AND EVALUATION IN SPORTS	4	3	0	1	Class XII pass	NIL

Learning Objectives: To impart knowledge and practices about the fitness components and Wellness and relation to health

Learning Outcomes: After completing the course, the students will be able to:

- Analyze and correlate the components of physical fitness, principles of physical fitness, and benefits of fitness programs.
- Analyze, correlate, and evaluate regarding fitness profile, development, and maintenance of the player including types of motor components, principles of physical fitness, and benefits of the fitness program.
- Identify, apply and correlate different aspects of wellness
- Describe different aspects of behavior modification regarding barriers to change
- Describe, apply, correlate, and measure different aspects of the daily schedule of achieving quality of life and wellness regarding daily schedule principles to achieve quality of life

THEORY SYLLABUS (45 HOURS)

UNIT-I (9 HOURS)

1.1 Introduction to Test, Measurement, and evaluation and its importance in the field of physical education

1.2 Test constructions:-

- a) General consideration
- b) Physical fitness/efficiency test

UNIT-II (10 HOURS)

- 2.1 Physical fitness testing: components of physical fitness (Health and Skill), importance of physical fitness assessment
- 2.2. Strength test: - Kraus Weber strength test
- 2.3 Cardio-respiratory Fitness test: 1 Mile Rockport Test
- 2.4 Muscular Endurance Test: Bent-Knee Sit Ups.
- 2.5 Flexibility test- Sit and reach test
- 2.6 Methods of Body Composition Assessment

UNIT-III (8 HOURS)

- 3.1 Anthropometric Measurements:
Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skinfold measurement (biceps, triceps, subscapular, and suprailiac)

UNIT – IV (9 HOURS)

- 4.1 Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test-SAI hockey Test
- 4.2 Administration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, eight foot up and go test for Agility, Six minute walk test

PRACTICAL SYLLABUS (30 HOURS)

1. Administration 1 Mile Rock Port Test
2. Administration of Fitness Tests
3. Measurement of sports skills included in theory course.

SUGGESTED READINGS

- Smith, D.C (2010), Test Measurement and Evaluation in Physical Education and Sports, Sports Education Technologies, New Delhi.
- Balyan Sunita (2006). Sharik Shikshamain Parikshan evmn maapan. Khel Sahitya. Delhi.
- Baumgartner T A Jackson A S Mahar M T and Rowe D A (2007). Measurement for Evaluation in Physical Education. The McGraw Hill Companies. Inc. New York. USA.
- Kansal DK (2012). A practical approach to Measurement Evaluation in Physical

Education & Sports Selection. Sports & Spiritual Science Publications, New Delhi.

- Miller David K (2006). Measurement by the Physical Educator: Why and How. McGraw-Hill. Boston,U.S.A.
- Sharma JP(2006).Test and measurements in physical education. khel sahitya. Delhi

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

SEMESTER-VI

BSc-PE-DSC-18 (4): FITNESS AND WELLNESS MANAGEMNET

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-18 (4): FITNESS AND WELLNESS MANAGEMNET	4	3	0	1	Class XII pass	NIL

Learning Objectives: To impart knowledge and practices about the fitness components and Wellness and relation to health

Learning Outcomes: After completing the course,

1. The student will understand to analyze and correlate the components of physical fitness, principles of physical fitness, and benefits of fitness programs.
2. The student will comprehend to analyze, correlate, and evaluate regarding fitness profile
3. The student will be able to identify, apply, and correlate different aspects of wellness.
4. The student will comprehend to describe different aspects of behavior modification
5. The student will be able to describe, apply, correlate, and measure different aspects of the daily schedule of achieving quality of life and wellness

THEORY SYLLABUS (45 HOURS)

UNIT-INTRODUCTION TO PHYSICAL FITNESS (10 HOURS)

(10

- 1.1 Concept and meaning of physical fitness
- 1.2 Components of physical fitness
- 1.3 Significance of Physical fitness in the present scenario.
- 1.4 Association of physical inactivity and diseases

UNIT-II PHYSICAL FITNESS –DEVELOPMENT AND MAINTENANCE (12HOURS)

- Benefits of a fitness program
- Elements of fitness program
- Principles and Methods to Develop and Maintain Components of Physical Fitness- Cardiovascular endurance, muscular endurance, strength, flexibility, and balance.
- Body composition-Definition and importance of body composition and ways to manage desired body composition.
- Assessments done before starting a fitness program

UNIT-III WELLNESS (12HOURS)

- 3.1 Definition, Benefits, and Dimensions of Wellness
- 3.2 Adopting a healthy & positive lifestyle in terms of physical activity, Healthy hygienic habits, nutrition for health and prevention of diseases, identifying stressors and management of stress, hazards of substance abuse (smoking, alcohol, tobacco, and drugs)
- 3.3 Importance of rest, sleep, and recreation in daily life

UNIT-IV BEHAVIOR MODIFICATION (11 HOURS)

- 4.1 Barriers to behavior change
- 4.2 Process of change and Stages of behavior change
- 4.3 SMART GOALS
- 4.4 Modifying Daily Schedule for Fitness and Wellness

PRACTICAL SYLLABUS (30 HOURS)

- Physical Fitness Assessment (Any one Method for each component)- cardio-vascular endurance, flexibility, muscular strength, muscular endurance, balance, and body composition.
- A day's scheduling for a healthy lifestyle for any one age group.

- Yogic Practices and Meditation techniques for Stress management

SUGGESTED READINGS:

- Sharkey,B (2011), Fitness Illustrated, Human Kinetics.
- Thompson,D.L&Howely,T,E(2012),FitnessProfessional'sHandbook,HumanKinetics,Champaign.
- Muller,J.P. (2003) ,Health Exercise and Fitness,Delhi:Sports.
- Thani,Lokesh, (2003) Rules of Game and Games and Fitness,Delhi:Sports,.

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

SEMESTER VI DSE (Choose one from a pool of courses)

**BSc-PE-DSE-4 (4): Game of Specialization-I - Teaching and Coaching
(GAME TO BE CONTINUED FROM SEM V)**

**SEMESTER VI
GAME OF SPECIALIZATION-I -TEACHING AND COACHING
BSc-PE-DSE-4 (4)-401(i): ATHLETICS**

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Game of Specialization-I - Teaching and Coaching BSc-PE-DSE-5 (4)- 401(i):ATHLETICS	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of athletics on the track and will have a command of the basic and advanced rules and regulations of marking the track and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

- Officiate and coach athletics
- Identifies the Importance and principles of officiating in athletics, Relation of official and coach with management, players, and spectators
- Understands the Role of the Coach as a Mentor and duties of a coach in general, pre-, during, and postgame
- Understand the Philosophy of Coaching
- Identifies Responsibilities of a coach on and off the field, Psychology of competition, and coaching in athletics
- Fulfill Duties of officials in general, pre-, during and post game,
- Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
- Inculcate Qualities and Qualifications of Coach and Official
- Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in athletics
- Importance and principles of officiating in athletics
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in athletics

UNIT- III: Duties of Official (7 HOURS)

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, movement etc.
- Ethics of officiating in athletics

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualifications of coach and official in athletics
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental techniques- throws/jumps/track events (any three).
2. Prepare a teaching /coaching lesson plan on any two advanced techniques -throws/jumps/track events (any three).
3. Demonstration of various techniques related to throws/jumps/track events (any three)

SUGGESTED READINGS

1. Renwick, G.R., (2001) Play Better Athletics, Delhi: Sports Pub.,.
2. Bompa O. Tudor and Haff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
3. Handbook-Rules and Regulation. International Athletic Federation (2010).
4. Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
5. Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSc-PE-DSE-4 (4)-401(ii): BADMINTON

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(ii): BADMINTON	4	2	0	2	ClassXII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Badminton on the court and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in badminton

- Importance and principles of officiating in badminton
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of a coach in general, pre, during, and post game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in badminton

UNIT- III: Duties of Official (7 HOURS)

- Duties of officials in general, pre, during and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in badminton

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualifications of coach and official in badminton
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(iii):BASKETBALL

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(III): BASKETBALL	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of basketball on the court and will have a command on the basic and advance rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports.

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in basketball
- Importance and principles of officiating in basketball
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in basketball

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in basketball

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in basketball
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills

3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Jain, (2003) Naveen Play and Learn Basket Ball, Khel Sahitya Kendra, New Delhi-
- Sharma O.P. (2003) Basket Ball Skills and Rules, Khel Sahitya Kendra Delhi-
- Thani, Yograj, (2002) Coaching Successfully Basket Ball, Sports Publisher, Delhi-.
- Drewett, J. (2007). How to Improve at Basketball. Crab Tree Publishing Co., USA.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, US.

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(iv): CRICKET

Course title &Code	Credits	Credistributiofthecourse			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHING BSC- PE-DSE-4 (4)- 401(iv): CRICKET	4	2	0	2	ClassXII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Cricket on the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

- Officiate and coach the game/sports
- Officiate in the sports/games
- Identifies Relation of official and coach with management, players and spectators
- Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
- Understand Philosophy of coaching
- Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
- Fulfill Duties of official in general, pre, during and post game,
- Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
- Inculcate Qualities and Qualifications of Coach and Official
- Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching **(8 HOURS)**

- Concept of officiating and coaching in cricket
- Importance and principles of officiating in cricket
- Relation of official and coach with management, players ,and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor **(8 HOURS)**

- Duties of a coach in general, pre, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in cricket

UNIT- III: Duties of Official **(7 HOURS)**

- Duties of officials in general, pre, during, and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in cricket

UNIT- IV: Qualities and Qualifications of Coach and Official **(7 HOURS)**

- Qualities and qualifications of coach and official in cricket
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers New Delhi.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(v): FOOTBALL

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(v): FOOTBALL	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Football on the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

- Officiate and coach the game/sports
- Officiate in the sports/games
- Identifies Relation of official and coach with management, players and spectators
- Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
- Understand Philosophy of coaching
- Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
- Fulfill Duties of official in general, pre, during and post game,
- Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
- Inculcate Qualities and Qualifications of Coach and Official
- Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Football
- Importance and principles of officiating in football
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in football

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in football

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in football
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

1. N. Kumar, (2003) Play and Learn Football, New Delhi: K.S.K.,.
2. Sharma, O.P.,(2 001) Teaching and Coaching –Football, Delhi: Khel S.K.,.
3. Thani, Yograj, (2002) Coaching Successfully Football, New Delhi: K.S.K.,.

4. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer MatchAnalysis: A Systematic Approach to Improving Performance. Routledge Publishers ,USA.
5. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.Developing Strength, Speed and Endurance. Routledge Publisher, USA.
6. Reilly, T., and J.C.D. Arau (2008). Science and Football V: The Proceedings of the5th World Congress on Sports Science and Football, Volume 5.
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

SEMESTER VI

GAME OF SPECIALIZATION-I- TEACHING AND COACHING

BSC-PE-DSE-4 (4)-401(vi): GYMNASTICS

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(vi): GYMNASTICS	4	2	0	2	ClassXII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Gymnastics on the floor and will have a command of the basic and advanced rules and regulations of marking the floor and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Gymnastics
- Importance and principles of officiating in Gymnastics
- Relation of official and coach with management, players, and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of a coach in general, pre-, during, and post-game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Gymnastics

UNIT- III: Duties of Official (7 HOURS)

- Duties of officials in general, pre, during, and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles, and movement, etc.
- Ethics of officiating in Gymnastics

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in Gymnastics
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports

PRACTICAL SYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of techniques of Gymnastics (any three)

SUGGESTED READINGS

1. Code of Points Trampoline Gymnastics, Federation Int. De Gymnastics, 2005.
2. Federation Internationale Gymnastics, Federation Int. De Gymnastics, 2006.
3. Jain, R., (2005) Play and Learn Gymnastics, Khel Sahitya Kendra,.
4. Jain, R., (2003) Play and Learn Gymnastics, New Delhi: Khel Sahitya Kendra,.
5. Brown (2009). How to Improve at Gymnastics. Crab tree Publishing Co., USA.
6. Stick land, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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

SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(vii): HANDBALL

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(vii):- HANDBALL	4	2	0	2	CLASS XII PASS	NIL

Learning Objective: - The learner will be able to use the knowledge of Handball on the ground and will have a command on the basic and advance rules and regulations of marking the ground and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Handball
- Importance and principles of officiating in Handball
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Handball

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Handball

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in Handball
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL SYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

1. Jain, D., Play & Learn Handball, New Delhi, Khel Sahitya Kendra, 2003.

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. Surhone, L.M. et.al, (2010). Team Handball. Betascript Publishing, USA
5. Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(VIII):HOCKEY

Course title &Code	Credits	Creditdistributionofthecourse			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(viii):HOCKEY	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Hockey on the field and will have a command on the basic and advance rules and regulations of marking the field and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Hockey
- Importance and principles of officiating in Hockey
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Hockey

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Hockey

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in Hockey
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL SYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

1. Umpires. India, International Hockey Federation, 2003.

2. Jain, D., Hockey Skills & Rules New Delhi, khel Sahitya Kendra, 2003.
3. Narang, P., Play & Learn Hockey, Khel Sahitya Kendra, New Delhi, 2003
4. Thani Yograj., Coaching Successfully Hockey, Delhi, Sports Publication, 2002.
5. Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
6. Pecknold, R. and Foeste, A. (2009). Hockey: Essential Skills. McGraw Hills, USA.
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(ix): JUDO

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(ix): JUDO	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Judo in the Dojo and will have a command on the basic and advance rules and regulations of marking the Dojo and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills..

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Judo
- Importance and principles of officiating in Judo
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the Dojo
- Psychology of competition and coaching in Judo

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Judo

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in Judo
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Dojo Marking and Dimension of the game in Judo

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

1. Harrison, E.J.,(2002) Coaching Successfully Judo, Delhi: Sports,.

2. Jain, D., (2003) Play and Learn Judo, New Delhi: Khel Sahitya Kendra,.
3. Putin, V, Shestakov, V. ad evitsky, A.(2004). Judo: History, Theory and Practice. Blue Snake Books, Moscow.
4. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
5. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(X): KABADDI

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION-I-TEACHING AND COACHINGBSC-PE-DSE-4 (4)-401(X):KABADDI	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Kabaddi on the court and will have a command on the basic and advance rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Kabaddi
- Importance and principles of officiating in Kabaddi
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor **(8 HOURS)**

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Kabaddi

UNIT- III: Duties of Official **(7 HOURS)**

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Kabaddi

UNIT- IV: Qualities and Qualifications of Coach and Official **(7 HOURS)**

- Qualities and qualification of coach and official in Kabaddi
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL SYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various techniques in kabaddi (any three)

SUGGESTED READINGS

1. Kumar, Dharmander. (2018). Kabaddi and It's Playing Techniques. Writers Choice, New Delhi.
2. Kumar, Dharmander. (2023). Kabaddi Dynamics: Skill, Technics, Tactics & Science, Khel Sahitya Kendra, New Delhi.
3. Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.

4. Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.
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6. S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(XI): KHO-KHO

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(XI):KHO-KHO	4	2	0	2	Class XII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Kho-Kho on the ground and will have a command on the Teaching and Coaching of the subject.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Kho-Kho
- Importance and principles of officiating in Kho-Kho
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor **(8 HOURS)**

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Kho-Kho

UNIT- III: Duties of Official **(7 HOURS)**

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Kho-Kho

UNIT- IV: Qualities and Qualifications of Coach and Official **(7 HOURS)**

- Qualities and qualification of coach and official in Kho-Kho
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills (any three)

SUGGESTED READINGS

1. Chakrabarty, G., Kho - Kho Aveloken, Delhi, Khel Sahitya Kendra, 2002.
2. Panday, L., Kho - Kho Sarvaswa, New Delhi Metropolitan, 1982.\
3. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,

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5. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(XII): VOLLEYBALL

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre- requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(XII):VOLLEYB ALL	4	2	0	2	ClassXII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Volleyball on the court and will have a command on the basic and advance rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Volleyball
- Importance and principles of officiating in Volleyball
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Volleyball

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Volleyball

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualification of coach and official in Volleyball
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game in Volleyball

PRACTICAL SYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills in Volleyball.

SUGGESTED READINGS

1. The National Alliance for Youth. Sports (2009). Coaching Volleyball

For Dummies Publishers, USA.

2. Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, USA.
3. Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
4. Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA.
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6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7
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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(XIII): YOGA

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(XIII): YOGA	4	2	0	2	ClassXII pass	NIL

Learning Objectives: - The learner will be able to use the knowledge of Yoga and will have a command on the basic and advance rules and regulations and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate of various Meditation, Shat Kriya (any two)

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Yoga
- Importance and principles of officiating in Yoga
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor (8 HOURS)

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field of yoga
- Psychology of competition and coaching in Yoga

UNIT- III: Duties of Official (7 HOURS)

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Yoga

UNIT- IV: Qualities and Qualifications of Coach and Official (7 HOURS)

- Qualities and qualifications of coach and official in Yoga
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of yoga sports

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various Meditation, Shat Kriya (any two)

SUGGESTED READINGS

1. Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
2. Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
3. Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
4. Sharma J. P. (2007). Manav Jeevan evam yoga. Friends Publication. New Delhi.
5. Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi
6. Mukerji, A.P. (2010). The Doctrine and Practice of Yoga. General Books, LLC, New Delhi.
7. Norton, W.W. (2010). Yoga for Osteoporosis: The Complete Guide. W.W. Norton & Company, USA.
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
9. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSc-PE-DSE-4 (4)-401(xiv): SWIMMING

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(xiv): SWIMMING	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will have knowledge of Swimming and will have a command of the basic and advanced rules and regulations of Swimming and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

11. Officiate and coach the game/sports
12. Officiate in the sports/games
13. Identifies Relation of official and coach with management, players and spectators
14. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
15. Understand Philosophy of coaching
16. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
17. Fulfill Duties of official in general, pre, during and post game,
18. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
19. Inculcate Qualities and Qualifications of Coach and Official
20. Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Swimming
- Importance and principles of officiating in Swimming

- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor **(8 HOURS)**

- Duties of a coach in general, pre, during, and post game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the Pool Area
- Psychology of competition and coaching in Swimming

UNIT- III: Duties of Official **(7 HOURS)**

- Duties of officials in general, pre, during and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in Swimming

UNIT- IV: Qualities and Qualifications of Coach and Official **(7 HOURS)**

- Qualities and qualifications of coach and official in Swimming
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Pool Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- 1.Jain. D. (2003). “Swimming Skills & Rules” Khel Sahitya Kendra, New Delhi, India
- 2.Hardy, Colin (1987) “Handbook for the Teacher Of Swimming” Pelham books ltd., London (U.K)
- 3.Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of

Training” Human kinetics. NY.

