

As approved in Standing Committee held on 11.07.2019

(Revised UG - Syllabus –Based on UGC-LOCF)

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
SCIENCES**

**(FACULTY OF INTER-DISCIPLINARY AND APPLIED SCIENCES,
UNIVERSITY OF DELHI)**

**B.Sc. (P.E., H.E. & S.) Programme
Choice Based Credit System (CBCS)**



**SYLLABUS OF COURSES TO BE OFFERED AS APPROVED
in Faculty meeting of FIAS on Tuesday, 11.06.2019 and in Committee of
Courses meeting on Thursday, 06/06/2019 in the Department of Physical
Education and Sports Sciences, B-Block, Vikas Puri, New Delhi-18.**

**Discipline Specific Core, Ability Enhancement Courses Skill Enhancement Courses
&Discipline Specific Elective**

SCHEME FOR CBCS IN B.Sc. (PHYSICAL EDUCATION, HEALTH EDUCATION & SPORTS) PROGRAM

Sem	Core Course DSC (12)	Ability Enhancement Compulsory Course (AECC) (2)	Skill Enhancement Course (SEC) (4)	Discipline Specific Elective DSE (6)
I	DSC-1 Foundation of Physical Education 6 credits (5 Th + 1Tut)	AECC-1 (English/Hindi/ MIL Communication), Environmental Science (4 credits– 4 Th)		
	DSC-2 Anatomy & Physiology 6 credits (5 Th + 1P)			
	DSC-3 * Game of Specialization 6 credits (4Th + 2 P)			
II	DSC-4 Health Education 6 credits (5 Th + 1Tut)	AECC-2 Environmental Science, (English/Hindi/ MIL Communication) (4 credits – 4 Th)		
	DSC-5 Yoga 6 credits (4Th + 2 P)			
	DSC-6 Gymnastics 6 credits (4Th + 2 P)			
III	DSC-7 Exercise Physiology 6 credits (5 Th + 1 P)		SEC-1-4 credits (4Th) Select any one option: i. English (Technical writing) ii. Hindi (Social Media) iii. Growth and Development iv. Adapted Physical Education v. Sports Management vi. Methods in Physical Education vii. Exercise Prescription viii. Sports for All	
	DSC-8 Sports Psychology and Sociology,6 credits (5 Th + 1 Tut)			
	DSC-9 *Game of Specialization 6 credits (4 Th + 2 P)			
IV	DSC-10 Test, Measurement & Evaluation in Physical Education 6 credits (5 Th + 1 P)		SEC-2- 4 credits (4Th) Select any one option: i. Introduction to MS Excel and SPSS ii. Weight Mangement iii. Wellness Lifestyle iv. Posture and Athlete Care. v. Olympic Education vi. Sports and Exercise Nutrition. vii. Stress Management viii. Personality Development	
	DSC-11 Track & Field 6 credits (4 THz + 2 P)			
	DSC-12 Fundamentals of Sports Training 6 credits (5Th + 1Tut)			
V			SEC-3-4 credits (4Th) Select any one option other than SEC-1: i. English (Technical writing) ii. Hindi (Social Media) iii. Growth and Development iv. Adapted Physical Education v. Sports Management vi. Methods in Physical Education vii. Exercise Prescription viii. Sports for All	DSE-1 **Sports Proficiency-1, 6 credits (4 THz + 2P)
				DSE-2. Kinesiology & Bio-Mechanics 6 credits (5 THz + 1 P)
				DSE-3 Research Methodology 6 credits (5 THz + 1Tut)
VI			SEC-4 - 4 credits (4Th) Select any one option other than SEC2: i. Introduction to MS Excel and SPSS ii. Weight Management iii. Wellness Lifestyle iv. Posture and Athletic Care. v. Olympic Education vi. Sports and Exercise Nutrition. vii. Stress Management viii. Personality Development	DSE-4 ***Sports Proficiency-2, 6 credits (4 THz + 2 P)
				DSE-5 Sports Specific Skill Enhancement, 6 credits (4Th + 2P)
				DSE-6 Project work/ Dissertation 6 credits (5 THz + 1 P) OR Select any one option 6 credits (5 THz + 1P) i. Gym Operation ii. Fitness & Exercise Management iii. Computer Application iv. Sports Journalism

Detail of Course Under Graduate B.Sc. (PEHE & S) Programme
*Credits

	Theory+ Practical	Theory+Tutorials
<u>I. Core Course (6 Credits)</u>		
(12 Papers) 04 Courses from each of the 03 disciplines of choice	12X4= 48	12X5=60
Core Course Practical / Tutorial* (12 Practical/ Tutorials*) 04 Courses from each of the 03 Disciplines of choice	12X2=24	12X1=12
<u>II. Elective Course (6 Credits)</u>		
(6 Papers) Two papers from each discipline of choice including paper of interdisciplinary nature.	6x4=24	6X5=30
Elective Course Practical / Tutorials* (6 Practical / Tutorials*)		
<input type="checkbox"/> Optional Dissertation or project work in place of one Discipline elective paper (6 credits) in 6th Semester		
<u>III. Ability Enhancement Courses</u>		
1. Ability Enhancement Compulsory Courses (AECC)		
(2 Papers of 4 credits each) Environmental Science English/Hindi/MIL Communication	2 X 4=8	2 X 4=8
2. Skill Enhancement Courses (SEC) (4 Papers of 4 credits each)	4 X 4=16	4 X 4=16 6
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	Total credit= 132	Total credit= 132

**Institute should evolve a system/policy about ECA/ General Interest/Hobby/
Sports/NCC/NSS/related courses on its own.**

***wherever there is practical there will be no tutorials and vice –versa.**

1. Number of Courses Offered

Table: Number of Courses Offered

S. No.	Course Type	No. of Courses
1	Core Courses (CC)	12
2	Discipline Specific Electives (DSE)	6
3	Skill Enhancement Courses (SEC)	4
4	Ability Enhancement Compulsory Courses (AECC)	2
	Total Number of Courses Offered	24

A student is required to complete 132 credits (as against other B.Sc. Programme courses at the University of Delhi) for completion of the B.Sc. (PEHE & S) Programme course. The semester-wise distribution of credits is given in Table 4.

2. Semester-wise Distribution of Credits

Table: Semester-wise Distribution of Credits

Year	Semester	Courses	Credits	Semester	Courses	Credits
Part - I : First Year	I	4	22	II	4	22
Part - II : Second Year	III	4	22	IV	4	22
Part - III : Third Year	V	4	22	VI	4	22

3. LEARNING OUTCOME-BASED APPROACH

In today's scenario the world is facing with the problems of non-communicable diseases such as obesity, type II diabetes, stress, hypertension etc., and one of the major reasons that could be attributed to such problems is physical inactivity and poor lifestyle.

- In this course the students will be taught to meet the health, physical fitness and positive life style related challenges faced by the members of the society.
- The programme has compulsory learning of foundation and allied sports science courses besides being trained in numerous sports.
- The element of research shall help the students to learn the technique of data collection,

evaluation and interpretation of the results. This will enable to students to provide necessary feedback in the related area of investigation.

