

UNIVERSITY OF DELHI

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

Dated: 02.11.2022

NOTIFICATION

Sub: Amendment to Ordinance V

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

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

Add the following:

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

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

(Single Core Discipline)

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

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

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

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

Learning Objectives

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

Learning outcomes

The Learning Outcomes of this course are as follows:

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

SYLLABUS OF DSC-1

UNIT-I

(10 hours)

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

Unit-II

(15 hours)

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

Unit-III

(15 hours)

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

Unit-IV

(20 hours)

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

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

SUGGESTED READINGS:

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

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

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

Credit distribution, Eligibility and Prerequisites of the Course

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

Learning Objectives

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

Learning outcomes

The Learning Outcomes of this course are as following

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

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

SYLLABUS OF DSC- 2

THEORY SYLLABUS

Unit-I

(10 hrs.)

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

Unit-II

(15 hrs.)

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

Unit-III

(10 hrs.)

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

Unit-IV

(10 hrs.)

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

Practicals:-

(30 hrs.)

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

SUGGESTED READINGS:

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

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

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

The Learning Outcomes of this course are as follows:

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 lectures)

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

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

Unit-II (07 lectures)

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

Unit-III (08 lectures)

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

Unit-IV (08 lectures)

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

Practical - 60 hrs.

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

SUGGESTED READINGS:

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

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

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

The Learning Outcomes of this course are as follows:

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II

(07 hrs.)

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

Unit-III

(08 hrs.)

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

Unit-IV

(08 hrs.)

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

Practical -

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS:

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

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II

(07 hrs.)

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

Unit-III

(08 hrs.)

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

Unit-IV

(08 hrs.)

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

Practical -

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

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

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

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

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

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

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

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

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

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

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

Practical - (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

BSc-PE-DSC-3(4): Optional Game 1 (Choose any one from the list)
BSc-PE-DSC-3 (4)-105: FOOTBALL

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II (07 hrs.)

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

Unit-III (08 hrs.)

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

Unit-IV

(08 hrs.)

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

Practical –

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II (07 hrs.)

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

Unit-III (08 hrs.)

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

Unit-IV (08 hrs.)

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

Practical - (60 Hrs)

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

SUGGESTED READINGS

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

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II

(07 hrs.)

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

Unit-III

(08 hrs.)

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

Unit-IV

(08 hrs.)

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

Practical -

(60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II (07 hrs.)

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

Unit-III (08 hrs.)

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

Unit-IV (08 hrs.)

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

Practical - (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs)

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

Unit-II

(07 hrs)

- Rules and their interpretation.

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

Unit-III

(08 hrs)

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

Unit-IV

(08 hrs)

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

Practical -

(60 hrs.)

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

SUGGESTED READINGS

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II (08 hrs.)

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

Unit-III (07 hrs.)

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

Unit-IV (08 hrs.)

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

Practical - (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs.)

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

Unit-II

(07 hrs.)

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

Unit-III (08 hrs.)

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

Unit-IV (08 hrs.)

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

Practical - (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS

Unit-I

(07 hrs)

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

Unit-II (07 hrs)

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

Unit-III (08 hrs)

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

Unit-IV (08 hrs)

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

Practical - (60 hrs.)

Learning and demonstrating various skills/techniques of sports.

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

SUGGESTED READINGS

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

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

Credit distribution, Eligibility and Pre-requisites of the Course

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

Learning Objectives

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

Learning outcomes

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

After the Completion of First Month:

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

The student will learn about the prayer.

After the Completion of Second Month:

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

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

After the Completion of Third Month:

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

The student will learn Yoga-nidra/relaxation techniques

After the Completion of Fourth Month:

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

The student will learn Visit to yoga centers/institutes

THEORY SYLLABUS

UNIT-I

(07 hrs)

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

UNIT-II

(07 hrs)

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

UNIT-III

(08 hrs)

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

UNIT-IV

(08 hrs)

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

PRACTICALS**(60 hrs.)**

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

SUGGESTED READINGS

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

Category II

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

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

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

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

Learning Objectives

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

Learning outcomes

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

SYLLABUS

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

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

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

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

3. Various Schemes for Promotion of Sports in India

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

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

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

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

SUGGESTED READINGS

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

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

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

Credit distribution, Eligibility and Prerequisites of the Course

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

Learning Objectives

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

Learning Outcomes of the Paper:

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

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

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

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

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

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

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

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

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

Practical : (30 Hours)

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

Suggested Readings :

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publications
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.

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

Category III

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

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

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

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

Learning Objectives

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

Learning outcomes

Learning Outcomes of the Paper:

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

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

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

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

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

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

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

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

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

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1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
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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.
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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.

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

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

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

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

Learning Objectives

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

Learning outcomes

Learning Outcomes of the Paper:

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

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

1. Meaning and Definition of Physical Education
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4. Significance of Physical Education in the Modern Society
5. Meaning and Definition of Sports, Types of Sports–Individual, Team, Combative, Recreational etc.