4.Thomas, David G., (2005). “Swimming STEPS TO SUCCESS” Human Kinetics, U.S.A

5.Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,

6.Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(xv): WRESTLING

Course title &Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GAME OF SPECIALIZATION- I- TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(xv): WRESTLING	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Wrestling and will have a command on the basic and advance rules and regulations of Wrestling and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills..

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching **(8 HOURS)**

- Concept of officiating and coaching in Wrestling
- Importance and principles of officiating in Wrestling
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor **(8 HOURS)**

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the Wrestling Ring
- Psychology of competition and coaching in Wrestling

UNIT- III: Duties of Official **(7 HOURS)**

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Wrestling

UNIT- IV: Qualities and Qualifications of Coach and Official **(7 HOURS)**

- Qualities and qualification of coach and official in Wrestling
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Marking and Dimension of the field/ring in Wrestling

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

1. Gable, D. (1999) "Coaching Wrestling Successfully" Human Kinetics, U.S.A
2. Camaione D. & Tillman K. (1980) "Teaching & Coaching Wrestling A Scientific Approach" John Wiley & Sons. Inc., U.S.A.
3. Kumar N. (2005) "Play & Learn Wrestling" Khel Sahitya Kendra, New Delhi, India.
4. Patwardhan G. (2002) "Coaching Successfully Wrestling" Sports Publication, Delhi.
5. Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
7. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
8. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSc-PE-DSE-4 (4)-401(xvi): TABLE TENNIS

Course title &Code	Credits	Creditdistributionofthe course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
TEACHING AND COACHINGBSC- PE-DSE-4 (4)- 401(xvi): TABLE TENNIS	4	2	0	2	Class XII pass	NIL

Learning Objective: - The learner will be able to use the knowledge of Table Tennis on the court and will have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Table Tennis
- Importance and principles of officiating in Table Tennis

- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor **(8 HOURS)**

- Duties of a coach in general, pre, during, and post game.
- Philosophy of Coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Table Tennis

UNIT- III: Duties of Official **(7 HOURS)**

- Duties of officials in general, pre, during and post-game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement, etc.
- Ethics of officiating in Table Tennis

UNIT- IV: Qualities and Qualifications of Coach and Official **(7 HOURS)**

- Qualities and qualifications of coach and official in Table Tennis
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various attacking and defensive drills

SUGGESTED READINGS

- Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
- Jain D. (2001) “ Teaching& Coaching Table Tennis” Khel Sahitya Kendra, Delhi.

- Burn B. (1979) “ The Science of Table Tennis” S. Chand & Company Ltd., N. Delhi.
- Jain D. (2003) “Table Tennis skills & Rules” Khel Sahitya Kendra, N. Delhi.
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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SEMESTER-VI

BSc-PE-DSE-4(4)-402: RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-4(4)-402: RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Class XII pass	NIL

Learning Objective: The student will gain knowledge about Research Methods of sampling, writing of Research Reports and analysis of the data through statistical techniques.

Learning Outcome:

1. The student will be able to use the knowledge of Research for analysis of data and leading to logical conclusion on any field of investigation.
2. The student will learn the Research: Nature, Unscientific vs. scientific methods of problem-solving, Ethical Issues in Research, Identification and criteria in selecting a Research Problem, defining and delimiting problem, and Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.
3. The student will develop an understanding of Sampling (Random, cluster, stratified), Survey:- Survey by Questionnaire and survey by Interview, Experimental Methods:- Relationship studies, Comparative Studies and Control of experimental factors and Instrumentation.
4. The student will gain knowledge of the Research proposal, Organization of the Thesis report, Research article, oral and poster presentation, Table, figure, and bibliography.
5. The student will learn about the Types of data, Measures of central tendency (mean, median, and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data, Tests for measuring correlation (Product moment

correlation) and differences (Independent T-test), numerical problems to be solved from raw data, plotting of graphs and chart.

THEORY SYLLABUS (45 HOURS)

UNIT 1 Introduction to Research in Physical Education (10HOURS)

1.1 Research: Nature, Unscientific vs. scientific methods of problem-solving, Ethical Issues in Research.

1.2 Identification and criteria in selecting a Research Problem, defining and delimiting the problem.

1.3 Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.

1. 4 Statistical concepts: Importance of statistics in Physical Education, ways to select a sample.

UNIT 2 Research Methods (10HOURS)

2.1 Sampling (Random, cluster, stratified)

2.2 Survey:- Survey by Questionnaire and Survey by Interview

2.3 Experimental Methods: - Relationship studies, Comparative Studies and Control of experimental factors.

2.4 Instrumentation

UNIT 3 Writing the Research Report (12 HOURS)

3.1 Research proposal

3.2 Organization of the Thesis Report

3.3 Research article, oral and poster presentation

3.4 Table, figure, bibliography.

UNIT 4 Statistical Concepts in Research (13 HOURS)

4.1 Types of data

4.2 Measures of central tendency (mean, median and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data.

4.3 Tests for measuring correlation (Product moment correlation) and differences (Independent T-test), numerical problems to be solved from raw data, and plotting of graphs and charts.

SUGGESTED READINGS:

- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications
- Silverman, S.J. & Nelson, K.J. & Thomas, R.J. (2011), Research Methods in Physical Activity, Human Kinetics, Champaign.
- Sharma, L. & Nayar, K (2015), Dictionary of Terms in Research Methodology, The Readers Paradise, New Delhi.
- Kumar, S (2018). Research Methodology : A Step By Step Guide for Beginners, Yking Books, Jaipur.

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SEMESTER – VI

BSc-PE-DSE-4(4): 403 SPORTS FIELD TECHNOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-4(4): 403 SPORTS FIELD TECHNOLOGY	4	3	1	0	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Yoga and will have a command of the basic and advanced rules and regulations and conducting a tournament.

Learning Objectives:-

1. The student will understand Technical preparation, Marking, Physical, physiological, psychological, and sociological characteristics Technical Preparation for Focused Events, Required motor abilities and their technical preparation, Technical and tactical preparation, Physical, physiological, psychological and sociological characteristics of athletes
2. The student will comprehend Structure and organization of the meet Budgeting, purchase of equipment Preparation, execution, and conclusion of the respective events Protocols and ceremonies
3. The student will apprehend how a particular instrument is made and how it is used.

THEORY SYLLABUS (45 HOURS)

UNIT I – Sports Technology (12 HOURS)

- 1.1 Meaning and definition of sports technology.
- 1.2 Significance of technology in sports
- 1.3 General Principles of instrumentation in sports.
- 1.4 Meaning of Foams, Types of foams (Polyurethane, Polystyrene, Styrofoam, closed-cell, open-cell foams, and Neoprene) and their uses in different sports.

UNIT II – Nanotechnology in Sports Materials (12 HOURS)

- 2.1 Meaning and Definition of Nanotechnology
- 2.2 Meaning of nano glue and nano molding technology.
- 2.3 Uses and Benefits of Nanotechnology in sports uniforms, and Safety equipment
- 2.4 Uses and Benefits of Nanotechnology in Sports equipment and playing surfaces

UNIT III – Surfaces of Playfields and Measuring Gadgets (10 HOURS)

- 3.1 Method of construction and installation for Synthetic and Cinder tracks.
- 3.2 Meaning and types of flooring materials for different sports: synthetic (polyurethane and poly grass) and wooden.
- 3.4 Modern Measuring Equipment Used in Running, Throwing, and Jumping Events.

UNIT IV – Modern Stadiums and Training Machines (11 HOURS)

- 4.1 Identifying requirements of indoor and outdoor playfields
- 4.2 Tennis: Serving Machine, Mechanism and Advantages
- 4.3 Dimensions of Sports Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium and Outdoor Stadium.
- 4.4 Lighting Facilities: Method of erecting and luminous in indoor and outdoor stadiums. Methods of measuring luminous.

SUGGESTED READINGS

1. Finn, R.A. and Trojan P.K. (1999) “Engineering Materials and their Applications” UK: Jaico Publisher.
2. John Mongilo, (2001), “Nano Technology 101 “New York: Green wood publishing group. Walia,
3. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.

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

Annexure-2

APPENDIX FOR B.A. (PROG.)

UGCF for Courses of Study with more than One Core Discipline (Earlier B.A. Prog.):
Bachelors of Physical Education in the Field of Multidisciplinary Study (Hons.)

Semester	Discipline Specific Core (DSC)	Discipline Specific Elective (DSE)	Generic Elective (GE)	Ability Enhancement Course (AEC)	Skill Enhancement Course (SEC)	Internship/ Apprenticeship/ Project (2)	Value addition course(VAC)	Total Credits
I	Discipline A1-(4) : History and Foundations of Physical Education (MINOR)		Choose one from a pool ofGE Languages - Language- 1* GE-1 (4)	Choose one from a pool of AEC courses (2)	Choose one from a poolof courses (2): SEC: From the Common Pool of SEC		Choose one from a pool of courses (2): From the Common Pool of VAC	22 Credits
	DSC-1 (A/B) (4): Structure and Functions of Governing Bodies of Sports (MAJOR)							
	Discipline B1-(4)							
II	Discipline A2-(4): Anatomy and Physiology (MINOR)		Choose one from a pool ofGE Languages - Language- 2* GE-2 (4)	Choose one from a pool of AEC courses (2)	Choose one from a poolof courses (2): SEC: From the Common Pool of SEC		Choose one from a pool of courses (2): From the Common Pool of VAC	22 Credits
	DSC-2 (A/B) (4) : Exercise Physiology (MAJOR)							
	Discipline B2-(4)							
Students on exit shall be awarded undergraduate Certificate (in the field of Multidisciplinary Study) after securing the requisite 44 credits in Semesters I and II								Total=44
III	Discipline A3-(4): Health Education (MINOR)		Choose one from a pool ofGE Languages - Language- 3* GE-3 (4)	Choose one from a pool of AEC courses (2)	Choose one SEC or Internship/Apprenticeship/ Project/Community Outreach (IAPC) (2): SEC: From the Common Pool of SEC		Choose one from a pool of courses (2): From the Common Pool of VAC	22 Credits
	DSC-3 (A/B) (4): Sports Nutrition and Ergogenic Aids (MAJOR)							
	Discipline B3-(4)							
IV	Discipline A4-(4): Athletic Care and Rehabilitation (MINOR)		Choose one from a pool ofGE Languages - Language- 4* GE-4 (4)	Choose one from a pool of AEC courses (2)	Choose one SEC or Internship/Apprenticeship/ Project/Community Outreach (IAPC) (2): SEC : From the Common Pool of SEC		Choose one from a pool of courses (2): From the Common Pool of VAC	22 Credits
	DSC-4 (A/B) (4): Correctives in Physical Education (MAJOR)							
	Discipline B4-(4)							
Students on exit shall be awarded undergraduate Diploma (in the field of Multidisciplinary Study) after securing the requisite 88 credits on completion of Semester IV								Total=88

V	Discipline A5-(4): Sports Psychology (MINOR) DSC-5 (A/B): (4): Sports Sociology (MAJOR) Discipline B5-(4)	Choose one from a pool of courses DSE-1 A/B- (4): - Fundamentals of Games/ Sports - Strength and Conditioning - Fitness for Senior Citizens	Choose one from a pool of courses GE-5 (4):		Choose one SEC or Internship/Apprenticeship/ Project/Research/ Community Outreach (2); SEC: From the Common Pool of SEC	22 Credits
VI	Discipline A6-(4): Fundamentals of Sports Training (MINOR) DSC-6 (A/B) (4): Sports Biomechanics (MAJOR) Discipline B6-(4)	- Choose one from a pool of courses DSE-2 A/B- (4): - Research Methods in Physical Education and Sports - Publication Ethics in Physical Education and Sports Sciences - Thesis Writing in Physical Education and Sports	Choose one from a pool of courses GE-6 (4): GE: Physical Education for Inclusiveness		Choose one SEC or Internship/Apprenticeship/ Project/Research/ Community Outreach (2); SEC: From the Common Pool of SEC	22 Credits
Students on exit shall be awarded Bachelor of (in the field of Multidisciplinary Study) after securing the requisite 132 credits on completion of Semester VI						Total=132
VII	DSC-7 (4): Organization and Administration in Physical Education	Choose three DSE (3X4) course OR Choose two DSE-(2X4) and one GE COURSE OR Choose one DSE (4) and two GE (2x4) courses (total=12): DSE: - Sports Management - Sports Journalism - Sports Pedagogy - Research Methods in Physical Education and Sports - Basics of Exercise Prescription GE: GE-7: Adventure Sports GE-8: Introduction to Injury Prevention and Rehabilitation		Dissertation on Major OR Dissertation on Minor OR Academic Project/ Entrepreneurship (6)	22 Credits	
VIII	DSC-8(4): Test, Measurement and Evaluation in Physical Education	Choose three DSE (3X4) course OR Choose two DSE-(2X4) and one GE (4) COURSE OR Choose one DSE (4) and two GE (2x4) courses (total=12): DSE: - Introduction to Kinesiology - Professional Preparation and Curriculum Design - Sports Field Technology - Facility Planning and Management in Sports - Statistical Applications in Physical Education GE: GE-9: Sports for Leisure and Recreation GE-10: Management and Marketing in Physical Education		Dissertation on Major OR Dissertation on Minor OR Academic Project/ Entrepreneurship (6)	22 Credits	
Student on exit shall be awarded Bachelor of (in the field of Multidisciplinary study) (Honours or Honours with Academic Project/ Entrepreneurship) after securing the requisite 176 credits on completion of Semester VIII						Total=176

SYLLABUS FOR PHYSICAL EDUCATION IN B.A. (PROG.)

UGC-F for Courses of Study with more than One Core Discipline (Earlier B.A. Prog.)

Bachelors of Physical Education in the Field of Multidisciplinary Study (Hons.)

SEMESTER-I

B.A. (Prog.) with Physical Education as a Minor

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

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

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

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

Learning Outcomes:

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

SYLLABUS

Credit: 4 - (3 Theory, 1 Practical)

Theory: 45 Hours

Practical: 30 Hours

PART-A: THEORY

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 (30 Hours)

1. Prepare a report on sports facilities available in any one stadium/sports Complex.
2. Organize any intra-mural/ extra-mural competition.
3. Prepare a brief report on various schemes for sports promotion in India.
4. Prepare a presentation on major competitions, awards and trophies in sports.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

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

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

SEMESTER-II
B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-2-(4)-ANATOMY AND PHYSIOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-2-(4) ANATOMY AND PHYSIOLOGY	4	3	0	1	Class XII pass	NIL

Learning Objective: To provide learners with the basic knowledge and practices of anatomical structures and functions of the human body.

Learning Outcomes:

1. The learner will acquire the basic knowledge of the anatomy and physiology of the human body. They will develop an understanding of the functions of each system and body organs. Such core knowledge and skill will help to create a strong foundation to engage human subjects of all ages, sexes, and abilities in different games/ sports/ fitness programs.
2. The learner will develop the understanding and knowledge of the definition of anatomy & physiology, cell-microscopic structure & functions of its organelle, tissue classification & functions, organs, systems of the body, bone classification and structure, joints-classification, structure of synovial joints, movements at various joints. The learner will also learn to count the pulse rate. The learner will be able to compare (individual differences), and correlate (different systems/games for physical education) to analyze performance.
3. The learners will develop an understanding and knowledge of the muscular system -classification, structure, functions & properties of skeletal muscle, smooth muscle & cardiac muscle. types of muscular contractions, Names of various muscles acting on various joints, cardio-vascular system structure of heart, cardiac cycle, blood pressure, cardiac output, composition & function of blood, athlete's heart, respiratory system structure and function, second wind, oxygen debt. The learners will be able to learn the measurement of blood pressure and study of various bones of human body. The learner will also be able to compare (individual differences), and correlate (different systems/ games as per syllabus for physical education) to analyze performance.
4. The learner will be able to explain different body systems (as per the syllabus) with the help of models and various movements of the joints. The learner will also be able to compare (individual differences), and correlate (different systems/ games for physical education) to analyze performance.

SYLLABUS

Credit: 4 - (3 Theory, 1 Practical)

Theory: 45 Hours

Practical: 30 Hours

PART-A: THEORY

Unit-1: Introduction to Anatomy and Physiology (11 Hours)

1. Meaning and Definition of Anatomy and Physiology.
2. Importance of Anatomy and Physiology in Physical Education and Sports
3. Description of Cell and Tissues

Unit-2: Introduction to Various Systems-I (11 Hours)

1. Skeletal System: Structural and Functional Classification of Bones, Types of Joints, Functions of Skeleton System.
2. Muscular System: Structural and Functional Classification of Muscles, Properties of Muscles, Types of Muscular Contraction, Functions of Muscular System.

Unit-3: Introduction to Various Systems-II (12 Hours)

1. Cardiovascular System: Structure and Functions of Human Heart, Circulation of Blood, Functions of Blood, Functions of Cardiovascular System, Blood Pressure, Cardiac Output
2. Respiratory System: Structure and Functions of Respiratory System, Different types of Respiration, Second Wind, Oxygen Debt

Unit-4 Introduction to Various Systems-III (11 Hours)

1. Excretory System: Structure and Functions of Excretory System.
2. Digestive System: Structure and Functions of Excretory System.

PART-B: PRACTICALS (Any three) (30 Hours)

1. Microscopic structure of Cell/ Tissue.
2. Measurement of Resting Heart Rate.
3. Measurement of Blood Pressure.
4. Measurement of Respiratory/ Breathing Rate.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Jain, A.K. (2002), Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Moried, E.N. (2007), Essentials of Human Anatomy & Physiology. Ed.8th Dorling Kindersley, India.
3. Prives, M. and others (2004), Human Anatomy Vol. I & II Paragon, Delhi.
4. Seeley & others (2008), Anatomy & Physiology. McGraw Hill, Boston.
5. Tortora (2003), Principles of Anatomy & Physiology, New York: John Willy & Sons.
6. William, C.S. (2000), Essentials of Human Anatomy & Physiology, Benjamin.
7. Wilson and Waugh (1996), Anatomy & Physiology in Health & Illness. Churchill Livingstone.

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

SEMESTER-III

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-3-(4)-HEALTH EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-3-(4)-HEALTH EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective: To acquaint the students with basic aspects and practices with application to health, health education, and various health agencies.

Learning Outcomes:

1. The learners will learn the basic concepts of developing the practices of health along with the dimensions, spectrum, and determinants of health.
2. The learners will develop the ability to apply the scope and principles of health education in life.
3. The learners will be able to comprehend the role of personal and occupational hygiene in better health practices.
4. The learners will be able to understand and apply the causes and preventive measures of various communicable and non-communicable diseases.
5. The learners will gain knowledge and practices about the role and schemes of various health-promoting agencies like WHO, UNICEF, UNDP, MHFW, Red Cross etc.
6. The learners will be able to change their behavioral aspects related to personal health.
7. The learners will be able to create databases related to health and hygiene.