- The students are provided with various choices in the skill enhancement course which are directly related to the implementation of knowledge in the society.
- This course creates strong foundation for all form of teachers training courses in physical education & sports sciences at various levels.

4. GRADUATE ATTRIBUTES

After successful completion of the course the students are required to have accrued the skills of reasoning. Critical thinking, good levels of communication, research methodology and it's implementation in the society for the all-round and harmonious development of the personality of every member of the society. The attributes expected out of the graduates of B.Sc. (Physical Education, Health Education and Sports) are summarized below:

1. A strong foundation, knowledge and understanding of the basic concepts in the field of physical education, health education and various sports and their relation and scientific implementation in the society.
2. To spread the knowledge that Physical education, health education and sport is an essential element of lifelong education in the overall education system.
3. The ability to understand, identify and solve problems related to fitness, acquiring sound health and importance of yogic practices and physical activity.
4. The capacity to develop plan on individualized basis for treatment of various NCD's by providing appropriate load through physical activity.
5. To acquire the knowledge with respect to information on various postural disorders and their possible correction through appropriate rehabilitative exercises.
6. To develop plans for rural and urban needs in the matter of installations, facilities and equipment for physical education and sports.
7. To understand that the Physical education and sport programmes must be designed to suit the requirements and personal characteristics of those practicing them,
8. To analyze and accord priority to requirements of disadvantaged groups in society.
9. The contribution to the maintenance and improvement of health, provide a wholesome leisure-time occupation and enable man to overcome the drawbacks of modern living through physical education and sport at the individual level. At the community level, they enrich social relations and develop fair play which is essential not only to sport itself but also to life in society.
10. To realize and spread that Physical education and sport, as an essential dimension of education and culture, develop the abilities, will-power and self-discipline of every human being as a fully integrated member of society.
11. To develop clear concept to meet the individual and social needs through Physical education and sport programmes.
12. To understand that Research and evaluation are indispensable components of the development of physical education and sport. Research and evaluation in physical education and sport should make for the progress of all forms of sport and help to bring about an improvement in the health and safety of participants as well as in training methods and organization and management procedures.
13. The research elements of the programme shall help to develop innovative methods of teaching and standards of performance.
14. To educate sports authorities and sportspersons, especially the children, the risk of precocious and inappropriate training and psychological pressures of every kind.

15. Able to analyze that top-class sport and sport practiced by all must be protected against any abuse. The serious dangers with which phenomena such as violence, doping and commercial excesses threaten its moral values, image and prestige pervert its very nature and change its educative and health promoting function.
16. To highlight the harmful effects of doping, which is both injurious to health and contrary to the sporting ethic, or to protect the physical and mental health of athletes, the virtues of fair play and competition, the integrity of the sporting community and the rights of people participating in it at any level whatsoever.
17. The capacity to understand the importance of dissemination of information and documentation on Physical education and sport constitute a major necessity. In particular, there is a need to circulate information on the results of research and evaluation studies concerning programmes, experiments and activities.

5. QUALIFICATION DESCRIPTION

A student will be conferred with the degree of B.Sc. (Physical Education, Health Education and Sports) after successful completion of the course. The degree provides a student with specialized knowledge in the disciplines of physical education, health education, yoga and allied sports sciences and sports in particular. This course creates strong foundation for all form of teachers training courses in physical education & sports sciences at various levels.

6. PROGRAMME OBJECTIVE

- The Course is so designed that it meets all the demands of the society in disseminating the knowledge of Physical Education & Sports Sciences. This course creates strong foundation for all form of teachers training courses in physical education & sports sciences at various levels.
- The programme will enable the students to propagate the importance of Physical Education at various levels and its requirement for every individual of the society in order to keep oneself healthy and live a stress free and positive lifestyle.
- To build the capacity of students for dissemination of information and documentation on Physical education and sport on the results of research and evaluation studies concerning programmes, experiments and activities related to diverse fields, society and individual in particular.
- To train the students to meet the challenges faced by the sportspersons with respect to doping, which is both injurious to health and contrary to the sporting ethic, and to protect the physical and mental health of athletes, the virtues of fair play and competition, the integrity of the sporting community and the rights of people participating in it at any level whatsoever.
- The students are exposed to various organizational tasks both in field and classrooms during their tenure of study and thus, imbibe leadership qualities in them.
- Through the research elements of the programme the students can develop innovative methods of teaching and increase the standards of performance in sports.
- The programme helps to develop clear concept among the students to meet the individual and social needs through Physical education and sport programmes.
- The students graduating with this programme is expected to contribute to the maintenance and

improvement of health, provide a wholesome leisure-time occupation and enable man to overcome the drawbacks of modern living, develop the abilities, will-power and self-discipline of every human being as a fully integrated member of society through physical education and sport at the individual level. At the community level, they enrich social relations and develop fair play which is essential not only to sport itself but also to life in society.

- The students are expected to cater to the development of a scientific programme of achieving good health and fitness for the corporate sectors after acquiring knowledge from various allied sciences and foundation courses.

7. PROGRAMME LEARNING OUTCOMES

- The programme will be helpful in spreading the need and importance of physical activity, yoga and indulging in sports and the effect it produces on the human body as one of the best source of overcoming various NCD's.
- After completing the course students will be able to provide knowledge to the public at large about Physical Education, Health Education, and Yoga & Sports Sciences (like- Exercise Physiology, Sports Psychology, Sports Bio-Mechanics, Sports Management, Kinesiology, Applied Anatomy and Physiology, Sports Nutrition,)and various sports (like- Team, Individual, Combative, and Dual sports).
- The students will acquire the aptitude of teaching in Class Room, field and possible Teaching /Coaching Environment (Theory, Practical and Applications) through various assignments.
- Students shall obtain the basics of Research and Computer Applications and develop Scientific and Research aptitude and attitude towards all forms of related professional areas.
- The programme caters to the development of Leadership Qualities, Entrepreneurship, Organizational Abilities and Team Work among the students.
- The student learn the basic first Aid, Types of injuries and their management, how to prevent diseases, promote and maintain health, manage weight and stress, develop personality.
- The course provides a student with specialized knowledge in the disciplines of physical education, health education, yoga and allied sports sciences and sports in particular.