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3. Various Schemes for Promotion of Sports in India

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

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

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

1. Philosophical Foundations of Physical Education: Idealism, Pragmatism, Naturalism, Realism
2. Biological Foundations of Physical Education: Growth and Development, Age and Gender Characteristics, Body Types, Anthropometric differences
3. Psychological Foundations of Physical Education: Learning types, Learning Curves, Laws of Learning, Attitude, Interest, Cognition, Emotions and Sentiments
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1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
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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.
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8. Singh, A. et.al. (2000), Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
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DSC-1-(4)-1.2-STRUCTURE AND FUNCTIONS OF SPORTS BODIES/ ORGANISATIONS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

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

Learning Objectives

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

Learning outcomes

Learning Outcomes of the Paper:

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

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

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

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

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

5. Netaji Subhash National Institute of Sports (NSNIS)

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

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

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

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

Practical : (30 Hours)

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

Suggested Readings :

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

Common Pool of Generic Electives (GEs) offered by

Department of Physical Education

GE Paper: FITNESS & WELLNESS SEMESTER-I

GE : FITNESS & WELLNESS

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Fitness & Wellness	04	3	0	1	XII class pass	NIL

Learning Objectives:

1. To impart the knowledge and practices about the fitness components and health.
2. The learner will learn and practice about the subject and their health benefits for normal and challenged population.
3. To develop the practical knowledge of learners, with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis.

Learning Outcomes:

1. The learners will be able to analyze and correlate the components of physical fitness, principles of physical fitness and benefits of fitness programmes.
2. The learners will be able to apply the knowledge regarding causes and prevention of obesity; and weight management guidelines to lead a better quality of life.
3. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management.
4. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness.
5. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation.
6. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age & occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

THEORY SYLLABUS

- UNIT – I** INTRODUCTION **(8 hrs lectures)**
- 1.1 Concept and meaning 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 present scenario.
 - 1.5 Fitness and wellness for life
- UNIT – II** FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING **(10 hrs lecture)**
- 2.1 Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
 - 2.2 Principals of physical fitness
 - 2.3 Benefits of fitness programme
 - 2.4 Obesity (causes and prevention)
 - 2.5 Weight management (role of diet & exercise in maintenance of ideal weight)
- UNIT – III** WELLNESS **(12 hrs lectures)**
- 3.1 Identifying dimensions of wellness, achieving and maintenance of wellness
 - Adopting healthy & positive lifestyle.
 - Identifying stressors and managing stress
 - Staying safe & preventing injuries
 - Knowledge of Nutrition & its implication on healthy lifestyle
 - Factors leading to eating disorders
 - Hazards of substance abuse (smoking, alcohol & tobacco)
 - Adoption of spirituality principals & their remedial measures
 - Yogic practices for achieving health and fitness
 - Worthwhile use of leisure time.
 - Sexuality – preventive measures for sexual transmitted diseases.
 - Emphasis on proper rest & sleep.
 - Prevention of cancer, cardio-vascular disorders & other diseases.
 - 3.2 Relationship of wellness towards positive lifestyle
 - 3.3 Benefits of wellness
- UNIT – IV** BEHAVIOR MODIFICATION **(7 hrs lectures)**
- 4.1 Barriers to change
 - 4.2 Process of change (6 stages) SMART
 - 4.3 Technique of change & smart goal setting.
 - 4.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- UNIT – V** DAILY SCHEDULE OF ACHIEVING QUALITY OF LIFE & WELLNESS **(8 hrs lecture)**
- 5.1 Daily schedule based upon one's attitude, gender, age & occupation.
 - 5.2 Basic – module: - Time split for rest, sleep, diet, activity & recreation.
 - 5.3 Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

PRACTICAL SYLLABUS

30 hrs

1. FITNESS LABS: Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
2. PHYSIOLOGICAL TESTING: - Blood pressure, VO2 max, vital capacity, pulse rate.
3. STRESS MANAGEMENT :- Yogic practices (asanas, pranayam and meditation)
4. SURVEY PROJECT: - Fitness & wellness assessment of local community.
5. NUTRITIONAL DIET ANALYSIS :- Given diet

Suggested Readings:

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

Department of Physical Education
GE Paper : GYM MANAGEMENT
SEMESTER-I

GE : GYM MANAGEMENT

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Gym Management	04	3	0	1	XII class pass	NIL

Learning Objective

1. The learner will acquire knowledge, understanding and practices with applications and skills required for gym management.
2. The learner will develop understanding of the gym essentials including publicity, policy, registration, location and establishment of gym, procurement, placement & maintenance of gym equipment. Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and public relations.
3. The learner will be able to acquire skills and competencies required for becoming a gym instructor.
4. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and well-being), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation.