SYLLABUS

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

Theory: 45 hours

Practical: 30 hours

PART A: THEORY

Unit-1: Introduction to Health (10 Hours)

1. Meaning, Definition & Importance of Health
2. Dimensions of Health
3. Spectrum of Health
4. Determinants of Health

Unit-2: Introduction to Health Education (11 Hours)

1. Meaning and Definition of Health Education
2. Aim and Objectives of Health Education
3. Importance and Scope of Health Education
4. Principles of Health Education

Unit-3: Hygiene and Health Issues (12 Hours)

1. Personal Hygiene
2. Occupational Hygiene
3. Communicable Diseases: Meaning, Spread and Prevention
4. Non-Communicable Diseases: Meaning, Spread and Prevention

Unit-4: Health Agencies (12 Hours)

1. Introduction to International Health Agencies: WHO (World Health Organization), UNICEF (United Nations International Children's Fund), UNDP (United Nations Development Program)
2. Introduction to National Health Agencies: Ministry of Health and Family Welfare; Indian Red Cross Society, Hind Kushth Nivaran Sangh, Indian Council for Child Welfare, Tuberculosis Association of India, Bharat Sevak Samaj, Central Social Welfare Board

PART B: PRACTICAL (30 Hours)

1. Practicing various personal hygiene Habits – A report.
2. Prepare a report on any one national health agency.
3. Conduct a Survey on Communicable Disease
4. Conduct a Survey on Non-Communicable Disease

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Ansbaugh, D.J.; Ezell, G. and Goodman, K.N. (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 Simon, D. (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
4. Dewan, A.P. (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
5. Dixit, S. (2006). Swasthya Shiksha. Sports Publication. Delhi.
6. Donatelle, R.J. (2005). Health the Basics. Sixth Edition. Oregon State University.
7. Floyd, P. M. and Yeilding, C. (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. Houses. New Delhi.
11. Uppal, A.K. & Gautam, G.P. (2008). Health & Physical Education. Friends Publication. New Delhi.

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

SEMESTER-IV

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-4-(4)-ATHLETIC CARE AND REHABILITATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-4-(4)-ATHLETIC CARE AND REHABILITATION	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about Athletic Care and sports Injuries with their management and rehabilitation.

Learning Outcomes:

1. The learners will be able to understand the concept of Athletic Care and Sports Medicine.
2. The learners will be able to comprehend the prevention and safety measures to avoid injuries in sports.
3. The learners will be able to classify the types of injuries in sports with their causes.
4. The learners will be able to apply the skills of first aid and management of sports injuries.
5. The learners will be able to develop rehabilitation programs for overcoming injuries in sports and also in general.
6. The learners will be able to learn the application of various therapeutic modalities in sports rehabilitation with creativity.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-1: Introduction to Athletic Care

(11 hours)

- 1.1 Meaning, Definition, and Significance of Athletic Care and Sports Medicine
- 1.2 First-aid, Importance of First Aid
- 1.3 Principles of injury prevention, Concept of safety measures in games/ sports

Unit-2: Sports Injuries

(12 hours)

- 2.1 Meaning and Definition of Sports Injuries, Causes of Sports Injuries
- 2.2 Classification of Injuries in Sports
- 2.3 Basic concept of Sports Injuries and their Management- Sprain, Strain, Fracture, Dislocation, Frozen Shoulder, Tennis Elbow, Golfers Elbow, Shin Splint, Blister, Abrasion, Laceration, Haematoma

Unit-3 Therapeutic Modalities (11 hours)

- 3.1 Concept and Significance of Physiotherapy and Therapeutic Modalities in Sports Rehabilitation
- 3.2 Introduction to various Therapeutic Modalities- Steam Bath, Contrast Bath, Wax Bath, Therapeutic Ultrasound, Infrared Lamp, Interferential Therapy Unit, T.E.N.S, Short Wave Diathermy, Hot Fomentation, Application of PRICED, DRABC, CPR
- 3.3 Sports Massage, Types of Massage, Physiological Effect of Massage

Unit-4: Rehabilitation (11 hours)

- 4.1 Meaning and Definition of Rehabilitation
- 4.2 Importance of Rehabilitation in Sports
- 4.3 Rehabilitation Techniques- Active (Concentric, Eccentric, and Static) and Passive Exercises (Relaxed, Forced, Passive-stretching), Strengthening, and Conditioning Exercises.

PART-B: PRACTICALS: (30 hours)

1. Demonstrate Warming Up and Cooling Down Exercises- 5 exercises each
2. Prepare a report on any Physiotherapy Center.
3. Make a First Aid Box.
4. Application of PRICE in different Sports situations

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Agarwal M., Arora S. (2018), Gupta B “**Posture; Athletic Care and First Aid**”, Vivechan Publications (INDIA) ISBN: 978-9-38391-490-6
2. Bhandari, P. (2021) “**Athletics Care and Rehabilitation**”. New Delhi: KSK Publishers.
3. “**Essentials of Strength Training and Conditioning**” (pp.73-90). Champaign, IL: Human Kinetics.
4. Karad, P.L, (2019) “**Prevention and Treatment of Sports Injuries**”. New Delhi: KSK Publishers.
5. Kumari, Sheela S.; Rana, Amita; & Kaushik, Seema (2008), “**Fitness, Aerobics and Gym Operations**” (New Delhi: Khel Sahitya Kendra).
6. Meena, T.R. (2022) “**Sports Medicine, Physiotherapy and Rehabilitation**”. New Delhi: KSK Publishers.
7. Pande, P.K. (1987), “**Outline of Sports Medicine**” (New Delhi: Jaypee Brothers)
8. Prentice, W. (2017). “**Principles of Athletic Training: A Competency-Based Approach**”. McGraw-Hill Education.
9. Sharma, Kavita et.al. (2014), “Fitness, Aerobics, and Gym Operations” (New Delhi: Jyoti Enterprises)
10. Singh, Ajmer et.al. (2006), “Essentials of Physical Education” (Ludhiana: Kalyani Publishers)
11. उप्पल, ए.के.; पदयाल, अंजुम और लाल, राजेंद्र (2022), “अंग-विन्यास तथा खिलाड़ी की देखभाल” (नई दिल्ली: फ्रेंड्स पब्लिकेशन)
12. कुमारी, शीला एस.; राणा, अमिता; और कौशिक, सीमा (2012), “फिटनेस, एरोबिक्स व जिम ऑपरेशंस” (नईदिल्ली: खेल साहित्य केंद्र)।
13. Sharma. R., Handbook of “Exercise Therapy and Rehabilitation”, ISBN: 978-93-88269-54-4, Year 2019 published by Sports Publication, Daryaganj, New Delhi.
14. Shaw D. (2019) “**Kinesio Taping in Games and Sports**” Sports Publication, ISBN: 978-93-88269-33-9.
15. Shaw D. (2019) “**Sports Injuries: A Demographic Study on Indian Sports Person**” Khel Sahitya Khel Sahitya Kendra, ISBN: 978-93-88159-87-6.
16. Shaw D. (2021) “**Athletic Care and Rehabilitation**” Sports Publication, ISBN: 978-81-951044-9-9.
17. Shaw D. (2019) “**Encyclopedia of Sports Injury**” Khel Sahitya Kendra, ISBN: 978-93-88159-87-6.

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

SEMESTER-V

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-5-(4)- SPORTS PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-5-(4)-SPORTS PSYCHOLOGY	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about psychology and sports psychology, growth and development, the concept of learning, personality, motivation, and psychological factors affecting sports performance.

Learning Outcomes:

1. The learners will be able to understand the concepts and practices of sports psychology and its significance for sports performance.
2. The learners will be able to manage various psychological factors like stress, aggression, etc.
3. The learners will be able to analyze the personality

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit – 1: Psychology and Sports Psychology (11 hours)

- 1.1 Meaning, Definition, and Dimensions of Psychology.
- 1.2 Meaning, Definition, and Importance of Sports Psychology, Scope of Sports Psychology
- 1.3 Concepts of Sports Psychology Intervention

Unit – 2: Growth and Development (12 hours)

- 2.1 Meaning and Definition of Growth and Development, Difference between Growth and Development
- 2.2 Principles and Factors Affecting Growth and Development
- 2.3 Stages of Growth and Development -Infancy, Childhood, Adolescence, Adulthood

Unit – 3: Learning and Motivation (12 hours)

- 3.1 Definition and Types of Learning
- 3.2 Theories of Learning (Trial and Error, Conditioned Response, and Learning by Insight)
- 3.3 Laws of Learning (Law of readiness, Exercise, Effect), Transfer of Training, Learning Curve and its application in the field of Sports.
- 3.4 Concept and Role of Motivation in Sports

Unit –4: Personality**(10 hours)**

- 4.1 Meaning and Types of Personality, Factors Affecting Personality
- 4.2. Dimensions and Characteristics of Personality
- 4.3. Role of Physical Activity in the Development of Personality
- 4.4 Psychological Factors Affecting Sports Performance — Stress, Anxiety, Aggression, Self-Esteem, Setting, Mental Imagery.

PART-B: PRACTICALS:**(30 hours)**

1. Rosenberg Self-Esteem scale
2. Sports Competitive Anxiety Test (SCAT)
3. Demonstrate the technique of Progressive Muscle Relaxation for stress management.
4. Practical Application of Visualization/Mental Imagery in Games/ Sports.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Arora S., Agarwal M., “**Sports Psychology**”, Khel Sahitya Kendra ISBN: 978-81-947808-8-5, (2020)
2. Cohen RJ and Swerdlik ME (2002). **Psychological Testing and Assessment: An Introduction to Tests and Measurement**. McGraw Hill. New York. U.S.A.
3. Cox RH (2002). **Sport Psychology**. McGraw Hill. London.
4. Liukkonen JED (2007). **Psychology for Physical Educators**. Human Kinetics. U.S.A. Martin GL (2003). **Sports Psychology**, Sports Science. Press. USA.
5. Sahni SP (2005). **Psychology and Its Application in Sports**. D.V.S. Delhi. Shaw D and Other (2005). **Sport & Exercise Psychology**. Bios. U.K.
6. Verma V (1999). **Sport Psychology & All Round Development**. Sports Pub. New Delhi.
7. Wann DL (1997). **Sport Psychology**. Prentice Hall. New Jersey.
8. Saini, N. (2020). **“Yoga & Stress Management”**, Friends Publications. New Delhi.
9. Saini, N., Suri M., (2020). **“Sports Psycho-Physiology”**, Friends Publications. New Delhi.
10. Luthra, A., Sharma, P., and Padyal, A. (2019), **Yoga and Stress Management**. Pinnacle Learning, New Delhi. ISBN: 978-93-83848-57-7
11. Sethi, P.K (2016) **"Yoga for stress Release"** Shree Publication, Darya Ganj, New Delhi. ISSN 978-81-8329-776-9.
12. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN: 978-8193-7698-0-5.
13. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN: 978-81-7730-848-8.
14. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN: 978-81-7730-847-1.
15. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN: 978-81-937698-1-2.
16. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

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

SEMESTER-VI

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-6-(4)- FUNDAMENTALS OF SPORTS TRAINING

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-6-(4)- FUNDAMENTALS OF SPORTS TRAINING	4	3	0	1	Class XII pass	NIL

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

Learning Outcomes:

- The learner will be able to apply the concept of sports training for the improvement of sports performance.
- The learner will be able to develop strength, endurance, speed, flexibility, and coordination through various scientific methods and programs.
- The learner will be able to draw and prepare phases of technical and tactical training of sportspersons.
- The learner will be able to analyze the adjustment of load and intensity in different phases of training.
- The learner will be able to create a sports training plan and develop methods for Talent Identification & Development.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-I Introduction to Sports Training

(10 Hours)

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

Unit- II Fitness Components-I

(11 Hours)

- 2.1 Strength-Definition, types, and methods of improving strength- Isometric, Isotonic, and Isokinetic; Weight training

2.2 Endurance-Definition, Types, and Methods to Develop Endurance- Continuous Training, Interval Training, Fartlek, and Circuit Training

Unit – III Fitness Components-II (12 Hours)

- 3.1 Speed-Definition, types, and methods to develop different speed abilities.
- 3.2 Flexibility- Definition, Types, and Methods to improve Flexibility (static and dynamic)
- 3.3 Coordinative Abilities-Definition, Types, and methods of improvement of coordinative abilities.

Unit - IV Load Adaptation and Planning (12 Hours)

- 4.1 Training Load and Recovery - Definition and Process
- 4.2 Principles of Intensity and Volume of Stimulus
- 4.3 Planning-Training Session, Different types of the training cycle (macrocycle, mesocycle, micro cycle, yearly cycle, and Olympic Cycle)

PART B- PRACTICALS (30 Hours)

- 1. Develop a program of General and Specific warming up.
- 2. Develop a program of Cooling Down.
- 3. Develop a strength training program.
- 4. Develop a circuit training station for physical fitness.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

- 1. Dick, W. F. (1980) **Sports Training Principles** London: Lepus Books.
- 2. Harre, D. (1982) **Principles of Sports Training** Berlin: Sporulated.
- 3. Jensen, R. C.& Fisher, A.G. (1979) **Scientific Basis of Athletic Conditioning**. Philadelphia: Lea and Fibiger, 2nd Edn.
- 4. Matvyew, L.P. (1981) **Fundamental of Sports Training**. Moscow: Progress Publishers.
- 5. Shaw, D. (2020) **Sports Training** Sports Publication.
- 6. Shaw, D. (2021) **Athletic Care and Rehabilitation** Sports Publications.
- 7. Singh, H. (1984) **Sports Training, General Theory and Methods**. Patiala: NSNIS.
- 8. Uppal, A.K., (1999) **Sports Training** New Delhi: Friends Publication.

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

SEMESTER-VII

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-7-(4)- ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-7-(4)- ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about the organization, administration, planning, and management of facilities, equipment, and tournaments, and the role of technology and media in physical education.

Learning Outcomes:

1. The learners will be able to understand the elements and principles of administration and management.
2. The learners will be able to organize physical education and sports programs.
3. The learners will be able to perform different managerial functions.
4. The learners will be able to prepare a budget for different activities.
5. The learners will be able to adopt modern technologies for effective teaching and sports promotions.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory- 45 hours

Practical-30 hours

PART-A: THEORY

Unit-I: Introduction to Planning, Organization, Administration Supervision and Management (10 Hours)

- 1.1 Concept and significance of Planning, Organization, Administration, and Supervision in Physical education and sports
- 1.2 Use of Technology in Physical Education and Sports
- 1.3 Role of Media and Public Relations in Physical Education

Unit-II: Planning and Organization of Events in Physical Education and Sports (12 Hours)

- 2.1 Program planning: Meaning, Importance, and Principles of program planning in physical education
- 2.2 Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating
- 2.3 Organization of events in physical education and sports (Seminars/Workshop/ Lectures/Clinics)

Unit-III: Sports Office Management (11 Hours)

- 3.1 Meaning, definition, functions, and kinds of office management
- 3.2 Records and Registers - Maintenance of attendance register, stock register, cash register, Physical efficiency record, and Medical examination record.
- 3.3 Meaning, Importance of budget making, Criteria of a good budget, Preparation of budget

Unit-IV: Facilities, Equipment and Tournaments (12 Hours)

- 4.1 Facilities and equipment management: Types of facilities - Infrastructure-indoor, outdoor, Gymnasium, Swimming pool, Play fields; Location, Preparation, Layout, and maintenance of facilities
- 4.2 Need and importance of equipment: - Purchase, care and maintenance of equipment, Maintenance of equipment. Process of write-off and condemnation of stock.
- 4.3 Types of tournaments- Knock-out, league or round robin, combination, Organization of Intramural & Extramural sports competitions

PART-B: PRACTICALS: (30 Hours)

1. Plan and organize an intramural/ extramural tournament in your college
2. Plan and organize a Seminars/Workshops/ Lectures/ Webinar in your college
3. Prepare a budget to organize any event in your college/ department
4. Presentation on any topic from physical education using modern technology.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Broyles, F. I. & Rober, H. D. (1979). **Administration of Sports, Athletic programme: A Managerial Approach**. New York: Prentice Hall Inc.
2. Bucher, C. A. (1983). **Administration of Physical Education and Athletic Programme**. St. Louis: The C.V. Mosby Co.
3. Chakraborty, Samiram (1988), **Sports Management**, Sports publications, New Delhi.
4. Hughes, L.W. and French, E. (1990) **The Administration of Physical Education**, Ronald Press Co.
5. Kamlesh, M.L., **Management concepts of physical education and sport**, New Delhi: Metropolitan Book Co., Pvt., Ltd.
6. Kozman, H.C. Cassidly, R. & Jackson, C. (1960). **Methods in Physical Education**. London: W.B. Saunders Co.
7. Pandey, L.K. (1977). **Methods in Physical Education**. Delhi: Metropolitan Book Depot.
8. Sharma, V.M. & Tiwari, R.H.: (1979). **Teaching Methods in Physical Education**. Amaravati: Shakti Publication.
9. Thomas, J. P. (1967). **Organization & Administration of Physical Education**. Madras: Gyanodayal Press.
10. Tirunarayanan, C. & Haiharan.S (1969), **Methods in Physical Education**. Karaikudi: South India Press
11. Voltmer, E. F. & Esslinger, A. A. (1979). **The Organization and Administration of Physical Education**. New York: Prentice Hall Inc.

12. Shaw D. (2018) **“Fundamental Statistics in Physical Education and Sports Sciences”** Sports Publication, ISBN: 81-86190-57-0.
13. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN: 978-8193-7698-0-5.
14. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN: 978-81-7730-848-8.
15. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN: 978-81-7730-847-1.
16. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN: 978-81-937698-1-2.
17. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

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

SEMESTER-VIII

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-8-(4)- TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-8-(4)-TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learner about test, measurement, and evaluation as applicable to Physical Education and Sports Performance, criteria and administration of tests, physical fitness tests, and sports-specific skill tests.