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General Instructions for the Scheme

Abbreviations:-

- DSC = Discipline Specific Core (12 Papers of 6 Credits each)
- AECC = Ability Enhancement Compulsory Course (2 Papers of 4 Credits each)
- SEC = Skill Enhancement Course (4 Papers of 4 Credits each)
- DSE = Discipline Specific Elective (6 Papers of 6 Credits each)
- THz = Theory
- P = Practical
- Tut = Tutorial

IMPORTANT INFORMATION

1. The B.Sc. (PE, HE & S) contains 12 Discipline Specific Core (DSC) papers placed from Semester – I to Semester – IV of 6 credits each labeled from DSC-1 to DSC -12. These are listed below:
 - **DSC-1** Foundation of Physical Education : 6 credits (5 THz +1 Tut)
 - **DSC-2** Anatomy & Physiology : 6 credits (5 THz + 1P)
 - **DSC-3** Game of Specialization: 6 credits (4 THz + 2 P)
 - **DSC-4** Health Education : 6 credits (5 THz +1Tut)
 - **DSC-5** Yoga : 6 credits (4 THz + 2P)
 - **DSC-6** Gymnastics : 6 credits (4 THz + 2 P)
 - **DSC-7** Exercise Physiology : 6 credits (5 THz +1P)
 - **DSC-8** Sports Psychology and Sports Sociology : 6 credits (5 THz + 1Tut)
 - **DSC-9** Game of Specialization- : 6 credits (4 THz + 2P)
 - **DSC-10** Test, Measurement & Evaluation in Physical Education : 6 credits (5 THz + 1P)
 - **DSC-11** Track & Field : 6 credits (4 THz + 2 P)
 - **DSC-12** Fundamentals of Sports Training : 6 credits (5 THz + 1Tut)

NOTE:*DSC-3: A student has to select any one game from the following list as Game of Specialization in DSC - 3 and continue with the same game of specialization in semester III as DSC – 9 from out of the List of the games/sport given below:

List of Games/Sports for DSC - 3

- (i) Athletics (ii) Badminton (iii) Basketball (iv) Cricket (v) Football (vi) Gymnastic (vii) Handball (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga

Note: 1) The game offered by an institute/college will depend upon the availability of teaching faculty and infrastructure facilities.

2) The institute/college can add a game depending upon the availability of infrastructure and faculty member; however clearance for the finalization of syllabus will be required from the Committee of Courses.

3) The institute/ college may appoint additional coaches/ sports trainers for coaching classes/preparation for different Tournament /Practical Classes in different games.

2. The B.Sc. (PE, HE & S) course contains **two** theory papers of Ability Enhancement Compulsory Course (AECC) of 4 credits each placed in Semester I and semester II labeled as AECC – 1 and AECC - 2. These papers are listed below:
 - **AECC – 1** (English/Hindi/MIL Communication), Environmental Science : 4 credits (4 THz)
 - **AECC – 2** Environmental Science, (English/Hindi/MIL Communication) : 4 credits (4 THz)
3. The B.Sc. (PE, HE & S) course contains **four** theory papers of Skill Enhancement Course (SEC) placed from Semester I to Semester IV of 4 credits each labeled as SEC – 1 to SEC – 4. The SEC contains two group of papers as options and these are listed below:
 - **SEC-1-4 credits (4Th) Select any one option:**
 - i. English (Technical writing)
 - ii. Hindi (Social Media)
 - iii. Growth and Development
 - iv. Adapted Physical Education
 - v. Sports Management
 - vi. Method in Physical Education
 - vii. Exercise Prescription
 - viii. Sports for All
 - **SEC – 2- 4 credits (4 THz) Select any one option:**
 - i. Introduction to MS Excel and SPSS
 - ii. Weight Management
 - iii. Wellness Lifestyle
 - iv. Posture and Athletic Care.
 - v. Olympic Education
 - vi. Sports and Exercise Nutrition.
 - vii. Stress Management
 - viii. Personality development
 - **SEC –3-4 credits (4Th) Select any one option other than the paper of SEC 1:**
 - i. English (Technical writing)
 - ii. Hindi (Social Media)
 - iii. Growth and Development
 - iv. Adapted Physical Education
 - v. Sports Management
 - vi. Method of Education
 - vii. Exercise Prescription
 - viii. Sports for All
 - **SEC – 4 - 4 credits (4 THz) Select any one option other than paper of SEC 2:**
 - i. Introduction to MS Excel and SPSS
 - ii. Weight Management
 - iii. Wellness Lifestyle
 - iv. Posture and Athletic Care.
 - v. Olympic Education
 - vi. Sports and Exercise Nutrition.
 - vii. Stress Management
 - viii. Personality development

NOTE: i) A student should select one option from SEC 1 group for studying as a paper in SEC-1.

ii) A student should select one option from SEC 3 group for studying as a paper in SEC-3 but such option should be different from that selected in SEC-1.

iii) A student should select one option from SEC 2 group for studying as a paper in SEC-2.

iv) A student should select one option from SEC 4 group for studying as a paper in SEC-4 but such option should be different from that selected in SEC-2.

4. The B.Sc. (PE, HE & S) course contains **06** Discipline Specific Elective (DSE) papers placed in Semester V and Semester VI of 6 credits each labeled from DSE-1 to DSE-6. These are listed below:

- **DSE-1** Sports Proficiency – 1: 6 credits (4 THz + 2P)
- **DSE-2.** Kinesiology & Bio-Mechanics : 6 credits (5 THz + 1P)
- **DSE-3** Research Methodology : 6 credits (5 THz + 1Tut)
- **DSE-4** Sports Proficiency-2 : 6 credits (4 THz + 2 P)
- **DSE-5** Sports Specific Skill Enhancement : 6 credits (4 THz + 2 P)
- **DSE-6** Project work/ Dissertation 6 credits (5 THz + 1P)

OR

i. Gym Operation: 6 credits (5 THz + 1P)

ii. Fitness & Exercise Management: 6 credits (5 THz + 1P)

iii. Computer Application: 6 credits (5Th + 1P)

iv. Sports Journalism: 6 credits (5Th + 1P)

5. ****DSE-1:** A student must select different game/sport other than DSC – 3/ DSC – 9 (Game of specialization) to be studied in DSE-1 from out of the below listed games/sports:-

List of Games/Sports

- (i) Badminton (ii) Basketball (iii) Cricket (iv) Football (v) Handball (vi) Hockey (vii) Judo (viii) Kabaddi (ix) Kho-Kho (x) Volleyball

Note: 1) The game offered by an institute/college will depend upon the availability of teaching faculty and infrastructure facilities.

2) The institute/college can add a game depending upon the availability of infrastructure and faculty member; however clearance for the finalization of syllabus will be required from the Committee of Courses.

3) The institute/ college may appoint additional coaches/Sports trainers for coaching classes/preparation for different Tournament/Practical Classes in different games.

6. *****DSE-4:** A student must select different game/sport other than DSC – 3/ DSC – 9 (Game of specialization) and DSE-1 to be studied in DSE-4 from out of the below listed games/sports:-

List of Games/Sports

- (i) Badminton (ii) Basketball (iii) Cricket (iv) Football (v) Handball (vi) Hockey (vii) Judo (viii) Kabaddi (ix) Kho-Kho (x) Volleyball

Note: 1) The game offered by an institute/college will depend upon the availability of teaching faculty and infrastructure facilities.

2) The institute/college can add a game depending upon the availability of infrastructure and faculty member; however clearance for the finalization of syllabus will be required from the Committee of Courses.

3) The institute/ college may appoint additional coaches/sports trainers for coaching classes/preparation for different Tournaments//Practical Classes in different games.