Learning Outcome:-

1. The learner will be able to apply safety procedures to be followed in the gym.
2. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same.
3. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance).
4. The learner will be equipped with personal health and well-being for self-evaluation and of others.
5. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans).

THEORY SYLLABUS

UNIT-I

GYM ESSENTIALS

(09 hrs lecture)

- Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments
- Marketing, clientage, Enrolments, record keeping, social activities, Public Relations,
- Individualized/group grooming programme, basic concepts of financial management

UNIT-II

GYM INSTRUCTOR

(09 hrs lecture)

- Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation
- Safety procedures to be followed in the gym.

- UNIT-III** GYM-EQUIPMENTS (09 hrs lecture)
- Introduction to different exercise equipment
 - Floorings and equipments required for aerobic- Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight
 - Aerobics and aqua aerobics
- UNIT-IV** EQUIPMENTS FOR FITNESS EVALUATION AND ASSESSMENTS (09 hrs lecture)
- Measurement of Weight and Height, Calculating BMI (Body Mass Index)
 - Measurement of Fitness Components –
 - Flexibility (Sit and Reach Test, Hip Bend and Toe Touch)
 - Strength (Sit-Ups, Leg-Raise for Minimal Strength)
 - Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvardstep test)
 - Self- evaluation –Personal Health and Well-being
- UNIT-V** GYM MANAGEMENT ECONOMICS (09 hrs lecture)
- Costing, Balance sheet, Promotional plans

PRACTICAL SYLLABUS - 30 hrs

1. Calculating BMI
2. Flexibility Test (Sit and reach test, hip bend and toe touch)
3. Strength Test (Bend knee sit ups, leg raise for minimal strength)
4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)
5. Self evaluation- (Personal health and well being)
6. Any five asanas
7. Aerobic schedule
8. Weight management

Suggested Readings:

1. Alexandria, Virginia, “The Gym Workout” Published by Time Life Books.
2. Ann Goodsell “Your Personal Trainer, 1994.
3. Carol Kennedy Armbruster. Mary M. Yoke “ Methods of Group Exercise Instruction”, 2009.
4. Philip Mazzurco “Exerstyle”, 1985.
5. Refus, Inc, “The Body in Motion” Published by Time Life Books.
6. Sheela Kumari , Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009.
7. Sunil Bharihoke, The Gym” , 2002.
8. Time life books, Gym workout, London times life books, 2004
9. Time life books, staying flexible, London, time life books, 2005
10. Time life books, super firm tough workouts, London times life books, 2005
11. Wayne L. Westcott, Thomas R. Bachle, “ Strength Training”, 2007.

Common Pool of Generic Electives (GEs) offered by

Department of Physical Education

SEMESTER-II

GE paper- PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION ANDSPORTS

GE : PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION ANDSPORTS

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Professional Preparation and Career Avenues in Physical Education and Sports	04	3	0	1	XII class pass	NIL

Learning Objectives:

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

Learning Outcomes:

1. The learner will be able to demonstrate professional preparation in physical education and compare the same with other countries for exploring best possibilities.
2. The learner will develop skills to meet professional requirements for best applications and analysis.
3. The learner will be able to do comparative analysis of professional preparation program in U.S., Europe and China as well as to compare the same with India.
4. The learner will acquire skill and competencies for professional development to relate courses available in physical education and sports and role of physical education teacher and institutes in professional preparation programmes.
5. The learner will be able to develop curriculum to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.
6. The learner will acquire skills to analyze, develop and evaluate curriculum to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.

THEORY SYLLABUS

FUNDAMENTALS OF PROFESSIONAL PREPARATION

UNIT-I

HISTORICAL PERSPECTIVE

(09 hrs lecture)

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

- Comparative analysis of professional preparation program in U.S., Europe and China

UNIT-II PROFESSIONAL PREPARATION PROGRAMMES (09 hrs lecture)

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

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

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

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

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

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

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

PRACTICAL SYLLABUS :

30 hrs

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

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 Teacher's 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. Zeigler E.F, Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies, 2007

Semester II
GE-Paper: STRESS MANAGEMENT

GE : STRESS MANAGEMENT

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Stress Management	04	3	1	0	XII class pass	NIL

Learning Objectives:

1. To acquaint the learner with the knowledge, practices and understanding of anger, stress and its management and other related aspects important to sports persons.
2. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.
3. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.
4. The learner will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.

Learning Outcomes:

1. The learner will be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.
2. The learner will be able to correlate the concepts and practices of the stress and anger.
3. The learner will be able to understand and adapt to stress - reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.
4. The learner will be able to correlate the concepts and practices for best management of stress.

THEORY SYLLABUS:

Unit-I

(15 hrs Lectures)

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

Unit-II

(15 hrs Lectures)

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse.
Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit-III (15 hrs Lectures)

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

Unit-IV (15 hrs Lectures)

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

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

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

SUGGESTED READINGS

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

Facilitation the achievement of Course Learning Outcomes

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



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