Learning Outcomes:

1. The learners will be able to develop concepts and applications of tests, measurement, evaluation, and relationships with physical education and sports performance.
2. The learners will be able to understand and apply different types of tests for evaluating the performance of participants.
3. The learners will be able to apply the knowledge of criteria, classification and administration of tests in physical fitness testing and sports specific skill testing.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-1: Test, Measurement, and Evaluation (11 Hours)

- 1.1 Meaning and Definition of Test, Measurement, and Evaluation.
- 1.2 Need and Importance of Test and Measurement in Physical Education and Sports

Unit-II: Criteria and Administration of Test (12 Hours)

- 2.1 Classification of tests – Standardized and teacher-made tests – Objective and Subjective tests – Knowledge test- Fitness test- Sports skill test
- 2.2 Criteria of Test (Scientific Authenticity) – Reliability, Objectivity, Validity
- 2.3 Administration of Test: Preplanning, testing operation, and post-test functions

Unit- III: Measurement of Fitness Components (12 Hours)

- 3.1 Muscular endurance (sit-ups)
- 3.2 Muscular Strength (Kraus-Weber Test)
- 3.3 Cardio-respiratory endurance (Cooper's 12 min. run/walk test)
- 3.4 Agility (Shuttle run)
- 3.5 Speed (50m. dash)
- 3.6 Flexibility (Sit and reach)

Unit-IV: Physical Fitness Tests (10 Hours)

- 4.1 Test for Physical Fitness- AAPHERD Youth Physical Fitness Test and Roger's Physical Fitness Index
- 4.2 Test for Motor Fitness- Indiana Motor Fitness Test and JCR Test

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

1. Measurement of Fitness Components (Muscular Endurance/Muscular Strength/ Cardiorespiratory endurance)
2. Measurement of Fitness Components (Agility/Speed/ flexibility)
3. Administration of Physical Fitness Test: AAPHERD Youth Physical Fitness Test or Roger's Physical Fitness Index
4. Administration of Motor Fitness Test: Indiana Motor Fitness Test or JCR Test

Marking Scheme:

Theory Written Exam :	90 Marks
Internal Assessment :	30 Marks
Practical :	40 Marks

Suggested Readings:

1. Allen D., Phillips & James E. Hornork (1979) **Measurement and Evaluation in Physical Education**. John Wiley & Sons, New York
2. Balyan, Sunita (2006). **Sharirk Shiksha main Parikshan evm maapan**, Khel Sahitya. Delhi.
3. Barrow, H.M.. and McGee, R.,A (1964) **Practical Approach to Measurement in Physical Education**, Lea and Febiger, Philadelphia.
4. Barry L. Johnson, Jack K. Nelson. **Measurements for Evaluation in Physical Education**. Surjeet Publications.

5. Bovard, J.F., Cozens, F., W. and Hagman, P.E. (1949) **Test and Measurements in Physical Education**, W.B. Saunders Company, Philadelphia.
6. Cureton, T.K. (1947) **Physical Fitness Appraisal and Guidance**, The C.Mosby Company, St.Louis .
7. Harrison H. Clarke.(1976-1987) **Application of Measurement to Health & Physical Education**, Prentice Hall Inc. Englewood Cliffs N. J.
8. Hunsicker, P.A. and Montoye, H.J. (1953) **Applied Test and Measurements in Physical Education**, Prentice Hall Inc., New York.
9. Kansal D.K. (2012). **A Practical approach to Measurement, Evaluation & Sports Selection**. Sports & Spiritual Science Publications, New Delhi.
10. Kumari, Sheela S.; Rana, Amita; & Kaushik, Seema (2008), **Fitness, Aerobics and Gym Operations** (New Delhi: Khel Sahitya Kendra).
11. Mathews K. Donald. (1973) **Measurement in Physical Education**, London W.S. Saunders Company,
12. Meyers, C.R. and Belsh, E.T. (1962) **Measurement in Physical Education**, The Ronald press Company. New York. Sports, New Delhi: Friends Publications.
13. Safrit Margarat J. (1986) **Measurement in Physical Education and Exercise Science**. St. Louis, Times Mirror Mosby College publishing.
14. Srivastava AK (2006). **Sharirik Shiksha Evam Khel Mein Maapan Evam Mullyankan**. Sport Publications, Delhi.
15. Wilgoose, C.E (1967) **Evaluation in Health Education and physical Education**, McGraw Hill Book Company, Inc, New York.
16. Yobu,A (2010), **Test, Measurement and Evaluation in Physical Education**, Friends Publication, New Delhi
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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SEMESTER-I
B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B1-(4):B.A.-PE-DSC-1-(4)-STRUCTURE AND FUNCTIONS OF GOVERNING BODIES OF SPORTS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B1-(4): B.A.-PE-DSC-1(4)-STRUCTURE AND FUNCTION OF GOVERNING BODIES OF SPORTS	4	3	0	1	Class XII pass	NIL

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

Learning Outcomes:

1. The learners will know about the existing sports competitions in India and the world, so that they can explore the best possibilities.
2. The learners will develop factual knowledge and develop applications of professional preparation in the field of physical education and sports in India, so that they can explore the best possibilities.
3. The learners will be acquainted with the organizational structure and functions of various sports bodies for different applications, so that they can explore the best possibilities.
4. The learners will be able to develop an understanding of the functioning of various sports bodies/ organizations at national and international levels and apply the same for different professional purposes so that they can explore the best possibilities.

SYLLABUS

Credit: 4 - (3 Theory, 1 Practical)

Theory: 45 Hours

Practical: 30 Hours

PART-A: THEORY

Unit-1: Major Sports Competitions at International and National Level (11 Hours)

1. Olympic Games (Summer, Winter and Paralympics)
2. Asian Games, Commonwealth Games, SAF Games,
3. World Cups, World Universities, World Championships

4. National Games, National Championships
5. Khelo India University Games (KIUG), Inter-University (All India & Zonal) Competitions
6. Major International and National League Tournaments

Unit-2: Institutes for Professional Preparation of Physical Education and Sports in India (11 Hours)

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

Unit-3: Structure and Functions of International Sports Bodies/Organizations (12 Hours)

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

Unit-4: Structure and Functions of National Sports Bodies/ Organizations (11 Hours)

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

PART-B: PRACTICALS

(30 Hours)

1. Prepare a report on any one National Sports Federation.
2. Prepare a report on the National Anti-Doping Agency laboratory.
3. Prepare a report on any Physical Education Institute of India.
4. Organize any intra-mural/ extra-mural competition in the National/ International League/ Knockout tournament format and prepare a report.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publications
4. Lumpkin, A. (2007), Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
5. Shaffer, D.R. (2002), Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
6. Sharma K. (2014), *Sharirik Shiksha Ka Itihas*, Friends Publications (India), New Delhi.
7. Siedentop, D. (2004), Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
8. Singh, A. et.al. (2000), Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006), Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.
10. Websites of concerned organizations:
 - 1) <https://olympics.com>
 - 2) <https://ocasia.org>
 - 3) <https://www.fisu.net>
 - 4) <https://thecgf.com>
 - 5) <https://uia.org>
 - 6) <https://www.wada-ama.org>
 - 7) <https://olympic.ind.in>
 - 8) <https://yas.nic.in>
 - 9) <https://sportsauthorityofindia.nic.in>
 - 10) <https://evaluation.aiu.ac.in>
 - 11) <https://www.nadaindia.org>
 - 12) <https://schooltimesindia.com>
 - 13) <https://sportsCouncil.in>

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

SEMESTER-II

B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B2-(4): B.A.-PE-DSC-2-(4)-EXERCISE PHYSIOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B2-(4): B.A.-PE-DSC-2(4)- EXERCISE PHYSIOLOGY	4	3	0	1	Class XII pass	NIL

Learning Objective: The learner will acquire knowledge and understanding with applications and skills (field and laboratory) in exercise physiology.

Learning Outcomes:

1. The learners will be able to understand the physiological basis of physical activities and functioning. The learners will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.
2. The learners will learn the 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 for exercise, health, fitness, sports performance. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices.
3. The learners 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.
4. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.

SYLLABUS

Credit: 4 (3 Theory, 1 Practical)

Theory: 45 Hours

Practical: 30 Hours

PART-A: THEORY

Unit-1: Exercise Physiology and Skeletal System (11 Hours)

1. Meaning and Importance of Exercise Physiology.
2. Effect of Exercise on Skeletal System and Different Types of Movement around the Joints.

Unit-2: Cardiovascular and Respiratory System (11 Hours)

1. Effect of Exercise on Cardiovascular System.: Stroke volume, Blood Volume, Blood Pressure, Its Maintenance and Regulation; Cardiac Output, Cardiac Hypertrophy, Redistribution of Blood during Exercise, Heart Rate.
2. Effect of Exercise on Respiratory System: Pulmonary Ventilation, Vital Capacity, Tidal Volume, Minute Volume, Residual Volume, Breathing Rate, Lung Capacity, oxygen uptake, VO₂max, Respiratory volume Aerobic and Anaerobic Threshold

Unit-3: Muscular, Digestive and Excretory System (12 Hours)

1. Effects of Exercise on Muscular System, Types of Muscular Contraction, Sliding Filament Theory (Physical)
2. Effect of Exercise on Digestive System: Secretion and Function of the Digestive Juices; Functions of Liver; Absorption of Food; Metabolism, Metabolism of Carbohydrates, Fats, and Proteins
3. Effect of Exercise on Excretory System: Urinary System

Unit-4: Nervous and Endocrine Systems (11 Hours)

1. Effect of Exercise on Nervous System: Central Nervous System, Sensory Nervous System, Autonomic Nervous System
2. Effect of Exercise on Endocrine System: Secretion of Endocrine Glands (Pituitary, Thyroid, Adrenal & Pancreas); Role of their secretion in Growth, Development and Body Functions.

PART-B: PRACTICALS (30 Hours)

1. Measurement of exercise Respiratory/breathing Rate
2. Measurement of exercise heart rate/pulse rate
3. Measurement of exercise blood pressure.
4. Demonstration of different movements at different joints.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Jain, A.K. (2002), Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
2. Koley, Shyamal (2007), Exercise Physiology – A Basic Approach. New Delhi: Friends Publications.
3. Kumari, Sheela, S.; Rana, Amita; and Kaushik, Seema (2008), Fitness, Aerobics and Gym Operations. New Delhi: Khel Sahitya Kendra.
4. Moried, E.N.(2007), Essentials of Human Anatomy & Physiology. Ed.8th Dorling Kindersley, India.
5. Prives, M. and others (2004), Human Anatomy Vol. I & II Paragon, Delhi.
6. Seeley & others (2008), Anatomy & Physiology. McGraw Hill, Boston.
7. Tortora (2003), Principles of Anatomy & Physiology, NewYork: John Willy & Sons.
8. William, C.S. (2000), Essentials of Human Anatomy & Physiology, Benjamin.
9. Wilson and Waugh (1996), Anatomy & Physiology in Health & Illness. Churchill Livingstone.

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

SEMESTER-III

B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B3-(4): B.A.-PE-DSC-3-(4)-SPORTS NUTRITION AND ERGOGENIC AIDS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B3-(4): B.A.-PE-DSC-3-(4)- SPORTS NUTRITION AND ERGOGENIC AIDS	4	3	0	1	Class XII pass	NIL

Learning Objective: To acquaint the students with basic concepts, applications, and creativity related to sports nutrition and ergogenic aids.

Learning Outcomes:

1. The learners will understand the basic concept and practices of Nutrition and its importance in the field of Sports.
2. The learners will be able to describe the functions of different types of Nutrients and their sources.
3. The learners will gain knowledge of the application of nutrient supplementation and nutrition guidelines.
4. The learners will understand the concept of Ergogenic Aids and their role in sports.
5. The learners will identify the list of prohibited substances to control doping.
6. The learners will be able to create/construct the diet chart/ plan as per individual needs.
7. The learners will be acquainted with the role of the World Anti-Doping Agency (WADA) and National Anti-Doping Agency.

SYLLABUS

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

Theory: 45 hours

Practical: 30 hours

PART A: THEORY

Unit-1: Nutrition

(11 Hours)

1. Meaning, Definition & Importance of Nutrition
2. Nutrients: Classification, Function, Source
3. Balanced Diet, Dietary Aids, Dietary Gimmicks

Unit-2: Sports Nutrition (11 Hours)

1. Role of Nutrition in Sports
2. Basic Nutrition Guidelines
3. Energy Balance Equations
4. Pre- and Post-performance Nutrition to athletes

Unit-3: Ergogenic Aids (11 Hours)

1. Meaning and Definition of Ergogenic Aids
2. Types of Ergogenic Aids
3. Role of Ergogenic Aids in Sports
4. Nutrition and Ergogenic Aids

Unit-4: Doping and Sports (12 Hours)

1. Meaning and Definition of Doping
2. Disadvantages of Doping in Sports
3. Introduction to WADA (World Anti-Doping Agency)
4. Introduction to WADA NADA (National Anti-Doping Agency)

PART B: PRACTICAL (Any three) (30 Hours)

1. Preparation of a self-daily Diet/ calorie consumption Chart for a week.
2. Preparation of self-daily Diet/ calorie expenditure Chart for a week.
3. List of prohibited substances by WADA (World Anti-Doping Agency)
4. Prepare a report on the nutritional practices of sportspersons.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Anspaugh, D.J.; Ezell, G. and Goodman, K.N. (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 Simon, D. (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
4. Dewan, A.P. (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
5. Dixit, S. (2006). Swasthya Shiksha. Sports Publication. Delhi.
6. Donatelle, R.J. (2005). Health the Basics. Sixth Edition. Oregon State University.
7. Floyd, P. M. and Yeilding, C. (2003). Personal Health: Perspectives and Lifestyles. Thomson Wadsworth. 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. Houses. New Delhi.
11. Uppal, A.K. & Gautam, G.P. (2008). Health & Physical Education. Friends Publication. New Delhi.

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

SEMESTER-IV

B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B4-(4): B.A.-PE-DSC-4-(4)- CORRECTIVES IN PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B4-(4): B.A.-PE-DSC-4-(4)- CORRECTIVES IN PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practical applications to the learners about the posture mechanics, anatomy and movement of the spine, common postural deformities with their corrective measures, strengthening exercises, and ergonomics application in sports.

Learning Outcomes:

1. The learners will be able to understand and analyze the concept of posture and its impact on overall health.
2. The learners will be able to comprehend and correlate the significance of good posture and the risks associated with poor posture.
3. The learners will be able to apply the knowledge of the anatomy of the spine and movement around the spine to avoid related problems.
4. The learners will be able to identify common postural deformities and apply the acquired knowledge of corrective exercises for posture improvement and management.
5. The learners will be able to demonstrate the strengthening and stretching exercises for better posture.
6. The learners will be able to better their posture in the workplace and in everyday life.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory- 45 hours

Practical-30 hours

PART-A: THEORY

Unit-1: Introduction to Posture (11 hours)

- 1.1 Meaning of Posture, Significance of Good Posture
- 1.2 Factors affecting posture, Risks associated with Poor Posture.
- 1.3 Posture and Body Mechanics - sitting, standing, walking, sleeping, lifting

Unit-2: Anatomy and Movement of Spine (11 hours)

- 2.1 Structure and the Function of the Spine
- 2.2 Types of Spinal Movement
- 2.3 Role of the Spine in Maintaining Posture.

Unit-3: Common Postural Deformities (12 hours)

- 3.1 Types of Postural Deformities- Kyphosis, Lordosis, Scoliosis, Rounded Shoulder, Knock Knees, Bow Legs, Flat Foot, Duck Feet.
- 3.2 Causes of Postural Deformities, Prevention Methods for Postural Deformities
- 3.3 Corrective Exercises and Management of Postural Deformities-Kyphosis, Lordosis, Scoliosis, Rounded Shoulder, Knock Knees, Bow Legs, Flat Foot, Duck Feet.

Unit-4: Strengthening Exercises (11 hours)

- 4.1 Core Strengthening Exercises
- 4.2 Strengthening Exercises for Back and Neck Muscles
- 4.3 Stretching Exercises for Muscle Stiffness

PART-B: PRACTICALS: (Any three) (30 hours)

1. Demonstration of corrective exercises for Kyphosis, Scoliosis, Lordosis, Knock knees, Bow Legs, Flat Foot, and Duck Feet (2 exercises for each postural deformity)
2. Demonstrate strengthening exercises for the Core, back, and neck (3 exercises each)
3. Demonstrate stretching exercises for improving range of motion (5 exercises)
4. Assessment of own posture and recommendation for improvement (if any)

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Agarwal M., Arora S., Gupta B, (2018) “**Posture; Athletic Care and First Aid**”, Vivechan Publications (INDIA) ISBN: 978-9-38391-490-6.
2. Bhandari, P. (2021) “**Athletics Care and Rehabilitation**”. New Delhi: KSK Publishers.
3. “**Essentials of Strength Training and Conditioning**” (pp.73-90). Champaign, IL: Human Kinetics.

4. Karad, P.L, (2019) **“Prevention and Treatment of Sports Injuries”**. New Delhi: KSK Publishers.
5. Kumari, Sheela S.; Rana, Amita; & Kaushik, Seema (2008), **“Fitness, Aerobics and Gym Operations”** (New Delhi: Khel Sahitya Kendra).
6. Meena, T.R. (2022) **“Sports Medicine, Physiotherapy and Rehabilitation”**. New Delhi: KSK Publishers.
7. Pande, P.K. (1987), **“Outline of Sports Medicine”** (New Delhi: Jaypee Brothers)
8. Prentice, W. (2017). **“Principles of Athletic Training: A Competency-Based Approach”**. McGraw-Hill Education.
9. Sharma, Kavita et.al. (2014), **“Fitness, Aerobics and Gym Operations”** (New Delhi: Jyoti Enterprises)
10. Singh, Ajmer et.al. (2006), **“Essentials of Physical Education”** (Ludhiana: Kalyani Publishers)
11. उप्पल, ए.के.; पदयाल, अंजुम और लाल, राजेंदर (2022), **“अंग-विन्यास तथा खिलाड़ी की देखभाल”** (नई दिल्ली: फ्रेंड्स पब्लिकेशन)
12. कुमारी, शीला एस.; राणा, अमिता; और कौशिक, सीमा (2012), **“फिटनेस, एरोबिक्स व जिम ऑपरेशंस”** (नई दिल्ली: खेल साहित्य केंद्र)।
13. Shaw D. (2019) **“Kinesio Taping in Games and Sports”** Sports Publication, ISBN: 978-93-88269-33-9.
14. Shaw D. (2019) **“Sports Injuries: A Demographic Study on Indian Sports Person”** Khel Sahitya Kendra, ISBN: 978-93-88159-87-6.
15. Shaw D. (2021) **“Athletic Care and Rehabilitation”** Sports Publication, ISBN : 978-81-951044-9-9.
16. Shaw D. (2019) **“Encyclopedia of Sports Injury”** Khel Sahitya Kendra, ISBN : 978-93-88159-87-6.

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

SEMESTER-V

B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B5-(4): B.A.-PE-DSC-5-(4)-SPORTS SOCIOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B5-(4): B.A.-PE-DSC-5-(4)- SPORTS SOCIOLOGY	4	3	0	1	Class XII pass	NIL

Learning Objective:

The objective of this course is to provide an understanding and practice to the learner about sports sociology, the interrelationship between society and sports, and also gender and socialization.