7. The Sports Specific Skill enhancement paper DSE-5 will be allotted in accordance with a student's Game of Specialisation which was selected by the student in DSC- 3 and will be taught by sports specialization teacher(s).
8. The B.Sc. (PE, HE & S) course consists of a total of 132 credits. (22 credits in each semester).
9. (a) **One Theory period is equal to 1 credit of 1 hour duration.**
 (b) **One Practical period is equal to 1 credit of 2 hours duration.**
 (c) **One Tutorial period is equal to 1 credit of 1 hour duration.**

10. Marking Scheme:

- i. Following marking scheme will be followed in case a paper in DSC or DSE **having practical component:**

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks
Total	-	150 Marks

- ii. Following marking scheme will be followed in case a paper in DSC, DSE, AEC and SEC **does not contain the practical component:**

Theory	-	75 Marks
Internal Assessment	-	25 Marks
Total	-	100 Marks

11. Assessment of Practical (Max. Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

12. Internal Assessment (Max. Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

13. Instruction for Examiners/ Paper Setters:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each part from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

- 14.** In all options of SEC - 1 to SEC - 4 a minimum of 20 students will be required for an option to be allotted subject to a maximum of 30 students.
- 15.** In all options of DSE - 1 to DSE - 4 a minimum of 10 students will be required for an option to be allotted subject to a maximum of 20 students.
- 16.** Wherever, there is a practical component in a paper there will be no tutorial period and vice-versa.
- 17.** Examination Rules regarding passing of examination, eligibility for promotion, division to be assigned, etc., related to the degree award of B.Sc. (PEHE&S) programme will be in accordance with the CBCS rules of the University.
- 18.** In case, any discrepancy is found due to typographical error the same could be dealt with the HOD of the department.

CHOICE BASED CREDIT SYSTEM (CBCS):

The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India. This will benefit the students to move across institutions within India to begin with and across countries. The uniform grading system will also enable potential employers in assessing the performance of the candidates. In order to bring uniformity in evaluation system and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations, the UGC has formulated the guidelines to be followed.

Outline of Choice Based Credit System:

1. Core Course: A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

2. Elective Course: Generally a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/ subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

2.1 Discipline Specific Elective (DSE) Course: Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).

2.2 Dissertation/Project: An elective course designed to acquire special/advanced knowledge, such as supplement study/support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher/faculty member is called dissertation/project.

2.3 Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

3. Ability Enhancement Courses (AEC)/Competency Improvement Courses/Skill Development Courses/Foundation Course: The Ability Enhancement (AE) Courses may be of two kinds: AE Compulsory Course (AECC) and AE Elective Course (AEEC). "AECC" courses are the courses based upon the content that leads to Knowledge enhancement. They ((i) Environmental Science, (ii) English/MIL Communication) are mandatory for all disciplines. AEEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc.

3.1 AE Compulsory Course (AECC): Environmental Science, English Communication/MIL Communication.

3.2 AE Elective Course (AEEC): These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based instruction.

Project work/Dissertation is considered as a special course involving application of knowledge in solving / analyzing /exploring a real life situation / difficult problem. A Project/Dissertation work would be of 6 credits. A Project/Dissertation work may be given in lieu of a discipline specific elective paper.

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
SCIENCES**

(FACULTY OF INTER-DISCIPLINARY AND APPLIED SCIENCES, UNIVERSITY
OF DELHI), B-BLOCK, VIKAS PURI, NEW DELHI-18



**ACTION TAKEN REPORT ON AGAINST THE
FEEDBACK RECEIVED FOR
Revised UG - Syllabus –Based on UGC-LOCF For
B.Sc. (P.E., H.E. & S.) Programme
Choice Based Credit System (CBCS)**

ACTION TAKEN REPORT

The draft of revised UG - Syllabus –Based on UGC-LOCF B.Sc. (P.E., H.E.& S.) Programme Choice Based Credit System (CBCS) 2019-2020 was uploaded on the website of University of Delhi as well as on the website of Department of Physical Education and Sports Sciences for obtaining the feedback from various stake holders.

The Department received seven feedback/observations which were thoroughly discussed in the meeting of the Committee of Courses held on 06/06/2019 at 11:30 am in the department. The committee members provided solutions on the feedback received and the necessary changes were incorporated following a unanimous approach. Some observation did not fall under the framework of the CBCS and therefore, such comments were not incorporated. However, an appropriate solution was yielded and accordingly the modifications suggested by the committee members were included.

The final proposal after the Committee of Courses meeting clearance and acceptance was sent to the Dean, (Faculty of Inter-disciplinary and Applied Sciences, University of Delhi), for placement before the meeting of the Faculty of FIAS on 11th June 19, 2019.

The proposed syllabus of B.Sc. (P.E., H.E.& S.) Programme Choice Based Credit System (CBCS) 2019-2020 was discussed in the Faculty meeting. The suggestion received from the members of the faculty was incorporated and the final proposal was sent to the Dean, FIAS in a PDF format on 19th June 19, 2019.

All care has been taken to develop the proposed syllabus; however, any further recommendation if provided by the Central Committee shall be incorporated.

Submitted for information,

Dr. Sandeep Tiwari

Head,

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(Faculty of Inter-disciplinary and Applied Sciences, University of Delhi), B-Block, Vikaspuri, New Delhi.



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES

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Date: 06.06.2019

Minutes of the Committee of Courses (C.O.C.) held on 06.06.2019, 11:30 A.M.

A Meeting of the **Committee of Courses (COC)** in Physical Education & Sports Sciences was held on **Thursday, 6th June, 2019 at 11:30 A.M.** in the Conference Room (Room No. 22) C/o. Indira Gandhi Institute of Physical Education & Sports Sciences, B-Block, Vikaspuri, New Delhi-110 018.

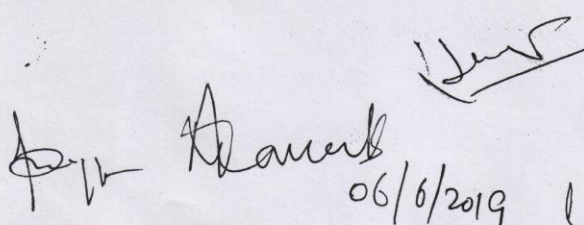
The following members were present:-

- | | |
|------------------------------|------------------|
| 1. Dr. Sandeep Tiwari | Head, (Chairman) |
| 2. Dr. Anil Kumar Vanaik | Member |
| 3. Dr. Vijay | Member |
| 4. Dr. Meenakshi | Member |
| 5. Dr. Ekta Bhushan Satsangi | Member |
| 6. Dr. Sarita Tyagi | Special Invitee |

The following resolutions were adopted unanimously:-

- 1) The Minutes of the last meeting of COC dated 15.05.2019 were confirmed unanimously.
- 2) The members of the Committee discussed in length, the observations received from various stake holders (07 Observations) in the meeting and it was unanimously resolved to forward the revised syllabus of B.Sc. (PEHE & S) to the Dean, FIAS for further placement in the faculty meeting.

The meeting ended with a vote of thanks to the chair.