Learning Outcomes:

1. The learner will understand the importance and applications of sports sociology.
2. The learners will be able to articulate sociological perspectives with sports.
3. The learners will be able to inculcate the sports culture in their life & society.
4. The learner will be able to establish the relationship between society and sports.
5. The learner will be able to analyze gender inequality in sports.
6. The learner will be able to understand the significance of socialization through games and sports.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit – I: Sports Sociology

(11 hours)

- 1.1 Meaning and definition of sociology and sport sociology
- 1.2 Nature and scope of sociology, Importance of sports sociology
- 1.3 Sociological perspectives in sports (Functionalism and Conflict)

Unit-2: Sports, Society and Culture

(11 hours)

- 2.1 Meaning and structure of society
- 2.2 Historical development of sports in different types of societies
- 2.3 Meaning of culture and sports culture, Importance of sports culture
- 2.4 Nationalism through sports

Unit-3: Sports and Gender**(11 hours)**

- 3.1 Gender equality and sports participation
- 3.2 Women performance in sports in India
- 3.3 Barriers and opportunities for women in sports

Unit-4: Socialization and Sports**(12 hours)**

- 4.1 Meaning of socialization and sports socialization
- 4.2 Agencies of sports socialization (family, school, college, peer group)
- 4.3 De-socialization of sports
- 4.4 Sports as a means of inclusion

PART-B: PRACTICALS:**(30 hours)**

1. Conduct a survey on the status of sports in society/ community.
2. Collect data on any sport of choice based on commercial growth
3. Sociometric Test (collect data and write an article of at least 10 members of the sports team)
4. Cultural Determination (collect data and write an article of at least 10 members of the sports team)

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Bhupinder Singh (2004), **Sports Sociology-An Indian Perspective**. New Delhi: Friends Publications, ISBN 978-8172160852.
2. Brown, S.P. (2006). **Introduction to the Sociology of Sport**. Baltimore: Lippincott Williams & Wilkins.
3. Coakley, J.J. (2009). **Sporting Sociology, Issues and controversies**, McGraw Hill International.
4. Coakley, J.J. (2015). **Sports in society: Issues and controversies**. New York: McGraw-Hill; Olympic Studies Centre. (2014).
5. Delaney, T. & Madigan, T. (2009). **The Sociology of Sport: An introduction**. USA: McFarland & Company.
6. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN: 978-8193-7698-0-5.
7. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN: 978-81-7730-848-8.
8. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN: 978-81-7730-847-1.
9. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN: 978-81-937698-1-2.
10. 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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SEMESTER-VI

B.A. (Prog.) with Physical Education as a Major

DISCIPLINE B6-(4): B.A.-PE-DSC-6-(4)-SPORTS BIOMECHANICS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE B6-(4): B.A.-PE-DSC-6(4)- SPORTS BIOMECHANICS	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about Biomechanics and its application in sports and develop the foundation to learn performance analysis.

Learning Outcomes:

1. The learners will be able to understand the fundamental concepts and practical applications related to biomechanics.
2. The learners will be able to demonstrate and correlate different components of the science of motion (human).
3. The learners will be able to analyze the sports/ exercise movements and design movement-oriented exercises.
4. The learners will be able to develop the exercise program for strengthening and stretching the muscles based on biomechanics.
5. The learners will be able to apply the knowledge and skills related to the science of movement/ motion to create a strong foundation for better sports performance.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-I: Introduction to Sports Biomechanics

(10 hours)

- 1.1 Meaning and Definition of Sports Biomechanics.
- 1.2 Aim, Objectives, and Scope of Sports Biomechanics in Physical Education and Sports
- 1.3 Importance of Sports Biomechanics for Physical Education Teachers, Athletes, and Coaches

Unit-II: Anatomical Fundamental Concepts in Sports Biomechanics (11 hours)

- 2.1 Fundamental Anatomical positions
(Anterior, Posterior, Superior, Inferior, Lateral, Medial)
- 2.2 Fundamental Movements
(Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Medial and Lateral rotation, Inversion, Eversion, Supination, Pronation)
- 2.3 Fundamental Concepts- Centre of Gravity, Line of Gravity, Axis, and Planes of Motion.

Unit-III: Location, Action of Muscles and Movement Qualities (12 hours)

- 3.1 Location and action of muscles at various joints: upper extremity: pectoralis major – pectoralis minor – deltoid – biceps brachii – triceps – teres major – latissimus dorsi – trapezius
- 3.2 Location and action of muscles at various joints: Lower extremity: rectus femoris – vastus group – Sartorius – biceps femoris – semi membranous – semi tendinosis– gluteus – gastrocnemius muscles
- 3.3 Movement Qualities: Movement Rhythm, Movement Precision, Movement Amplitude, Movement Coupling, Movement tempo, Movement Flow

Unit-IV: Biomechanical Concepts of Motion (12 hours)

- 4.1 Motion, Types of motion, Linear and Angular motion, Newton's Laws of Motion, Levers
- 4.2 Linear Kinematics and Kinetics: Speed, velocity, acceleration, mass, weight, force, friction
- 4.3 Angular Kinematics and Kinetics: Angular Speed, angular velocity, angular acceleration, moment of inertia, conservation of momentum and transfer of momentum.

PART-B: PRACTICALS (30 Hours)

- 1. Demonstration of planes and axes of a given movement.
- 2. Demonstration of various movements around a joint. (Any two joints)
- 3. Determination of the location of muscles at various joints. (Any two joints)
- 4. Determination of the center of gravity of a bat/ racket (suspension method)

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

- 1. Broer, M.R. **Efficiency of Human Movement** (Philadelphia: W.B. Saunders Co. 1969.
- 2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.
- 3. Dhanajoy.S., 2005, “**Pedagogic of Kinesiology**”, Sports Publication, Chennai.
- 4. Gerry Carr, Mechanics of Sport Human Kinetics, 199
- 5. Hay, J. G. & Reid, J. G. (1982). **The anatomical and mechanical basis of human motion.** Englewood Cliffs, N.J.: Prentice Hall Inc.
- 6. Hay, J. G. & Reid, J. G. (1988). **Anatomy, mechanics, and human motion.** Englewood Cliffs, N.J.: Prentice Hall Inc.
- 7. Hay, J. G. (1970). **The biomechanics of sports techniques.** Englewood Cliffs, N.J.: Prentice Hall, Inc.

8. James G. Hay, **The Biomechanics of Sports Techniques**. Prentice Hall International Inc, New Jersey 1993.
9. Katharine, F. Luttgens Kathryn, **Kinesiology – Scientific Basis of Human motion Singapore**: Mc. Graw Will International Book Company, 1984)
10. Kathryn Lutgens et al. **Kinesiology (Scientific Basis of Human Motion)**, Brown and Bench mark, 1992.
11. Rasch and Burke, **Kinesiology and applied Anatomy** (Philadelphia: Leaand Fiber, 1967)
12. Roger Bartlett, **Introduction to Sports Biomechanics**. E& FN Spon New York 1997
13. Simonian, C. (1911). **Fundamentals of sport biomechanics**. Englewood Cliffs, N.J.: Prentice Hall Inc.
14. Shaw D. (2018). **“Pedagogic Kinesiology”** Sports Publication, ISBN: 978-93-86592-43-9.
15. Shaw D. (2019) **“Kinesio Taping in Games and Sports”** Sports Publication, ISBN: 978-93-88269-33-9.

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SEMESTER-VII

B.A. (Prog.) with Physical Education

DISCIPLINE-7(4): B.A.-PE-DSC-13 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DISCIPLINE 7(4): B.A.-PE-DSC-13- ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about the organization, administration, planning, and management of facilities, equipment, and tournaments, the role of technology and media in physical education.

Learning Outcomes:

1. The learners will be able to understand the elements and principles of administration and management.
2. The learners will be able to organize physical education and sports program.
3. The learners will be able to perform different managerial functions.
4. The learners will be able to prepare a budget for different activities.
5. The learners will be able to adopt modern technologies for effective teaching and sports promotions.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory- 45 hours

Practical-30 hours

PART-A: THEORY

Unit-I: Introduction

(10 Hours)

- 1.1 Concept and significance of Planning, Organization, Administration, and Supervision in Physical education and sports
- 1.2 Use of Technology in Physical Education and Sports
- 1.3 Role of Media and Public Relations in Physical Education

Unit-II: Planning and Organization of Events in Physical Education and Sports (12 Hours)

- 2.1 Programme planning: Meaning, Importance and Principles of program planning in physical education
- 2.2 Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating
- 2.4 Organization of events in physical education and sports (Seminars/Workshop/ Lectures/Clinics)

Unit-III: Sports Office Management (11 Hours)

- 3.1 Meaning, definition, functions, and kinds of office management
- 3.2 Records and Registers - Maintenance of attendance register, stock register, cash register, Physical efficiency record, and Medical examination record.
- 3.3 Meaning, Importance of budget making, Criteria of a good budget, Preparation of budget

Unit-IV: Facilities, Equipment and Tournaments (12 Hours)

- 4.1 Facilities and equipment management: Types of facilities - Infrastructure-indoor, outdoor, Gymnasium, Swimming pool, Play fields; Location, Preparation, Layout, and maintenance of facilities
- 4.2 Need and importance of equipment: - Purchase, care and maintenance of equipment, Maintenance of equipment. Process of write-off and condemnation of stock.
- 4.3 Types of tournaments- Knock-out, league or round robin, combination, Organization of Intramural & Extramural sports competitions

PART-B: PRACTICALS: (30 Hours)

- Plan and organize an intramural/ extramural tournament in your college
- Plan and organize a Seminars/Workshops/ Lectures/ Webinar in your college
- Prepare a budget to organize any event in your college/ department
- Presentation on any topic from physical education using modern technology.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Broyles, F. I. & Rober, H. D. (1979). **Administration of Sports, Athletic programme: A Managerial Approach.** New York: Prentice hall Inc.
2. Bucher, C. A. (1983). **Administration of Physical Education and Athletic Programme.** St. Louis: The C.V. Mosby Co.
3. Chakraborty, Samiram (1988), **Sports Management**, Sports publications, New Delhi.
4. Hughes, L.W. and French, E. (1990) **The Administration of Physical Education**, Ronald Press Co.
5. Kamlesh, M.L., **Management concepts of physical education and sport**, New Delhi: Metropolitan Book Co., Pvt., Ltd.
6. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). **Methods in Physical Education.** London: W.B. Saunders Co.

7. Pandey, L.K. (1977). **Methods in Physical Education**. Delhi: Metropolitan Book Depot.
8. Sharma, V.M. & Tiwari, R.H.: (1979). **Teaching Methods in Physical Education**. Amaravati: Shakti Publication.
9. Thomas, J. P. (1967). **Organization & Administration of Physical Education**. Madras: Gyanodayal Press.
10. Tirunarayanan, C. & Haiharan. S (1969), **Methods in Physical Education**. Karaikudi: South India Press
11. Voltmer, E. F. & Esslinger, A. A. (1979). **The Organization and Administration of Physical Education**. New York: Prentice Hall Inc.
12. Shaw D. (2018) **“Fundamental Statistics in Physical Education and Sports Sciences”** Sports Publication, ISBN: 81-86190-57-0.
13. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN: 978-8193-7698-0-5.
14. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN: 978-81-7730-848-8.
15. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN: 978-81-7730-847-1.
16. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN: 978-81-937698-1-2.
17. 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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SEMESTER-VIII

B.A. (Prog.) with Physical Education

DSC-8(4): B.A.-PE-DSC-(4) - TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC-8(4): B.A.-PE-DSC-14- TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective:

The objective of this course is to provide an understanding and practice to the learner about test, measurement, and evaluation as applicable to Physical Education and Sports Performance, criteria and administration of tests, physical fitness tests, and sports-specific skill tests.

Learning Outcomes:

1. The learners will be able to develop concepts and applications of tests, measurement, evaluation, and relationships with physical education and sports performance.
2. The learners will be able to understand and apply different types of tests for evaluating the performance of participants.
3. The learners will be able to apply the knowledge of criteria, classification and administration of test in physical fitness testing and sports specific skill testing.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-1: Test, Measurement, and Evaluation

(11 Hours)

1.1 Meaning and Definition of Test, Measurement, and Evaluation.

1.2 Need and Importance of Test and Measurement in Physical Education and Sports

Unit-II: Criteria and Administration of Test (12 Hours)

- 2.1 Classification of tests – Standardized and teacher-made tests – Objective and subjective Tests – Knowledge test- Fitness test- Sports skill test
- 2.2 Criteria of Test (Scientific Authenticity) – Reliability, Objectivity, Validity
- 2.3 Administration of Test: Preplanning, testing operation, and post-test functions

Unit- III: Measurement of Fitness Components (12 Hours)

- 3.1 Measurement of fitness components.
 - Muscular endurance (sit-ups)
 - Muscular Strength (Kraus-Weber Test)
 - Cardio-respiratory endurance (Cooper's 12 min. run/walk test)
 - Agility (Shuttle run)
 - Speed (50m. dash)
 - Flexibility (Sit and reach)

Unit-IV: Physical Fitness Tests (10 Hours)

- 4.1 Test for Physical Fitness- AAPHERD Youth Physical Fitness Test and Roger's Physical Fitness Index
- 4.2 Test for Motor Fitness- Indiana Motor Fitness Test and JCR Test

PART-B: PRACTICALS: (30 Hours)

- Measurement of Fitness Components (Muscular Endurance/Muscular Strength/ Cardiorespiratory endurance)
- Measurement of Fitness Components (Agility/Speed/ flexibility)
- Administration of Physical Fitness Test: AAPHERD Youth Physical Fitness Test or Roger's Physical Fitness Index
- Administration of Motor Fitness Test: Indiana Motor Fitness Test or JCR Test

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Allen D., Phillips & James E. Hornork (1979) **Measurement and Evaluation in Physical Education**. John Wiley & Sons, New York
2. Balyan, Sunita (2006). **Sharirk Shiksha main Parikshan evm maapan**, Khel Sahitya. Delhi.
3. Barrow, H.M.. and McGee, R., A (1964) **Practical Approach to Measurement in Physical Education**, Lea and Febiger, Philadelphia.
4. Barry L. Johnson, Jack K. Nelson. **Measurements for Evaluation in Physical Education**. Surjeet Publications.
5. Bovard, J.F., Cozens, F., W. and Hagman, P.E. (1949) **Test and Measurements in Physical Education**, W.B. Saunders Company, Philadelphia.
6. Cureton, T.K. (1947) **Physical Fitness Appraisal and Guidance**, The C.Mosby Company, St.Louis.
7. Harrison H. Clarke. (1976-1987) **Application of Measurement to Health & Physical Education**, Prentice Hall Inc. Englewood Cliffs N. J.
8. Hunsicker, P.A. and Montoye, H.J. (1953) **Applied Test and Measurements in Physical Education**, Prentice Hall Inc., New York.

9. Kansal D.K. (2012). **A Practical Approach to Measurement, Evaluation & Sports Selection**. Sports & Spiritual Science Publications, New Delhi.
10. Kumari, Sheela S.; Rana, Amita; & Kaushik, Seema (2008), **Fitness, Aerobics and Gym Operations** (New Delhi: Khel Sahitya Kendra).
11. Mathews K. Donald. (1973) **Measurement in Physical Education**, London W.S. Saunders Company,
12. Meyers, C.R. and Belsh, E.T. (1962) **Measurement in Physical Education**, The Ronald Press Company, New York. Sports, New Delhi: Friends Publications.
13. Safrit Margaret J. (1986) **Measurement in Physical Education and Exercise Science**. St. Louis, Times Mirror Mosby College publishing.
14. Srivastava AK (2006). **Sharirik Shiksha Evam Khel Mein Maapan Evam Mullyankan**. Sport Publications, Delhi.
15. Wilgoose, C.E (1967) **Evaluation in Health Education and Physical Education**, McGraw Hill Book Company, Inc, New York.
16. Yobu, A (2010), **Test, Measurement and Evaluation in Physical Education**, Friends Publication, New Delhi
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.
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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 DISCIPLINE-SPECIFIC ELECTIVE COURSE PAPER (DSE)

SEMESTER V

B.A.-DSE-PE-(4)-1.1:

FUNDAMENTALS OF GAME/SPORTS

(Choose Any One Sport from the Facilities Available)

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-DSE-PE-(4)-1.1: FUNDAMENTALS OF GAME/SPORTS	4	3	0	1	Class 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

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

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 SYLLABUS

(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:

1. Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
2. Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
3. Handbook-Rules and Regulation. International Athletic Federation (2010).
4. Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
5. Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
6. Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
7. Prentice, W. and Arnheim, D. (2005).
8. Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
9. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
10. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
11. Elliott R., (2011). Runners on Running: The Best Nonfiction of Distance Running, Human Kinetics, United States of America.
12. Galloway J., (2011). Cross Country Running, Mayer & Mayer Sport, United Kingdom.
13. Galloway J., (2012). 100 Reasons to Run, Mayer & Mayer Sport, United Kingdom.
14. Thani L., (2018). Skills & tactics field athletics, sports publication, New Delhi

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-V
B.A.-DSE-PE-(4)-1.2
STRENGTH AND CONDITIONING
DSE

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.A.-DSE-PE-(4)-1.3 STRENGTH AND CONDITIONING	04	3	0	1	XII Pass	NIL

Learning Objective: The objective of this course is to provide an understanding, practice and practical skills to the learners about Strength and Conditioning, Load and Adaptation, Warming-Up and Limbering Down, and Strength and Conditioning Programme Design.

Learning Outcomes:

1. The learners will be able to understand the concept and applications of Strength and Conditioning.
2. The learners will be able to understand the concept and applications of Load and Adaptations.
3. The learners will be able to understand and analyze the popular trends and updated research in the sports industry, specifically in the area of strength and conditioning.
4. The learners will be able to design a strength and conditioning program.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT- Introduction to Strength, Conditioning, Warming-up, and Cooling Down (10 Hours)

- 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.
- 1.4 Concept and Importance of Warming-Up and Cooling Down

UNIT-II Load and Adaptation (12 Hours)

- 2.1 Training Load- Definition and types of training load.
- 2.2 Principles of training load (Frequency, Intensity, Density, and Volume).
- 2.3 Relationship between load and adaptation. Overload and critical load.
- 2.4 Concept of load and factor affecting load and adaption.

UNIT-III Strength Training & Stretching (12 Hours)

- 3.1 Strength – Definition, types and their characteristics.
- 3.2 Types of muscular contraction.
- 3.3 Development of strength using own body weight and external resistance, field tests for measuring strength.
- 3.4 Core Strength and Functional training
- 3.5 Types of Stretching- Static Stretching Techniques and Dynamic Stretching Techniques

UNIT-IV: Strength and Conditioning Programme Design

(11 Hours)

- 4.1 Exercise Selection, Training Frequency, Exercise Order, Training Load and Repetitions, Volume, Rest Periods.
- 4.2 Means and Methods of Training (Resistance Training)
- 4.3 Plyometric Training, Circuit Training, Free Weight Training Methods, Bodyweight Training Methods, Core Stability and Balance Training Methods

PART-B: PRACTICALS

(30 hours)

1. Prepare a Warming-Up Exercise Programme with illustrations.
2. Prepare a Cooling-Down Exercise Programme with illustrations.
3. Prepare a Strength and Conditioning Programme for a specific games/sport.
4. Demonstrate Exercises for Core Stability and Balance (any five).

Suggested Readings:

1. Arnheim, Danial D. & Arnheim, Helene (1987) **Essentials of Athletic Training** Toronto Times Mirror.
2. Arnheim, Danial D. (1985) **Modern Principles of Athletic Training**. Toronto Time Mirror.
3. Bunn, John W. (1955) **Scientific Principles of Coaching** Englewood Cliffs N. J. Prentice Hall, Inc.
4. Dick, Frank W. (1980) **Sports Training Principles** London: Lepus Books.
5. Haff, G.G. (2016) **Essentials of Strength Training and Conditioning** Human Kinetics.
6. Hare, Dietrich (1982) **Principles Sports Training**, Berlin: Sportverlag.
7. Jensen, Clayne R & Fisher, Garth A. (1979) **Scientific Basis of Athletic Conditioning** Philadelphia: Lea & Febiger
8. Joan A. (1987) **Coaching – an Effective Behavioural Approach**, Toronto: Time Mirror
9. Novich, Max M. & Taylor Buddy (1983) **Training and Conditioning of Athletes** Philadelphia: Lea & Febiger
10. Sands, W.A., Wurth, J.J., Hewit, J.K. (2012) **Basics of Strength and Conditioning Manual** The National Strength and Conditioning Association.
11. Shaw, D. (2020) **Sports Training** Sports Publication.
12. Shaw, D. (2021) **Athletic Care and Rehabilitation** Sports Publications.
13. Singh, Hardayal (1991) **Science of Sports Training** New Delhi: D.A.V. Publication
14. Uppal A. K. (2010) **Principles of Sports Training** Friends Publications (India)
15. Uppal A. K. (2013) **Science of Sports Training** Friends Publications (India)
16. Uppal A. K. (2013) **Scientific basis of Sports Conditioning** Friends Publications (India)

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-V
B.A.-DSE-PE(4)-1.3
FITNESS FOR SENIOR CITIZENS
DSE

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.A.-DSE-PE-(4)-1.3-FITNESS FOR SENIOR CITIZENS	04	3	0	1	XII Pass	NIL

Learning Objectives:

This course will help the learner to understand the process of aging and develop the basic concepts of the physiological, psychological, and social issues affecting the fitness levels of senior citizens in society. Also, learners will be able to test and design exercise programs for the Senior Citizen.

Learning Outcomes:

1. Learners will be able to identify the physical, psychological, and social aspects of aging.
2. Learners will be able to understand aging adults' limitations, common medical conditions, the aging process, and frequent fitness obstacles.
3. Learners will be able to collect information regarding events organized by state, national, and international sports federations to promote physical activity among the aged population.
4. Learners will be able to test and design exercise programs for the Senior Citizen.
5. Learners will be able to understand and demonstrate the importance of fitness for senior citizens.
6. Learners will be able to evaluate the fitness of senior citizens.
7. Learners will be able to improve the quality of life of senior citizens.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I Introduction – Ageing and Physical Activity (10 hours)

- 1.1 Meaning, Definition of aging.
- 1.2 Countries and policies that Are Sensitive and Caring for the Aging Population
- 1.3 Scope of Practice for Senior Fitness Specialists and understand their Role in the healthcare industry

UNIT-II Physical, Physiological, and Psychological Considerations of Aging (12 hours)

- 2.1 Physical changes that occur in the aging population –Posture, Balance, Eyesight, etc.
- 2.2 Physiological changes that occur in the aging population – Neurological, Musculoskeletal, Cardiovascular, Memory loss, etc.
- 2.3 Psychological changes in the aging population – Quality of life, Self-Perception, self-confidence, emotional well-being etc.
- 2.5 Psychosocial effects of exercise and physical activity of aged people

UNIT-III Fitness Assessments for the Active Older Adult (12 hours)

- 3.1 Functional fitness of older adults.
- 3.2 Health risks related to age and physical activity.
- 3.3 Diet and Nutrition - caloric requirements, and nutrition guidelines for the aged population
- 3.4 Chronic conditions and comorbidities associated with active senior citizens

UNIT-IV Training the Senior Citizen

(11 hours)

- 4.1 Cardiorespiratory Training for Active Senior Citizens
- 4.2 Resistance Training for Active Senior Citizens
- 4.3 Flexibility and Balance for Active Senior Citizens
- 4.4 Sports for Veterans and Active Senior Citizens

PART-B: PRACTICALS

(30 hours)

1. Prepare Cardiorespiratory Training Programme for Active Senior Citizens
2. Prepare Resistance Training program for Active Senior Citizens
3. Develop a flexible exercises schedule for Active Senior Citizens
4. Develop a Balancing exercises schedule for Active Senior Citizens
5. Physical Fitness Testing and Evaluation of Senior citizen (men and women)

Suggested Readings:

1. Folan, Maureen (1995) **Exercise Machines for Older People** Physiotherapy, vol. 81, page 771. [http://dx.doi.org/10.1016/s0031-9406\(05\)66612-6](http://dx.doi.org/10.1016/s0031-9406(05)66612-6).
2. Hollrock, Ardelle P. (2004) **Exercise and the Elderly** Fogler Library, University of Maine. <http://www.library.umaine.edu/theses/pdf/HollrockAP2004.pdf>.
3. Rikli, Roberta E. & Jones, C. Jessie (2013) **Senior Fitness Test Manual** Human Kinetics.
4. Skelton, D. A., and N. Beyer. (2003) **Exercise and Injury Prevention in Older People** Scandinavian Journal of Medicine & Science in Sports vol. 13, pp. 77–85. <http://dx.doi.org/10.1034/j.1600-0838.2003.00300.x>.
5. Shaw, D., and Andrabi, S.M.H. (2021) **Fitness Reference of Senior Citizens** Khel Sahitya Kendra.
6. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.
7. Shaw D. (2021) **“Sports Training”** Sports Publication, ISBN: 978-81-943611-3-8.
8. Underhill, J. A. (1993) **Exercise for Older People with Dementia** Age and Ageing, vol. 22, P35—P36. http://dx.doi.org/10.1093/ageing/22.suppl_3.p35-c

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER – VI
B.A DSE (PE)-2.1
RESEARCH METHODS 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		
1	B.A DSE (PE)-2.1 RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS	04	3	0	1	XII Pass	NIL

Learning Objective:

The student will be able to use the knowledge of Research for analysis of data leading to logical conclusions on any field of investigation in physical education and sports.

Learning Outcomes:

1. The learner will be able to understand the concepts and types of research for different applications.
2. The learner will be able to apply different sampling technique and tools in research.
3. The learner will be able to apply the criteria of selection of a problem.
4. The learner will be able to collect review of literature from different resources.
5. The learner will be able to develop a research proposal.
6. The learner will be able to develop the concept of writing a research paper/ article/ project/ dissertation.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION

(7 Hours)

- 1.1. Definition and concept of Research, Need, and importance of Research in Physical Education and sports.
- 1.2. Scope of Research in Physical Education and Sports
- 1.3. Types of Research: Analytical, Descriptive, Experimental, Qualitative, etc.

UNIT-II SAMPLING TECHNIQUES AND HYPOTHESIS

(8 Hours)

- 2.1. Identification of Research Problem
- 2.2. Meaning, definition, and importance of Hypothesis
- 2.3. Meaning, definition, and importance of Sampling
- 2.4. Types of Sampling Techniques

UNIT-III TOOLS IN RESEARCH

(8 Hours)

- 3.1. Types of data, collection of data, data interpretation, and result analysis.
- 3.2. Different types of tools of research: questionnaires, Interviews, observation, tests and inventories

UNIT IV CRITERIA OF SELECTION OF RESEARCH

(11 Hours)

- 4.1. Criteria of Selection of Problem, Statement of a Research Problem, Limitations and Delimitations.
Review of related literature- Need and importance
- 4.2. Major literature resources- Documentation over-view, Library sources, Research reviews, Card catalog indices – physical education indices, Abstracting material

UNIT-V METHOD OF WRITING RESEARCH PROPOSAL/ THESIS/ RESEARCH ARTICLES

(11 Hours)

- 5.1 Method of writing Research proposal
- 5.2 Method of Writing Thesis
- 5.3 Method of writing abstract
- 5.4 Method of Writing a research paper for Conferences and journals
- 5.5 Method of Writing Footnote and Bibliography
- 5.6 Method of representing data through tables, graphs, and illustrations

PART-B: PRACTICALS

(30 hours)

1. Prepare ten footnotes and bibliography containing references from books, journals, dissertation, periodicals and websites etc.
2. Prepare a review of the literature (any ten research) related to any one topic of your choice.
3. Prepare a research proposal

Suggested Readings:

1. Author's Guide. (1991) **Research Methods Applied to Health Physical and Recreation** Washington, D.C.
2. Best John & Kahni, J.V. (1992) **Research in Education** New Delhi: Prentice Hall of India (Pvt.) Ltd.
3. Bompas, T. O. & Haff, G. G. (2009) **Periodization: Theory and Methodology of Training**, 5th ed. Champaign, IL: Human Kinetics.
4. Brown, L. E., & Ferrigno, V. A. (2005) **Training for Speed, Agility and Quickness** 2nd ed. Champaign, IL: Human Kinetics.
5. Clark, H. H., & Clark, D. H. (1975) **Research Process in Physical Education** Englewood Cliffs, New Jersey: Prentice Hall, Inc.
6. Clarke, H.H. (1992) **The Application of Measurement in Health and Physical Education**.
7. Garrett, H.E. (1981) **Statistics in Psychology and Education** New York: Vakils Feffer and Simon Ltd.
8. Koul, L. (2002) **Methodology of Educational Research** Vikas Publishing House, New Delhi
9. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987) **Introduction to Research: A Guide for The Health Science Professional**. London: J.B. Lippincott Company.
10. Rothstein, A.L. (1985) **Research Design and Statistics for Physical Education** Prentice Hall, New Jersey, U.S.A.
11. Shaw, D. (2007) **Fundamental Statistics in Physical Education & Sports Sciences**, New Delhi: Sports Publication.
12. Smith, R. Philosophy (2007) **Methodology and Educational Research** Wiley Black Well, USA.
13. Swann, J. Pratt (2007) **Educational Research in Practice: Making Sense of Methodology** New Delhi: Viva.
14. Thomas, J.R., & Nelson J.K. (2005). **Research Method in Physical Activity**. U.S.A: Champaign, IL: Human Kinetics Books.
15. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011) **Research Method in Physical Activity** U.S.A: Champaign, IL: Human Kinetics Books.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VI
B.A-DSE-PE-(4)-2.2
PUBLICATION ETHICS IN PHYSICAL EDUCATION AND SPORTS SCIENCES
DSE

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.A.-DSE-PE-(4)-2.2 PUBLICATION ETHICS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	04	3	0	1	XII Pass	NIL

Learning Objective:

The objective of this course is to provide the understanding through practical knowledge and practices about publication ethics in physical education and sports sciences for enough scope of creativity/Innovations in the field of physical education.

Learning Outcomes:

1. The learner will be able to understand the concepts with practices and skills of research integrity and publication ethics.
2. The learner will be able to (Hands-on-sessions are designed) identify research misconduct and predatory publications, Indexing and citation databases, open access publications, research metrics (citations, h-index, Impact Factor, etc.) and plagiarism tools along with the contents of the theory and practical syllabus.

SYLLABUS

CREDITS:4 [Theory-3,Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I PHILOSOPHY AND ETHICS

(7 Hours)

- 1.1 Introduction to Philosophy: definition, nature and scope, content, branches
- 1.2 Ethics: definition, moral philosophy, nature of moral judgments and reactions

UNIT-II ETHICS AND RESEARCH

(8 Hours)

- 2.1 Ethics with respect to science and research
- 2.2 Intellectual honesty and research integrity

UNIT-III SCIENTIFIC CONDUCT

(10 Hours)

- 3.1 Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP)
- 3.2 Redundant publications: duplicate and overlapping publications, salami slicing
- 3.3 Selective reporting and misrepresentation of data

UNIT-IV PUBLICATION ETHICS

(10 Hours)

- 4.1 Publication ethics: definition, introduction, and importance
- 4.2 Best practices/standards setting initiatives and guidelines: COPE, WAME, etc.
- 4.3 Conflicts of Interest

UNIT-V PUBLICATION VIOLATIONS

(10 Hours)

- 5.1 Publication misconduct: definition, concept, problems that lead to unethical behavior and vice versa, types
- 5.2 Violation of publication ethics, authorship, and contributorship
- 5.3 Identification of publication misconduct, complaints, and appeals, Predatory publishers and journals

PART: B- PRACTICALS

(30 hours)

1. Open-access publications and initiatives
2. SHERPA/RoMEO online resource to check publisher copyright & self-archiving policies
3. Software tool to identify predatory publications developed by SPPU
4. Journal finder/ journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Journal Suggester, etc.
5. Group Discussions
 - a. Subject-specific ethical issues, FFP, authorship
 - b. Conflicts of interest
 - c. Complaints and appeals: examples and fraud from India and abroad
6. Software tools uses: Use of plagiarism software like Turnitin, Urkund and other open source software tools
7. Databases and Research Metrics
 - a. Databases
 - b. Indexing databases
 - c. Citation databases: Web of Science, Scopus, etc.
8. Research Metrics
 - a. Impact Factor of journal as per Journal Citation Report, SNIP, SJR, IPP, CiteScore
 - b. Metrics: h-index, g index, i10 index, altmetrics

Suggested Readings:

1. Bird, A. (2006) **Philosophy of Science** Routledge.
2. MacIntyre, Alasdair (1967) **A Short History of Ethics**. London.
3. P. Chaddah, (2018) **Ethics in Competitive Research: Do not get Scooped; do not get Plagiarized**, ISBN:978- 9387480865
4. National Academy of Sciences, National Academy of Engineering, and Institute of Medicine. (2009) **On Being a Scientist: A Guide to Responsible Conduct in Research: Third Edition**. National Academies Press.
5. Resnik, D. B. (2011) What Is Ethics in Research & Why is It Important. *National Institute of Environmental Health Sciences*, 1-10. Retrieved from <https://www.niehs.nih.gov/research/resources/bioethics/whatis/index.cfm>
6. Beall, J. (2012) Predatory Publishers are Corrupting Open Access. *Nature*, 489(7415), 179-179. <https://doi.org/10.1038/489179a>
7. Indian National Science Academy (INSA) (2019), **Ethics in Science Education, Research and Governance** ISBN:978-81-939482-1-7 http://www.insaindia.res.in/pdf/Ethics_Book.pdf

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VI
B.A.-DSE-PE-(4)-2.3-
THESIS WRITING IN PHYSICAL EDUCATION AND SPORTS
DSE

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.A.-DSE-PE (4)-2.3-THESIS WRITING IN PHYSICAL EDUCATION AND SPORTS	04	3	0	1	XII Pass	NIL

Learning Objective: The objective of the course is to provide an understanding and practice to the learners about thesis writing mechanisms, skills, and practices in physical education and sports

Learning Outcomes:

1. Learners will be able to develop a synopsis/ research proposal.
2. Learners will be able to prepare an abstract of a research article/ thesis/ project.
3. Learners will be able to cite references in different formats.
4. Learners will be able to write the dissertation/thesis.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION TO SCIENTIFIC WRITING

(10 hours)

- 1.1 Thesis Writing
- 1.2 Dissertation
- 1.3 Project Report
- 1.4 Short Article
- 1.5 Long article

UNIT-II INTRODUCTION TO RESEARCH PROPOSAL AND CASE STUDY

(11 hours)

- 2.1 Synopsis
- 2.2 Research Proposal
- 2.3 Abstract and Short Abstract
- 2.4 Case Study

UNIT-III BIBLIOGRAPHY AND REFERENCES

(12 hours)

- 3.1 Different formats of Referencing: APA, MLA, IEEE, Chicago, etc.
- 3.2 Bibliography and Working Bibliography
- 3.3 References
- 3.4 Scientific Abstracting
- 3.5 Footnote/Endnote/ Citation

UNIT-IV GENERAL THESIS FORMAT

(12 hours)

- 1.1 Certifications and Preliminaries
- 1.2 Introduction
- 1.3 Review of Related Research
- 1.4 Procedure
- 1.5 Analysis of the Data and Findings of the Study
- 1.6 Summary, Conclusions, and Recommendations, Appendix

PART-A: PRACTICALS

(30 hours)

1. Prepare an abstract of a research article.
2. Prepare a bibliography of at least 10 references from a topic.
3. Prepare a research proposal of your choice.

Suggested Readings:

1. Best John & Kahni, J.V. (1992) **Research in Education**, New Delhi. Prentice Hall of India (Pvt.) Ltd.
2. Bompa, T. O. & Haff, G. G. (2009) **Periodization: Theory and Methodology of Training** 5th ed. Champaign, IL: Human Kinetics.
3. Brown, L. E., & Ferrigno, V. A. (2005) **Training for Speed, Agility and Quickness** 2nd ed. Champaign, IL: Human Kinetics.
4. Carl, E. K., & Daniel, D. A. (1969) **Modern Principles of Athletes Training** St. Louis: St. Louis's Mosby Company.
5. Clark, H. H., & Clark, D. H. (1975) **Research Process in Physical Education** Englewood cliffs, New Jersey: Prentice Hall, Inc.
6. Clarke, H.H. (1992). **The Application of Measurement in Health and Physical Education** Prentice Hall, New York.
7. Garrett, H.E. (1981) **Statistics in Psychology and Education**. New York: Vakils Feffer and Simon Ltd.
8. Koul, L. (2002) **Methodology of Educational Research**, Vikas Publishing House, New Delhi
9. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). **Introduction to Research: A guide for the Health Science Professional**. London: J.B. Lippincott Company.
10. Rothstein, A.L. (1985) **Research Design and Statistics for Physical Education** Prentice Hall, New Jersey, U.S.A.
11. Shaw, Dhananjoy (2007) **Fundamental Statistics in Physical Education & Sports Sciences**, Sports Publication, Delhi.
12. Smith, R. Philosophy (2007) **Methodology and Educational Research**, Wiley Black Well, USA.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VII
B.A.DSE (PE)-3.1
SPORTS MANAGEMENT
DSE

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.A.DSE (PE) 3.1 SPORTS MANAGEMENT	04	3	0	1	XII Pass	NIL

Learning Objectives: The objective of this course is to provide an understanding, skills, and practices to the learners about the management of sports, leadership skills, various aspects of sports programs, and principles of budgeting.