06/06/2019
(Dr. Sandeep Tiwari)
H.O.D. & Chairman, C.O.C.
06/06/2019
06/06/2019
6/6/19

Semester-I

S.No.	Paper No.	Title	Credit
			Theory/ Practical/Tutorial
1	DSC-1	Foundation of Physical Education	6 (5 THz +1Tut)
2	DSC-2	Anatomy & Physiology	6 (5 THz +1 P)
3	DSC-3*	Game of Specialization*	6 (4Th + 2 P)
4	AECC-1	(English/Hindi/ MIL Communication), Environmental Science	4 (4 THz)
Total Credits			22

Note:

- THz = Theory
- P = Practical
- Tut = Tutorial

***List of Games/Sports for DSC - 3**

- (ii) Athletics (ii) Badminton (iii) Basketball (iv) Cricket (v) Football (vi) Gymnastic (vii) Handball (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga

DETAILS OF COURSE OF UNDERGRADUATE B. SC. (PE, HE, & S) PROGRAMME

DSC -1

SEMESTER -I

DSC -1 FOUNDATIONS OF PHYSICAL EDUCATION

Credit = 6 (5 THz + 1 Tut)

Max. Marks=100

Time: 3Hrs.

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective: -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 Outcome: -Students acquire the knowledge of history & foundations of Physical Education and understand the purpose & development of physical education & sports

After the Completion of First Month:

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.

After the Completion of Second Month:

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.

After the Completion of Third Month:

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.

After the Completion of Fourth Month:

The Students will gain knowledge of Professional preparation in Physical education-YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.

THEORY SYLLABUS

60 Credits

UNIT-I

- (i) Meaning, Definitions, Scope, importance of physical education in society. **10 lectures**
- (ii) Aim and Objectives of Physical Education and their relation with education.

UNIT-II

- (i) Foundations of Physical, Education:-
- (a) Biological foundation – Introduction, Growth and Development and Body types. **15 lectures**
- (b) Psychological Foundation – Introduction, Learning process and theories.
- (c) Sociological Foundation – Introduction, Socialization process.

UNIT-III

- (i) Meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs **15 lectures**
- (ii) Concept and role of wellness movement.

UNIT-IV

- (i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.
- (ii) Olympic movement and Olympic Games (Ancient and Modern) **20 lectures**
- (iii) Professional preparation in Physical education-YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS.
- (iv) Sports Career Avenues, National Sports awards and Honors.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme:

Maximum Marks	-	100 marks
Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month – UNIT-I	The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.	<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 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.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	The Students will gain knowledge of the 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.	<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 Professional preparation in Physical education- YMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester I

DSC– 2 ANATOMY AND PHYSIOLOGY

Credit = 6 (5 THz + 1 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks**Objective:** -To provide students with the basic knowledge of anatomical structures & functions of human body.**Learning Outcome:** -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.**After the Completion of First Month:**

The Students will develop the understanding and knowledge of Definition of anatomy & physiology, Cell-microscopic structure & functions of its organelle, Tissue-classification & functions, Organs, Systems of the body, Bone classification and structure, joints-classification, Structure of synovial joints, Movements at various joints. The Student will also learn to count the pulse rate.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of 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, Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

The Student will be able to learn the measurement of blood pressure and study of various bones of human body.

After the Completion of Third Month:

The Students will gain knowledge of the 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. The Student will be able to explain different body system with the help of models and various movements of the joints.

After the Completion of Fourth Month:

The Students will gain knowledge of excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system
The student will learn the various movements of the joints.

THEORY SYLLABUS**60 Credits****Unit-I**

- Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle.(10 lecture)
- Tissue-classification & functions.
- Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.

Unit-II

- Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle. (15 lecture)
- 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

- Respiratory system-structure and function, second wind, oxygen debt. (15 lecture)
- Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

Unit-IV

- Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action. (20 lecture)
- 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:-**12 Credits**

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.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of Definition of anatomy & physiology, Cell-microscopic structure & functions of its organelle, Tissue-classification & functions, Organs, Systems of the body, Bone classification and structure, joints-classification, Structure of synovial joints. Movements at various joints. The Student will learn counting of pulse rate	<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 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, Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature. The Student will be able to learn the measurement of blood pressure and study of various bones of human body.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	The Students will gain knowledge of the 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. The Student will be able to explain different body system with the help of models and various movements of the joints.	<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 excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system The student will learn the various movements of the joints.	<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

DSC-3(i)**Semester I****DSC-3(i) GAME OF SPECIALIZATION- ATHLETICS**

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organisational 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**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation of the sport. **(13 lectures)**
- 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

- 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. **(13 lectures)**
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Track marking and marking of different arenas for selected events in unit-III.

Practical -**24 Credits**

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.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. The technical practice of sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components. Track marking and marking of different arenas for selected events in unit-III.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(ii)**Semester I****DSC-3(ii) GAME OF SPECIALIZATION (BADMINTON)**

Max. Marks=150

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**60 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Motor Fitness Components Testing of above components.

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(iii)**Semester I****DSC-3(iii) GAME OF SPECIALIZATION (BASKETBALL)**

Max. Marks=150

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**60 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Motor Fitness Components Testing of above components.

Practical -

24 Credits

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
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6. Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
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Facilitation the achievement of Course Learning Outcomes

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

		<ul style="list-style-type: none"> • Presentation 	<ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
<p>Second Month – UNIT-II</p>	<p>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.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Third Month UNIT-III</p>	<p>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.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Fourth Month UNIT-IV</p>	<p>A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(iv)**Semester I****DSC-3(iv) GAME OF SPECIALIZATION (CRICKET)**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Motor Fitness Components Testing of above components.

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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

Facilitation the achievement of Course Learning Outcomes

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

		<ul style="list-style-type: none"> • Presentation 	<ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month- UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(v)**Semester I****DSC-3(v) GAME OF SPECIALIZATION (FOOTBALL)**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Motor Fitness Components Testing of above components.

Practical –**24 Credits**

Learning and demonstrating various skills/techniques of sports.

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.
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4. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.
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6. Reilly, T. (2006). The Science Training Soccer: A Scientific Approach to Developing Strength, Speed and Endurance. Routledge Publisher, USA.
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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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(vi)**Semester I****DSC-3(vi) GAME OF SPECIALIZATION (GYMNASTICS)**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation of the sport. **(13 lectures)**
- 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

- Basic skills and techniques of the Artistic Gymnastics, trampoline, parko and rhythmic. **(13 lectures)**
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**

- **Practical -**

24 Credits

- 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.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(vii)**Semester I****DSC-3(vii) GAME OF SPECIALIZATION (HANDBALL)**

Max. Marks=150

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) (13 lectures)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. (13 lectures)
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. (13 lectures)
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. (13 lectures)
- Motor Fitness Components Testing of above components.

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(viii)**Semester I****DSC-3(viii) GAME OF SPECIALIZATION (HOCKEY)**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Motor Fitness Components Testing of above components.

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(ix)**Semester I****DSC-3(ix)GAME OF SPECIALIZATION(JUDO)**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(09 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Motor Fitness Components Testing of above components.

Practical -**24 Credits**

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bompas 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.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(x)**Semester I****DSC-3(x) GAME OF SPECIALIZATION (KABADDI)**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(13 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and it's effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV**(13 lectures)**

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

Practical -

Learning and demonstrating various skills/techniques of sports. **24 Credits**
 Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Kumar, Dharmander. (2018). Kabaddi and It’s Playing Techniques. Writers Choice, New Delhi.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(xi)**Semester I****DSC-3(xi) GAME OF SPECIALIZATION (KHO-KHO)**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(13 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV**(13 lectures)**

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

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.
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5. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(xii)**Semester I****DSC-3(xii) GAME OF SPECIALIZATION (VOLLEYBALL)**

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**48 Credits****Unit-I**

- Historical Development and Modern Trends (National and International Level) **(13 lectures)**
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields.