Learning Outcomes:

1. Learners will be able to develop leadership and management skills.
2. Learners will be able to understand the practices involved in managing sports events.
3. Learners will be able to conduct sports programs.
4. Learners will be able to understand the principles and the process involved in budgeting.
5. Learners will be able to distinguish the difference between Intramural and Extramural Tournaments in terms of management.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION TO SPORTS MANAGEMENT (11 Hours)

- 1.1 Concept, Nature and Scope of Sports Management
- 1.2 Qualities and Competencies Required for the Sports Manager
- 1.3 Event Management in physical education and sports

UNIT-II LEADERSHIP (11 Hours)

- 2.1 Meaning and Definition of Leadership
- 2.2 Leadership style and method, Elements of leadership
- 2.3 Forms of Leadership - Autocratic, Laissez-faire, Democratic, Benevolent Dictator

UNIT-III PLANNING & BUDGETING (11 Hours)

- 3.1 Planning: Definition, meaning and importance of planning
- 3.2 Budget: Definition, meaning and importance of Budget
- 3.3 Principles of planning and budgeting
- 3.4 Steps involved in the planning process.

UNIT-IV FACILITIES, EQUIPMENT, AND TOURNAMENTS (12 Hours)

- 4.1 Facilities and equipment management: Types of facilities - Infrastructure-indoor, outdoor, Gymnasium, Swimming pool, Play fields; Location, Preparation, Layout, and maintenance of facilities

- 4.2 Need and importance of equipment: - Purchase, care and maintenance of equipment, Maintenance of equipment. Process of write-off and condemnation of stock.
- 4.3 Types of tournaments- Knock-out, league or round robin, combination, Organization of Intramural & Extramural sports competitions

PART B: PRACTICALS

(30 Hours)

1. Plan and organize a sports event / Intramural / Tournament / Seminar etc. at your Institute/ Locality.
2. Prepare a budget to organize any event in your college/ department/Locality.
2. Prepare a Presentation on any sports management topic using Audio Visual Aids.
3. Prepare a report on the sports facilities & equipment available in your college.

Suggested Readings:

1. Ashton, D. (1968) **Administration of Physical Education for Women** New York: The Ronal Press Cl.
2. Broyles, F. I. & Rober, H. D. (1979) **Administration of Sports, Athletic Programme: A Managerial Approach** New York: Prentice hall Inc.
3. Bucher, C. A. (1983) **Administration of Physical Education and Athletic Programme**. St. Lolis: The C.V. Hosby Co.
4. Chakraborty, Samiram (1988) **Sports Management** Sports publications, New Delhi.
5. Daughtrey, G. & Woods, J.B. (1976) **Physical Education and Intramural Programmes, Organisation and Administration** Philadelphia U.S.A. : W.B. Saunders Cp.
6. Earl, F. Z,& Gary, W. B. (1963) **Management Competency Development in Sports and Physical Education**. Philadelphia: W. Lea and Febiger
7. Hughes, LW. and French, E. (1990) **The Administration of Physical Education** Ronald Press Co.
8. Kamlesh, M.L., **Management Concepts of Physical Education and Sport**, New Delhi: Metropolitan Book Co., Pvt., Ltd.
9. Kozman, H.C. Cassidly, R. & Jackson, C. (1960). **Methods in Physical Education**. London: W.8. Saunders Co.
10. Pandey, L.K. (1977) **Methods in Physical Education** Metropolitan Book Depot, Delhi.
11. Sharma, V.M. & Tiwari, R.H.: (1979) **Teaching Methods in Physical Education** Amaravati: Shakti Publication.
12. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN : 978-93-90461-18-9.
13. Thomas, J. P. (1967) **Organization & Administration of Physical Education** Madras: Gyanodayal Press.
14. Tirunarayanan, C.& Haiharan.S (1969) **Methods in Physical Education** Karaikudi: South India Press
15. Voltmer, E. F. & Esslinger, A. A. (1979) **The Organization and Administration of Physical Education** New York: Prentice Hall Inc.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VII
B.A.DSE (PE)-3.2
SPORTS JOURNALISM
DSE

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.A.DSE (PE)-3.2 SPORTS JOURNALISM	04	3	0	1	XII Pass	NIL

Learning Objective:

The objective of the course is to provide an understanding and practice to the learners about sports journalism, functions of sports mass media, writing sports news/stories, and the use of information technology.

Learning Outcomes:

In this paper, the learners will be able to develop expertise related to the following: -

1. Understand the fundamental concepts of Sports journalism and news.
2. The students will acquire knowledge about the scope of Journalism in the Sports world.
3. The students will be able to learn about the Role of Journalism in the field of Physical Education.
4. The students will comprehend the importance of basic writing fundamentals, high ethical standards, and essential values for sports journalists.
5. Review the editing process in journalism, including the principles of editing for clarity, accuracy, fairness, and style.
6. The students will know about various career opportunities available in Sports Journalism.

SYLLABUS

Credits: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

UNIT I: SPORTS JOURNALISM

(12 hours)

1. Meaning and Definition of Sports Journalism, Historical development of sports journalism
2. Role of Journalism in the Field of Physical Education and Sports
3. Values and Ethics of Journalism, Characteristics of Sports Journalist. Role of Sports Journalist in Promoting Mental Wellbeing of a Sportsperson
4. Sports News- Meaning and News Sources for Sports Journalism

UNIT II: SPORTS REPORTING, WRITING AND DESIGNING

(12 hours)

1. Coverage of Sports Beat reporting, Language of Sports Journalism, Principles of Editing, Process of editing.
2. Types and techniques of writing sports stories: Feature, Advanced Story, Trend Story, Column, News Story, and Game Story.
3. Radio and T.V. commentary, anchoring, interviews, group discussion, talk shows.
4. Designing: Headings, front heading, layout and page making, story, editorial tools, marks and skills, webpage

UNIT III: PHOTO JOURNALISM, EMERGING TRENDS AND OPPORTUNITIES IN SPORTS **(10 hours)**

1. Meaning and types of Photo Journalism
2. Sports Photo Features and writing captions of photos
3. New Trends in Sports Journalism: News Alerts for Mobiles, E-magazines, Twitter, Blogs and Podcasts
4. Future of Sports Journalism and Career Opportunities

UNIT-4 MEDIA: COMMERCIALIZATION & PRIVATIZATION AND INFORMATION TECHNOLOGY **(11 hours)**

1. Role of Media in image building (positive and negative images)
2. Impact of commercialization and privatization in sports media
3. Various types of information technology
4. Use of satellite communication- Internet, radio and TV, communication for sports information.

PART-B: PRACTICAL **(30 hours)**

1. Preparing a report of an Annual Sports Meet for Publication in the Newspaper or online media.
2. Record an Interview of any player using a mobile phone (3-5 minutes).
3. Preparing handouts/brochures/punch lines/slogans for society to communicate the importance of sports.
4. Case study of Indian Eminent Sports Journalist/Sports Writer/Sports Commentator.

Suggested Readings:

1. Aamieor, A (2003) **Real Sports Reporting** Indiana University Press. Valparaiso. Indiana USA.
2. Ahuja, B.N. (1998) **Theory and Practise of Journalism** Surjeet Publication, Delhi.
3. Andrew, P. (2005) **Sports Journalism: A Practical Introduction** Sage Publications, Delhi.
4. Boyle, R. (2006) **Sports Journalism: Context and Issues** Sage Publications, Delhi.
5. Kamath, M.V. (1980) **Professional Journalism** Khel Sahitya Kendra, Delhi.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VII
B.A.-DSE-PE-3.3
SPORTS PEDAGOGY
DSE

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.A.-DSE-PE-3.3-SPORTS PEDAGOGY	04	3	0	1	XII Pass	NIL

Learning Objective:

The objective of this course is to provide an understanding through practical knowledge, skills, and practices about sports pedagogy which will promote the communication of educational experiences in physical education and youth sport and related fields.

Learning Outcomes:

1. The learner will be able to understand the concept of pedagogy and its applications in the field of physical education and sports.
2. The learner will be able to apply various teaching and coaching techniques in physical activity sessions.
3. The learner will be able to implement various teaching aids and technology during teaching sessions.
4. The learner will be able to differentiate between different types of lesson plans as per the requirements.
5. The learner will be able to develop and create various lesson plans as needed.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION TO PHYSICAL EDUCATION PEDAGOGY (12 hours)

- 1.1 Physical Education Pedagogy: Definition and Scope.
- 1.2 Pedagogical Approaches: Constructive, Collaborative, Integrative, Reflective, Inquiry-Based Learning
- 1.3 Characteristics of Effective Teaching
- 1.4 Importance of Devices and Methods of Teaching.

UNIT-II TEACHING TECHNIQUE, TEACHING PROCEDURE AND PRESENTATION TECHNIQUE (12 hours)

- 2.1 Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method, etc.
- 2.2 Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- 2.3 Presentation Technique – Personal and technical preparation

UNIT-III TEACHING AIDS (10 hours)

- 3.1 Teaching Aids – Meaning and Importance
- 3.2 Types of Teaching Aids – Audio-visual, Charts, Models, Films, Blackboard etc.
- 3.3 Criteria for selecting teaching aids

UNIT-IV LESSON PLANNING AND MICRO TEACHING

(11 hours)

4.1 Lesson Planning – Meaning and principles of lesson plan

4.2 Types of Lesson Plans

4.3 Qualities of a good lesson plan

PART B- PRACTICALS

(30 hours)

1. Prepare a presentation using any teaching aid.
2. Prepare a lesson plan of 30 minutes duration for any physical activity.
3. Conduct a classroom activity using different teaching techniques/ teaching procedures.

Suggested Readings:

1. Abels. (2010) **Teaching Movement Education** Human Kinetics: Champaign, IL
2. Bonnie S. Mohnsen. (2003) **Teaching Middle School Physical Education** Human Kinetics: Champaign, IL
3. Daryl Siedentop. Et.l (2004) **Complete Guide to Sports Education** Human Kinetics: Champaign, IL
4. Graham, George. H. S. Ann. P. Melissa. (2010) **Children Moving: A Reflective Approach to Teaching Physical Education**, McGraw Hill.
5. Healthy Schools. (2007) **Physical Activity HS Booklet A: At least one-hour-a-day.** www.healthyschools.gov.uk/Theme-Physical-Activity.aspx
6. Higgs, C., Way, R., Vicki Harber, M., Jurbala, P., Balyi, I., Carey, A. (2019). **Long-Term Development in Sport and Physical Activity 3.0.** Canadian Sports for Life https://spectrumofteachingstyles.org/assets/files/book/Teaching_Physical_Edu_1st_Online.pdf
7. Isobel Kleninman (2001) **Complete Physical Educational Plan for Grade 7-12.** Human Kinetics: Champaign, IL
8. Shaw D. (2018). **“Pedagogic Kinesiology”** Sports Publication, ISBN: 978-93-86592-43-9.
9. Shaw D. (2021) **“Lesson Planning & Teaching Methods”** Khel Sahitya Kendra, ISBN:978-81-7524-022-9.
10. USDHHS. (1999) **Promoting Physical Activity-A Guide for Community Action.** Human Kinetics: Champaign, IL

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER – VI
B.A DSE (PE)-3.4
RESEARCH METHODS 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.A DSE (PE)-3.4 RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS	04	3	0	1	XII Pass	NIL

Learning Objective:

The student will be able to use the knowledge of Research for analysis of data leading to logical conclusions on any field of investigation in physical education and sports.

Learning Outcomes:

1. The learner will be able to understand the concepts and types of research for different applications.
2. The learner will be able to apply different sampling technique and tools in research.
3. The learner will be able to apply the criteria of selection of a problem.
4. The learner will be able to collect review of literature from different resources.
5. The learner will be able to develop a research proposal.
6. The learner will be able to develop the concept of writing a research paper/ article/ project/ dissertation.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION

(7 Hours)

- 1.1 Definition and concept of Research, Need, and importance of Research in Physical Education and sports.
- 1.2 Scope of Research in Physical Education and Sports
- 1.3 Types of Research: Analytical, Descriptive, Experimental, Qualitative, etc.

UNIT-II SAMPLING AND HYPOTHESIS

(8 Hours)

- 2.1. Identification of Research Problem
- 2.2. Meaning, definition, and importance of Hypothesis
- 2.3. Meaning, definition, and importance of Sampling
- 2.4. Types of Sampling Techniques

UNIT-III TOOLS IN RESEARCH

(8 Hours)

- 3.1. Types of data, collection of data, data interpretation, and result analysis.
- 3.2. Different types of tools of research: questionnaires, Interviews, observation, tests and inventories

UNIT IV CRITERIA OF SELECTION OF RESEARCH

(11 Hours)

- 4.1. Criteria of Selection of Problem, Statement of a Research Problem, Limitations and Delimitations.
- 4.2 Review of related literature- Need and importance
- 4.2. Major literature resources- Documentation over-view, Library sources, Research reviews, Card catalog indices – physical education indices, Abstracting material

UNIT-V METHOD OF WRITING RESEARCH PROPOSAL/ THESIS/ RESEARCH ARTICLES

(11 Hours)

- 5.1 Method of writing Research proposal
- 5.2 Method of Writing Thesis
- 5.3 Method of writing abstract
- 5.4 Method of Writing a research paper for Conferences and journals
- 5.5 Method of Writing Footnote and Bibliography
- 5.6 Method of representing data through tables, graphs, and illustrations

PART-B: PRACTICALS

(30 hours)

- 1 Prepare ten footnotes and bibliography containing references from books, journals, dissertation, periodicals and websites etc.
- 2 Prepare a review of the literature (any ten research) related to any one topic of your choice.
- 3 Prepare a research proposal

Suggested Readings:

- 1 Author's Guide. (1991) **Research Methods Applied to Health Physical and Recreation** Washington, D.C.
- 2 Best John & Kahni, J.V. (1992) **Research in Education** New Delhi: Prentice Hall of India (Pvt.) Ltd.
- 3 Bompa, T. O. & Haff, G. G. (2009) **Periodization: Theory and Methodology of Training**, 5th ed. Champaign, IL: Human Kinetics.
- 4 Brown, L. E., & Ferrigno, V. A. (2005) **Training for Speed, Agility and Quickness** 2nd ed. Champaign, IL: Human Kinetics.
- 5 Clark, H. H., & Clark, D. H. (1975) **Research Process in Physical Education** Englewood Cliffs, New Jersey: Prentice Hall, Inc.
- 6 Clarke, H.H. (1992) **The Application of Measurement in Health and Physical Education**.
- 7 Garrett, H.E. (1981) **Statistics in Psychology and Education** New York: Vakils Feffer and Simon Ltd.
- 8 Koul, L. (2002) **Methodology of Educational Research** Vikas Publishing House, New Delhi
- 9 Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987) **Introduction to Research: A Guide for The Health Science Professional**. Landon: J.B. Lippincott Company.
- 10 Rothstein, A.L. (1985) **Research Design and Statistics for Physical Education** Prentice Hall, New Jersey, U.S.A.
- 11 Shaw, D. (2007) **Fundamental Statistics in Physical Education & Sports Sciences**, New Delhi: Sports Publication.
- 12 Smith, R. Philosophy (2007) **Methodology and Educational Research** Wiley Black Well, USA.
- 13 Swann, J. Pratt (2007) **Educational Research in Practice: Making Sense of Methodology** New Delhi: Viva.
- 14 Thomas, J.R., & Nelson J.K. (2005). **Research Method in Physical Activity**. U.S.A: Champaign, IL: Human Kinetics Books.
- 15 Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011) **Research Method in Physical Activity** U.S.A: Champaign, IL: Human Kinetics Books.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VII
B.A-DSE-PE(4)-3.5
BASICS OF EXERCISE PRESCRIPTION
DSE

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.A.DSE (PE)-3.5 BASICS OF EXERCISE PRESCRIPTION	04	3	0	1	XII Pass	NIL

Learning Objective: The objective of the course is to develop an understanding of practical skills in exercise testing and exercise prescription that can be beneficial for self-evaluation and appraisal and help learners, assist people in the community to develop basic training modules for health and wellness.

Learning Outcomes:

1. Learners will gain an understanding and skills in health appraisals including screening and risk stratification of self and other people.
2. Learners will be able to design a basic individualized exercise program using the results of fitness and exercise testing.
3. Learners will be able to design a basic exercise prescription for healthy individuals.
4. Learners will be able to assist Medical Professionals to execute exercise prescriptions for individuals in cardiac rehabilitation, lifestyle diseases, hypertension, diabetes, or obesity.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT- I INTRODUCTION- SPORTS TRAINING

(7 hours)

- 1.1 Meaning, Definition, and Scope of fitness and sports training.
- 1.2 Latest trends in fitness and sports training.
- 1.3 Role of Sports and fitness Training in promoting a positive lifestyle.

UNIT-II PRINCIPLES OF SPORTS TRAINING

(8 hours)

- 2.1 Basic understanding of Principles of Sports Training
- 2.2 Testing Physical Activity Readiness and Risk Assessment for Exercises

UNIT-III TESTING AND EXERCISE FOR HEALTH - RELATED FITNESS

(11 hours)

- 3.1 Basic testing and designing training modules for Cardiovascular Endurance
- 3.2 Basic testing and designing training modules for Muscular Endurance
- 3.3 Basic testing and designing training modules for Muscular Strength
- 3.4 Basic testing and designing training modules for Flexibility
- 3.5 Basic testing and designing training modules for Body Composition

UNIT-IV EXERCISE PRESCRIPTION FOR DIFFERENT CATEGORIES (10 hours)

- 4.1 Exercise prescription for children
- 4.2 Exercise prescription for adults
- 4.3 Exercise prescription for women
- 4.4 Exercise prescription for specific sportsperson

UNIT-V TESTING AND EXERCISE FOR PEOPLE WITH SPECIAL NEEDS (9 hours)

- 5.1 Testing and Training for Senior Citizens
- 5.2 Testing and training for people with illness and lifestyle disease (Obesity, Diabetes)
- 5.3 Testing and designing training programs for people with special needs (Cardiovascular disease, Asthma)

PART-B: PRACTICALS (30 Hours)

1. Plan and Design a One Week Training Program for a youth under 25 years of age
2. Testing for Cardiovascular Endurance
3. Testing for Muscular Endurance
4. Testing for Muscular Strength
5. Testing for Flexibility
6. Testing for Body Composition

Suggested Readings:

1. Lippincott Williams & Wilkins (2013) **Guidelines for Exercise Testing and Prescription** American College of Sports Medicine, 9th ed.
2. Lippincott Williams & Wilkin, Fourth edition (2013) **ACSM Guidelines for Exercise Testing and Prescription** ACSM's Health-Related Physical Fitness Assessment Manual, American College of Sports Medicine.
3. Rebecca Tanner and Christopher Gore, (2012) **Physiological Tests for Elite Athletes** by the ASC Physiological Tests for Elite Athletes with Australian Institute of Sport, 2nd edition.
4. James Morrow Jr., Allen Jackson, James Disch, Dale Mood (2010) **Physiological Tests for Elite Athletes** by the ASC Measurement and Evaluation in Human Performance with Web Study Guide-4th Edition.
5. Peter Maud and Carl Foster (2005) **ACSM Guidelines for Exercise Testing and Prescription** Physiological Assessment of Human Fitness — 2nd Edition
6. Shaw, D. (2021) **Athletic Care and Rehabilitation** Sports Publications.
7. Shaw, D. (2020) **Sports Training** Sports Publication, 2020.

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POOL OF COURSES
SYLLABUS OF DISCIPLINE-SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VIII
B.A.DSE (PE)-4.1
INTRODUCTION TO KINESIOLOGY
DSE

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.A.DSE (PE)-4.1 INTRODUCTION TO KINESIOLOGY	04	3	0	1	XII Pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about Kinesiology and its application in sports and develop the foundation to learn performance analysis.

Learning Outcomes:

1. Students will be able to impart knowledge about the various movements of the body affecting performance in sports and a basic knowledge of various Sports Injuries and their management.
2. Students will learn the science of movement for better sports performance and the basic knowledge of the various injuries and their management.
3. Such core knowledge and skill help to create a strong foundation to engage human subjects of all ages, sexes, and abilities.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

UNIT-I: INTRODUCTION TO KINESIOLOGY

(12 Hours)

- 1.1 Meaning and Definition of Kinesiology
- 1.2 Historical Perspectives of Kinesiology
- 1.3 Importance of Kinesiology in Sports Sciences
- 1.4 Aim and Objectives of Kinesiology in Sports Sciences
- 1.5 Scope of Kinesiology
- 1.6 Modern Technological Enhancement in Kinesiological Analysis and Methods.

UNIT-II: UNDERSTANDING OF JOINTS

(10 Hours)

- 2.1 Classification of joints and muscles
- 2.2 Major characteristics of joints - Shoulder, Elbow, Wrist related to sports
- 2.3 Major characteristics of joints - Hip, Knee, and Ankle related to sports.

UNIT-III: UNDERSTANDING MUSCLES

(10 Hours)

- 3.1 Types of Muscle Contractions, Angle of Pull
- 3.2 Origin and insertion of major muscles in Upper Extremity:
- 3.3 Origin and insertion of major muscles in Lower Extremity

UNIT-IV: FUNDAMENTAL MOVEMENTS

(13 Hours)

- 4.1 Fundamental Movements- Flexion, Extension, Abduction, Adduction, and Rotation.
- 4.2 Muscular analysis of fundamental movements – walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging, and fundamental starting position.
- 4.3 All and none law and reciprocal Innervations.
- 4.4 Axis and Planes of Motion.

4.5 Gravity- Definition, line of gravity, Centre of gravity.

4.6 Equilibrium and types of equilibrium.

PART-B: PRACTICAL

(30 HOURS)

1. Demonstration of planes & axes of a given movement.
2. Determination of the location of muscles at various joints: Shoulder girdle, Shoulder joints, Elbow joint.
3. Determination of the location of muscles at various joints: Hip joint, Knee joint, Ankle joint.
4. Prepare a presentation on any topic of the theory syllabus.

Suggested Readings:

1. Blazeovich, A.J. (2017). Sports Biomechanics. Bloomsbury Sports Publishers.
2. Colby, L.A and C. Kisner (2002). Therapeutic Exercise. F.A. Davis Co. Publishers, Philadelphia, Pennsylvania, USA.
3. Dillon, G. (2017). Principles of Exercise Therapy. Syrawood Publishing House, ISBN: 978168286-489-0, New York, NY100017, USA.
4. Souza, P.D. (2016). Sports Biomechanics and Medicine. Callisto Publishers, New York, USA.
5. Watkins, J. (2014) Fundamental Biomechanics of Sports and Exercise. Routledge Publishers, USA.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VIII
B.A.DSE (PE)-4.2
PROFESSIONAL PREPARATION AND CURRICULUM DESIGN
DSE

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.A.DSE (PE)-4.2 PROFESSIONAL PREPARATION AND CURRICULUM DESIGN	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.

Learning Outcomes:

- 1 Understand professional preparation in physical education, comparing perspectives from pre- and post-independence India and other countries.
- 2 Gain knowledge of the foundation, objectives, and characteristics of professional preparation programs, courses available in physical education and sports, and the role of physical education teachers and institutes.
- 3 Define and understand concepts such as profession, professional, and professionalism in physical education, explore career avenues at different educational levels, and apply learning through practical activities like case studies and surveys.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

THEORY SYLLABUS

(45 HOURS)

UNIT-I HISTORICAL PERSPECTIVE

(10 HOURS)

1. Professional Preparation in India
2. Pre-Independence perspective
3. Post-Independence perspective

UNIT-II PROFESSIONAL PREPARATION PROGRAMMES

(12 HOURS)

1. Foundation: need, objectives, and characteristics of professional preparation programs
2. Courses available in physical education and sports
3. Role of physical education teachers and institutes in professional preparation programs

UNIT-III PHYSICAL EDUCATION AND PROFESSIONALISM (11 HOURS)

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

UNIT-IV CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS (12 HOURS)

1. Career avenues after certificate course, diploma, under-graduation and post-graduation, and research degrees.
2. Planning for a career: self-assessment, motivational dynamics, decision-making, counseling, and guidance
3. Challenges and opportunities in physical education
4. Inter-relationships among various careers in physical education and sports

PRACTICALS: (30 HOURS)

1. Case study on National Sports Policy
2. Case study on National Education Policy highlighting the role of physical education.
3. A Survey on current job avenues with certificate courses, diploma courses, under-graduation degrees, post-graduation degrees, and doctoral degrees in physical education.

Suggested Readings:

1. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum Designing Physical Education & Sports Sciences, New Delhi, Friends Publications, 2004.
2. Sandhu Kiran, Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications, 2004.
3. Sandhu Kiran, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication, 2006.
4. Zeigler E.F, Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies, 2007.
5. Gupta, Rakesh (2017), Curriculum design, Friends publications.
6. Sharma, J.P (2005), Curriculum design in Physical education, Khel Sahitya Kendra.
7. James, Jose (2005) Curriculum design in Physical education and sports, Friends publications.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VIII
B.A.DSE (PE)-4.3
SPORTS FIELD TECHNOLOGY
DSE

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.A.DSE (PE)-4.3 SPORTS FIELD TECHNOLOGY	04	3	1	0	XII Pass	NIL

Learning Outcome:

The learner will be able to use the knowledge of Yoga and will have a command of the basic and advanced rules and regulations and conduct a tournament.

Learning Objectives: -The student will get the knowledge of-

1. Technical preparation, Marking, Physical, physiological, psychological, and sociological characteristics Technical Preparation for Focused Events, Required motor abilities and their technical preparation, Technical and tactical preparation, Physical, physiological, psychological, and sociological characteristics of athletes.
2. Structure and organization of the meet Budgeting, purchase of equipment Preparation, execution, and conclusion of the respective events Protocols and ceremonies.
3. How a particular instrument is made and how it is used.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

THEORY SYLLABUS

(45 HOURS)

Unit I – Sports Technology

(12 Hrs)

- 1.1 Meaning and definition of sports technology.
- 1.2 Significance of technology in sports
- 1.3 General Principles of instrumentation in sports.
- 1.4 Meaning of Foams, Types of foams (Polyurethane, Polystyrene, Styrofoam, closed-cell, open-cell foams, and Neoprene) and their uses in different sports.

Unit II – Nanotechnology in Sports Materials

(10 Hrs)

- 2.1 Meaning and Definition of Nanotechnology
- 2.2 Meaning of nano glue and nano molding technology.
- 2.3 Uses and Benefits of Nanotechnology in sports uniforms, and Safety equipment
- 2.4 Uses and Benefits of Nanotechnology in Sports equipment and playing surfaces

Unit III – Surfaces of Playfields and Measuring Gadgets

(10 Hrs)

- 3.1 Method of construction and installation for Synthetic and Cinder tracks.
- 3.2 Meaning and types of flooring materials for different sports: synthetic (polyurethane and poly grass) and wooden.
- 3.4 Modern Measuring Equipment Used in Running, Throwing, and Jumping Events.

Unit IV – Modern Stadiums and Training Machines

(12 Hrs)

- 4.1 Identifying requirements of indoor and outdoor playfields
- 4.2 Tennis: Serving Machine, Mechanism and Advantages
- 4.3 Dimensions of Sports Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium and Outdoor Stadium.
- 4.4 Lighting Facilities: Method of erecting and luminous in indoor and outdoor stadiums. Methods of measuring luminous.

PRACTICAL

(30 hours)

1. Enlist any 10 instruments/ equipments in sports with their uses from the perspective of technology.
2. Prepare a presentation of different types of foams used in sports.
3. Prepare a model/ chart/ presentation on different types of flooring in sports.
4. Prepare an analytical report on facilities/ training machines in sports.

Suggested Readings

1. Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) “Selection of Engineering Materials ”UK: Butterworth Heiremann.
2. Finn, R.A. and Trojan P.K. (1999) “Engineering Materials and their Applications” UK: JaicoPublisher.
3. John Mongilo, (2001). “Nano Technology 101 “New York: Green wood publishing group. Walia.
4. J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
5. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
6. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VIII
B.A.DSE (PE)-4.4
FACILITY PLANNING AND MANAGEMENT IN SPORTS
DSE

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.A.DSE (PE)-4.4 FACILITY PLANNING AND MANAGEMENT IN SPORTS	04	3	0	1	XII Pass	NIL

Learning Objectives: To acquaint the students with the management of various sports facilities planning and related Legislation

Learning Outcomes:

The Learner will able to:

1. Learn the facility management and its assessment.
2. Understand indoor and outdoor facility management in conjunction with facility maintenance and supervision.
3. Develop to know the concept of supply & Maintenance of Equipment.
4. Able to understand the fundamental concepts regarding Logistics management.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

UNIT -1 HISTORY

(10 Hours)

- 1.1 Modern Era of Stadium
- 1.2 Technology in the Stadium
- 1.3 Types of Public Assembly – Arenas, facilities, convention centers, stadium, University venues, local/civic venues.

Unit – II FACILITY PLANNING

(10 Hours)

- 2.1 Meaning and concept of facility management
- 2.2 Planning the facility
- 2.3 Health and legal considerations in facility planning
- 2.4 Assessment of Facility Management

Unit – III FACILITY MANAGEMENT

(10 Hours)

- 3.1 Indoor facilities management – Site selection, Indoor surfaces, Walls, Ceilings, Doors, Windows, Acoustics, Service areas, Lighting & Air quality control.
- 3.2 Outdoor facility management – Site selection and Development, Natural surface, Synthetic surface, Fencing & Seating plan.
- 3.3 Facility maintenance.
- 3.4 Facility Supervision and Security.

Unit – IV FACILITY FINANCING AND LOGISTICS MANAGEMENT

(15 Hours)

- 4.1 Facility Financing Mechanism, why do cities subsidize sports facilities?
- 4.2 Facility marketing – Marketing and Promotion & Facility Revenues & Expenses

- 4.3 Career Opportunities-Marketing Director & Public Relations/Communication Director
- 4.4 Meaning and Concept of Logistics Management
- 4.5 Planning the Competition Venue
- 4.6 Venue operation and crowd safety
- 4.7 Selection and Training of Workforce

PRACTICAL

(30 Lectures)

1. Visit Indoor and Outdoor Sports facilities and prepare a detailed report.
2. Event Planning and Execution (Provide hands-on Experience in planning and organizing Sports Events, covering logistics, security & crowd management.
3. Budgeting and Financial Management (Guide students, through creating a budget for sports facilities considering operation costs, maintenance, and potential revenue streams.
4. Technology Integration (Explore the use of technology for efficient facility management)
5. Contract Negotiation and Vendor Management (Teach negotiation skills and vendor management techniques essential for securing services and resources for sports facilities.

Suggested Readings:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach.
2. New York: Prentice hall Inc. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme.
3. St. Louis: The C.V. Mosby Co. Kozman, H.C. Cassidy, R. & Jackson, C. (1960).
4. Methods in Physical Education. London: W.B. Saunders Co. Pandey, L.K. (1977).
5. Methods in Physical Education. Delhi: Metropolitan Book Depot. 2 years B.P.Ed Curriculum | Sharma, V.M. & Tiwari, R.H.: (1979).
6. Teaching Methods in Physical Education. Amaravati: Shakti Publication. Thomas, J. P. (1967).
7. Organization & administration of Physical Education. Madras: Gyanodayal Press. Tirunaryanan, C. & Hariharan, S. (1969).
8. Methods in Physical Education. Karaikudi: South India Press. Voltmer, E. F. & Esslinger, A. A. (1979).
9. The organization and administration of Physical Education. New York: Prentice Hall Inc.

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SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VIII
B.A.DSE (PE)-4.5
STATISTICAL APPLICATIONS 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		
5	B.A-DSE-PE (4)-4.5 STATISTICAL APPLICATIONS IN PHYSICAL EDUCATION	04	3	0	1	XII Pass	NIL

Learning Objectives:

The objective of this course is to provide the understanding through practical knowledge and practices about statistics for enough scope of creativity/Innovations in the field of physical education and sports.

Learning Outcomes:

1. The learner will be able to understand the basic concepts of statistics in physical education.
2. The learner will be able to illustrate group and ungroup data through graphical presentation.
3. The learner will be able to compute measures of central tendency and variability.
4. The learner will be able to assess validity, reliability and objectivity.
5. The learner will be able to apply parametric and non-parametric tests in the field of physical education and sports.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION TO STATISTICS, DATA IN STATISTICS AND DATA MEASUREMENT SCALES (9 Hours)

- 1.1 Meaning, types and Importance of Statistics in Physical education and sports
- 1.2 Data and its types in statistics: Grouped and ungrouped data, Parametric and Non-parametric, Continuous and Discrete
- 1.3 Data measurement scales: ratio scale, nominal scale, ordinal scale, interval Scale

UNIT-II POPULATION, SAMPLING TECHNIQUE AND DATA MANAGEMENT (9 hours)

- 2.1 Population and Sample, Sampling Techniques
- 2.2 Class Distribution, Construction of Tables
- 2.3 Importance, Advantages, Disadvantages and Calculation from Grouped and Ungrouped data
- 2.4 Graphical representation of data: Histogram, Frequency Polygon, Frequency Curve, Cumulative Frequency Polygon, Pie Diagram

UNIT-III MEASURES OF CENTRAL TENDENCY, MEASURES OF VARIABILITY AND PERCENTILES AND QUARTILES (9 hours)

- 3.1 Measures of Central Tendency: Meaning, importance, computing from group and ungroup data
- 3.2 Measures of Variability: Meaning, importance, computing from group and ungroup data
- 3.3 Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

UNIT-IV VALIDITY, RELIABILITY AND OBJECTIVITY (9 Hours)

- 4.1 Normal Curve: Meaning, importance, and characteristics

- 4.2 Meaning and Definition of Validity and its measure
- 4.3 Meaning and Definition of Reliability and its measures
- 4.4 Meaning and Definition of Objectivity and its measures

UNIT-V T- TEST, ANOVA, AND CHI SQUARE

(9 hours)

- 5.1 T-test- Meaning, Formula, Types and Uses
- 5.2 Analysis of Variance (ANOVA)- Meaning, Formula, Types and Uses
- 5.3 Chi-square- Meaning, Formula, Types, and Uses

PART-B: PRACTICALS

(30 hours)

- 1. Draw a frequency distribution table from a given set of data.
- 2. Calculate the Measure of central tendency from a given set of data.
- 3. Calculate the Measure of variability from a given set of data.
- 4. Graphical Presentation of the data: Histogram, Frequency Polygon, Frequency Curve, Cumulative Frequency Polygon, Pie Diagram (anyone)

Suggested Readings:

- 1. Best, J.W. (1963) **Research in Education** U.S.A.: Prentice Hall.
- 2. Bompaa, T. O. & Haff, G. G. (2009) **Periodization: Theory and Methodology of Training** 5th ed. Champaign, IL: Human Kinetics.
- 3. Brown, L. E., & Ferrigno, V. A. (2005) **Training for Speed, Agility and Quickness** 2nd ed. Champaign, IL: Human Kinetics.
- 4. Brown, L.E. & Miller, J., (2005) **How the Training Work. In: Training Speed, Agility, and Quickness** Champaign, IL: Human
- 5. Garrett, H.E. (1981) **Statistics in Psychology and Education** New York: Vakils Feffer and Simon Ltd.
- 6. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987) **Introduction to Research: A guide for the Health Science Professional** Landon: J.B. Lippincott Company.
- 7. Shaw D. (2018) **“Fundamental Statistics in Physical Education and Sports Sciences”** Sports Publication, ISBN: 81-86190-57-0.
- 8. Thomas, J.R., & Nelson J.K. (2005) **Research Method in Physical Activity** U.S.A: Champaign,IL: Human Kinetics Books.
- 9. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011) **Research Method in Physical Activity** U.S.A: Champaign, IL: Human Kinetics Books.
- 10. Uppal, A. K. (1990) **Physical Fitness: How to Develop** New Delhi: Friends Publication.
- 11. Verma, J. P. (2000) **A Text Book on Sports Statistics** Gwalior: Venus Publications.

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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.	SEM- I (GE-1) FITNESS & WELLNESS	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	SEM- 1 (GE-2) GYM MANAGEMENT	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	SEM- 2 (GE-3) STRESS MANAGEMENT	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	PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS	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.	SEM- 3 (GE-5) OLYMPIC EDUCATION	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.	SEM- 3 (GE-6) MEDIA IN PHYSICAL EDUCATION & SPORTS	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 Gisondi (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.	SEM-4 (GE -7) YOGA AND STRESS MANAGEMENT	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.	SEM- 4 (GE-8) INTRODUCTION TO INJURY PREVENTION AND REHABILITATION IN SPORTS	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	SEM-5 (GE-9) LIFESTYLE MANAGEMENT THROUGH PHYSICAL EDUCATION	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	SEM-5 (GE-10) HISTORY AND FOUNDATION OF PHYSICAL EDUCATION	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	SEM-6 (GE-11) OBESITY AND WEIGHT MANAGEMENT	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. 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- 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	<u>SEM- 6 (GE-12)</u> FUNDAMENTALS OF GAME/SPORTS	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. 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).
- 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	SEM- 7 (GE-13) SPORTS FOR LEISURE AND RECREATION	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	<u>SEM- 7 (GE-14)</u> INTRODUCTION OF SPORTS TRAINING	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	SEM- 7 (GE-15) MANAGEMENT AND MARKETING IN PHYSICAL EDUCATION	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

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

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	SEM- 8 (GE-16) STRENGTH AND CONDITIONING	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	SEM- 8 (GE-17) ADVENTURE SPORTS	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	SEM- 8 (GE-18) PHYSICAL EDUCATION FOR INCLUSIVENESS	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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