Unit-II

- Rules and their interpretation. **(13 lectures)**
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game. **(13 lectures)**
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. **(13 lectures)**
- Motor Fitness Components Testing of above components.

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(xiii)**Semester I****DSC-3(xiii)GAME OF SPECIALIZATION - YOGA**

Credit = 6 (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

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

After the Completion of First Month:

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

The student will learn about the prayer.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasanaPranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjil, 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**48 Credits****UNIT-I****(09 lectures)**

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

UNIT-II**(13 lectures)**

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

- Protocols for referees, judges and officials.

UNIT-III

(13 lectures)

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

UNIT-IV

(13 lectures)

- 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

24 Credits

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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17. Text Book Patanjali Yoga Sutra

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials.</p> <p>The student will learn about the prayer.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	<p>The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-</p> <p>Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana</p> <p>Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi</p> <p>Shatkarma : neti, dhauti, nauli, basti, kunjil, kapal bhati, shankh prakshalana</p> <p>Bandhas : jalandhar, uddyana, mool</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

	bandha. The student will be able to perform learn Asanas, pranayama, shatkarma, bandha.		
Third Month-UNIT-III	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.	<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 Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet. The student will Visit yoga centers /institutes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester I

Ability Enhancement Compulsory Course (AECC-1)

(English/Hindi/ MIL Communication) Environmental Science (4 credits)

48 Credits

- The syllabus contents of the English will be provided by the Department of English, University of Delhi.
- The syllabus contents of the Hindi will be provided by the Department of Hindi, University of Delhi.
- The common syllabus contents of the Environmental Science will be provided by the University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Semester- II

S.No.	Paper No.	Title	Credit
			Theory/Practical/Tutorial
1	DSC-4	Health Education	6 (5 THz + 1 Tut)
2	DSC-5	Yoga	6 (4 THz + 2 P)
3	DSC-6	Gymnastics	6 (4 THz + 2 P)
4	AECC-2	(English/Hindi/ MIL Communication), Environmental Science	4 (4 THz)
Total Credits			22

Note

- THz = Theory
- P = Practical
- Tut = Tutorial

Semester II

DSC-4 HEALTH EDUCATION

6 Credits (5 THz + 1 Tut)
Time: 3Hrs

Max. Marks=100

Theory = 75 Marks + Internal Assessment = 25 Marks**Objective:** -To acquaint the students with basic aspects of Health, Nutrition, First Aid and rehabilitation.**Learning Outcome:** -The Students will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.**After the Completion of First Month:**

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

The Student will learn the Immunization schedule

After the Completion of Fourth Month:

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

The Student will learn about the Rehabilitation Modalities

THEORY SYLLABUS**60 Credits****Unit-I****(15 lectures)**

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

Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education.

Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health

Unit-II**(15 lectures)**

Foods and Nutrition- Misconceptions about food, essential body nutrients- functions, food sources, balanced diet, diet prescription, Communicable and Non-communicable diseases-Distinction between communicable and non-communicable diseases. Communicable diseases-Definition, mode of spread and prevention, Cause, Mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease; non-communicable diseases-- Meaning, causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.

Unit-III

(15 lectures)

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

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

Unit-IV

(15 lectures)

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

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

School Health Service, Components of school health.

Rehabilitation – definition, physical and mental rehabilitation.

Rehabilitation Modalities – cold, heat, water, radiation, Hydrotherapy, cryotherapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

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

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

Semester II

DSC-5 YOGA

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: To provide the knowledge of Yoga including the various Asanas and pranayama and their effects. Student will also be given the knowledge about the yogic diet.

Learning Outcome: - The students will learn about various Yoga Asanas, Satkarmas, Pranayams, Bandhas and yogic diet. This will help the students to lead a happy and satisfied life.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Origin, definition and scope of yoga, limitations and misconceptions related to yoga, importance of yoga in physical education and other fields, Historical development of yoga in India, Types of Yoga.

The Student will learn and Practice of some part of the Shatkarma: neti, dhauti, nauli, basti,

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Patanjali yoga sutras- Yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharma, dhyana, Samadhi & their psychological impact. Shatkarm/cleansing process/ yogic methods and personal hygiene.

The Student will learn and Practice of some part of the Shatkarma: kunjjal, kapal bhati, shankh prakshalana

After the Completion of Third Month:

The Students will gain knowledge of the Asanas: Types, importance of Asanas in special reference to Physical Education & Sports. Differentiate between Asanas and exercise. Pranayama and importance of pranayama in special reference to its Physiological effects.

The Student will learn and skillful in all the aspects of Pranayama: anulom-vilom, bhastrika, nadi shodhan, sheetali, sheetkari, bhramari, ujjayi.

After the Completion of Fourth Month:

The Students will gain knowledge of the Importance of vegetarianism in yogic diet. Bandhas and mudras and its Physiological effects.

The Student will learn the Practice of Bandhas: jalandhar, uddyana, mool bandha

THEORY SYLLABUS**48 Credits****UNIT- I****(09 lectures)**

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

UNIT- II**(13 lectures)**

Historical development of yoga in India.

Types of Yoga:-Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

UNIT- III

(13 lectures)

Patanjali yoga sutras- Yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharma, dhyana, Samadhi & their psychological impact.

Shatkarm/cleansing process/ yogic methods and personal hygiene.

UNIT- IV

(13 lectures)

Asanas: Types, importance of Asanas in special reference to Physical Education & Sports.

Differentiate between Asanas and exercise.

Pranayama and importance of pranayama in special reference to Physiological effects.

Importance of vegetarianism in yogic diet. Bandhas, mudras and their physiological effects.

PRACTICAL

24 Credits

1. Practice of Shatkarma : neti, dhauti, nauli, basti, kunjla, and kapal bhati.
2. Practice of Pranayam : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhramari, ujjayi
3. Practice of Bandhas : jalandhar, uddyana, mool bandha

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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2. Debnath M(2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.

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11. Vyas SK(2005). Yog Shiksha Khel Sahitya Kendra.Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will develop the understanding and knowledge of Origin, definition and scope of yoga, limitations and misconceptions related to yoga, importance of yoga in physical education and other fields, Historical development of yoga in India, Types of Yoga.</p> <p>The Student will learn the Practice of some part of the Shatkarma : neti, dhauti, nauli, basti,</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	<p>The Students will develop the understanding and knowledge of Patanjali yoga sutras- Yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharma, dhyana, Samadhi & their psychological impact., Shatkarm/cleansing process/ yogic methods and personal hygiene.</p> <p>The Student will learn the Practice of some part of the Shatkarma: kunjla, kapal bhati, shankh prakshalana</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	<p>The Students will gain knowledge of the Asanas: Types, importance of Asanas in special reference to Physical Education & Sports. Differentiate between Asanas and exercise. Pranayama and importance of pranayama in special reference to Physiological effects.</p> <p>The Student will learn to practice all aspects of Pranayama : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhramari, ujjayi</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	<p>The Students will gain knowledge of the Importance of vegetarianism in yogic diet. Bandhas, mudras and their physiological effects.</p> <p>The Student will learn the Practice of Bandhas : jalandhar, uddyana, mool bandha</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-6

Semester II DSC-6 GYMNASTICS

6 Credits (4 THz + 2 P)
Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective:-To teach all the students the Game of Gymnastics which includes various type of Exercise on various equipment and floor. It also teaches the Students about various National and International Level of Gymnastics competitions.

Learning Outcome:-After studying this subject, the students will learn the Theoretical and Practical aspects of various exercises in Gymnastics and able to understand the process of organizing and evaluating various National and International Competition.

After the Completion of First Month:

The Students will develop the understanding and knowledge about the history of gymnastics with special reference to India and Fundamental skills for Men and Women (Forward Roll, Backward Roll, Handstand, Cart wheel, leg split etc.).

The Student will learn to perform Floor exercises.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Parallel Bars, Balancing Beam, Roman Rings and uneven parallel bars.

The Student will learn to perform on Parallel Bars/ Balancing Beam

After the Completion of Third Month:

The Students will gain knowledge of the Horizontal Bars and Pommel Horse.

The Student will learn to perform on Volting Horse

After the Completion of Fourth Month:

The Students will gain knowledge of the **Men & Women-** Important competitions at National, International levels, Fundamental skills; Evaluation of 20 points in Artistic, duties and Functions of Gymnastics, regulation, duties and –Right of Gymnastic. The student will learn about the Type of Gymnastics and Competition.

The Student will learn to practice and improve the skills of floor exercise, Parallel Bars/ Balancing Beam and Vaulting Horse

THEORY SYLLABUS

48 Credits

Unit-I

(09 lectures)

Brief history of gymnastics with special reference to India. Fundamental skills:- Floor exercises

Men

Floor exercise

Forward roll

Backward roll

Handstand

Cartwheel

Hand stand to forward roll

Women

Floor exercise

Forward roll

Backward roll,

Hand stand

Cart wheel

Leg Split

Unit-II Fundamental skills using parallel bar/balancing beam (13 lectures)

Parallel Bars (Men)

Under Arms swing Upper Arms Support Position
Turn & 360° Turn)

Perfect swing

Shoulder stand to roll forward

and sideward) Front or backward swing to the side(dismount)

Dismount (Jump from the end of the beam with leg straddle in the air) and landing on ground with legs together

Balancing Beam (Women)

Turning movement on the beam (90°Turn, 180°

Cat jump, Tuck Jump, Stretch Jump, Pike Jump

Different kinds of scales (forward, Backward

Mount (1/4 turn to cross sitting)

Table Vault

Squat Vault/stoop vault

Squat vault

Table Vault

Straddle vault/ Stoop Vault

Straddle vault

Unit-III

Roman Rings

Perfect swings

Back Up rise

In location with bent body

Shoulder stand

Straddle Dismount

and backward Hip circle forward

Uneven Parallel Bars (13 lectures)

different kinds of grips

back turn over (Mount)

Fraddle Dismount

straddle circle forward and backward

Back hip circle forward

Horizontal Bar

Perfect swing on horizontal bar

Back Turn over to Mount

Back Hip circle

Hip Circle Forward

Fraddle dismount

Pommel Horse

Shifting of Grips

Swing

Scissor (forward)

Single Leg Circle

Single leg circle from uneven support to dismount sideways.

Unit-IV (13 lectures)

Men & Women- Important competitions at National, International levels,

- Evaluation of 20 points in Artistic.
- Duties and Functions of Gymnastics.
- Regulation, Duties and –Right of Gymnastic.
- Type of Gymnastics
- Types of Competition.

Practical

Exercises:

1. Floor exercise
2. Parallel Bars
3. Balancing Beam
4. Vaulting Horse

24 Credits

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

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2. Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
3. Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
4. Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
5. Code of Points Trampoline Gymnastics (2005). Federation Int. De Gymnastics
6. Debby Mitchell, Ed.D, Raim Lopez, MA, Barbara Davis. (2002). Teaching Fundamental Skills. Human Kinetics.
7. Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.
8. Federation International Gymnastics (2006). Federation Int. De Gymnastics
9. Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
10. Jain R (2003). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
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12. Pearson D (1991). Play The Game Gymnastics. Ward Lock. Britain.
13. Smither Graham (1980). Behind The Science of Gymnastics. London.
14. Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will develop the understanding and knowledge about the history of gymnastics with special reference to India and Fundamental skills for Men and Women (Forward Roll, Backward Roll, Handstand, Cart wheel, leg split etc.).</p> <p>The Student will learn to perform Floor exercises.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	<p>The Students will develop the understanding and knowledge of Parallel Bars, Balancing Beams, Roman Rings and uneven parallel bars.</p> <p>The Student will learn to perform on Parallel Bars/ Balancing Beam</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	<p>The Students will gain knowledge of the Horizontal Bars and Pommel Horse.</p> <p>The Student will learn to perform on Vaulting Horse</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	<p>The Students will gain knowledge of the Men & Women- Important competitions at National, International levels, Fundamental skills; Evaluation of 20 points in Artistic, duties and Functions of Gymnastics, regulation, duties and – Right of Gymnastic. The student will learn about the Type of Gymnastics and Competition.</p> <p>The Student will practice and improve the skills of floor exercise, Parallel Bar/Balancing Beam and Vaulting Horse</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

(AECC-2)

Semester II

4 Credits (4 THz)

Ability Enhancement Compulsory Course (AECC-2)

(English/Hindi/ MIL Communication) Environmental Science (4 credits)

48 Credits

- The syllabus contents of the English will be provided by the Department of English, University of Delhi.
- The syllabus contents of the Hindi will be provided by the Department of Hindi, University of Delhi.
- The common syllabus contents of the Environmental Science will be provided by the University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Semester- III

S.No.	Paper No.	Title	Credit
			Theory/Tutorial/Practical
1	DSC-7	Exercise Physiology	6 (5 THz + 1 P)
2	DSC-8	Sports Psychology and Sociology	6 (5 THz + 1 Tut)
3	DSC-9*	Game of Specialization*	6 (4 THz + 2 P)
4	SEC-1	SEC-1 -4 credits (4Th) Select any one option: i. English (Technical writing) ii. Hindi iii. Growth and Development iv. Adapted Physical Education v. Sports Management vi. Methods in Physical Education vii. Exercise Prescription viii. Sports for All	4 (4 THz)
Total Credits			22

Note

- THz = Theory
- P = Practical
- Tut = Tutorial

***List of Games/Sports for DSC – 9 (The sport selected for DSC – 3 will be continued in this semester, with different syllabus of study.)**

- (iii) Athletics (ii) Badminton (iii) Basketball (iv) Cricket (v) Football (vi) Gymnastic (vii) Handball (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga

Semester-III

DSC-7 -EXERCISE PHYSIOLOGY

Max. Marks =150

6 Credits (5 THz + 1 P)

Time Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS**60 Credits****UNIT 1: Fundamentals and Neuromuscular Function****(09 lectures)**

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

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

UNIT 2: Energy & Hormonal Regulation**(13 lectures)**

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

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

UNIT 3: Cardiorespiratory System and Training Adaptation**(13 lectures)**

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

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

UNIT 4: Body Composition**(13 lectures)**

Understanding Body Composition, Obesity and its causes.

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

Practical**12 Credits**

Assessment of Resting Heart Rate

Assessment of Blood Pressure

Administering the Harvard Step test

To measure vital capacity using Spirometer

To assess the Body Mass Index of the subjects

To assess the Waist Hip Ratio of the subjects

Methods of assessing Body Composition

Assessment of BMR of the subjects

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It

is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

REFERENCES:

1. Camaione, David N. (1993). Fitness Management. WCB Brown & Benchmark.
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9. Inigo Mujika.(2009). Tapering and Peaking For Optimal Performance. USA. Human Kinetics
10. Per-Olf .Astrand, Kaare.Rodahl. (2003). Text Book of Work Physiology: Physiological Bases of Exercise. Fourth Edition.USA.Human Kinetics.
11. Jonathan K.Ehrman, Dennis Kerrigan, et.al. (2017). Advance Exercise Physiology: Essential Concepts and Applications.USA. Human Kinetics.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The student will understand the Nature Of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The Student will acquaint with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	The Students will develop the knowledge of Bio-energetics : Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/

	Adaptation. The Student will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects.		seminar
Third Month-UNIT-III	The Students will gain knowledge of Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Respiratory Function During Exercise and Training : Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation. The Student will learn to assess the Waist Hip Ratio of a given subject and the methods of assessing Body Composition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	The Students will understand the fundamentals of Body Composition, Obesity and its causes, Weight Management, Various methods of Assessing Body Composition, BMI, and WHR. The Student will be able to assess BMR and will revise all the Practicals.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester III

DSC-8 SPORTS PSYCHOLOGY AND SOCIOLOGY

Credit = 6 (5 THz + 1 Tut)
Time:3Hrs.

Max. Marks= 100

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective: - The student is provided with the knowledge of psychological aspects which determining/impact sports performance.

Learning Outcome: - The student learns the psychological aspects to apply to improve the performance in sports. Such core knowledge and skill helps to create a strong foundation to engage human subject of all ages, sex, and ability

After the Completion of First Month:

The student will learn about Sports and Exercise Psychology and understanding participants, motivation, arousal and anxiety and personality.

After the Completion of Second Month:

The student will gain knowledge about the Group, aggression, psychological preparation and performance enhancement.

After the Completion of Third Month:

The student will gain knowledge about concept of sociology and sports sociology and sports as a social phenomenon.

After the Completion of Fourth Month:

The student will gain knowledge and learn about Culture and Socialization in Relation to sports and concept, types and agents of sports socialization.

THEORY SYLLABUS**60 Credits****UNIT-I: Introduction to Sports and Exercise Psychology and understanding participants. (15 lectures)**

- (i) Sports and Exercise Psychology: Concept, Scope, role of sports and exercise psychologist and importance of Sports and exercise psychology, Historical development and future of Sports and Exercise Psychology,
- (ii) Motivation: guidelines for building motivation, achievement motivation.
- (iii) Arousal and Anxiety: Types, phenomena of Anxiety in relation to performance – Drive Theory, Inverted U Theory and IZOF.
- (iv) Personality: approaches to personality – Trait, types and psychodynamic theories, determinants of personality, assessment of personality.

UNIT-II: Group and Performance enhancement**(15 lectures)**

- (i) Team Cohesion: a conceptual model of Cohesion, assessment of Cohesion, relationship of Cohesion with performance.
- (ii) Aggression in sports: types, phenomena of Aggression – Instinct Theory and Social Learning Theory, Assessment of Aggression and Leadership in Sports
- (iii) Psychological preparation – Long term and short term psychological preparation, Goal setting and self confidence

UNIT-III Introduction to Sports Sociology**(15 lectures)**

- (i) Concept of Sociology and Sports Sociology
- (ii) Importance of sports sociology

- (iii) Sports as a Social Phenomena
- (iv) Sociological perspectives and sports (Functionalism, conflict & interactionism)
- (v) Women participation in sports
- (vi) Alternative sports programmers for women
- (vii) Commercialization in Sports

UNIT- IV Culture and Socialization in Relation to sports

(15 lectures)

- (i) Concept of sports culture
- (ii) Characteristics of sports culture
- (iii) Elements of Culture in relation to Sports
- (iv) Club Culture and Sports
- (v) Concepts of Sports Socialization
- (vi) Types of Sports Socialization
- (vii) Agents of sports socialization

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Tutorial period is equal to 1 credit of 1 hour duration.

(12 Credits)

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

1. Coakly, J.J. (2009). Sporting Sociology, Issues and controversies, Mcgraw Hill International (Uint-1,3,4&5)
- Dixit S (2006). Khel- Manovigyan. Sports Publications. Delhi
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3. Cox RH (2002). Sport Psychology. McGraw Hill. London.
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5. Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi. Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn about Sports and Exercise Psychology and understanding participants, motivation, arousal and anxiety and personality.	<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 student will gain knowledge about the Group, aggression, psychological preparation and performance enhancement.	<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 student will gain knowledge about concept of sociology and sports sociology and sports as a social phenomenon.	<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 student will gain knowledge and learn about Culture and Socialization in Relation to sports and concept, types and agents of sports socialization.	<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

DSC-9 (i)**Semester III****DSC –9 (i): GAME OF SPECIALIZATION - ATHLETICS**

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(09 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training means and methods for development of motor components. (13 lectures)
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training and Hill Training.
- Use of Thera Bands, Free Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Official in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps

- iii. Planning and Organisation for Competitions
- iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of – jumping event- triple jump, pole vault, throwing events- discus throw, hammer throw, relay races-4X100m, 4X400m., race walking, combine events.
- Tactical aspect of selected events.

Practical –

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/techniques- triple jump, discus throw, relay races and race walking.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result in selected events.
5. Demonstration and practice of Tactical Pattern in selected events.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions. Drills for perfection of skills/techniques of – jumping event- triple jump, pole vault, throwing events-discus throw, hammer throw, relay races-4X100m, 4X400m., race walking, combine events. Tactical aspect of selected events.	<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

DSC-9 (ii)

Semester III

DSC –9 (ii): GAME OF SPECIALIZATION-BADMINTON

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

48 Credits

Unit-I

(09 lectures)

- Common injuries related to sports.
- Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

(13 lectures)

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

(13 lectures)

- Anatomical Consideration in a Sport.

- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

(13 lectures)

- Duties and responsibilities of Technical Officials in the Sports. (20 lectures)
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - Selection of Team
 - Conduct of Coaching Camps
 - Planning and Organisation for Competitions
 - Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC-9(iii)

Semester III
DSC –9 (iii): GAME OF SPECIALIZATION-BASKETBALL

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

48 Credits

Unit-I

(09 lectures)

- Common injuries related to sports.
- Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

(13 lectures)

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

(13 lectures)

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

(13 lectures)

- Duties and responsibilities of Technical Officials in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical –

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

			<ul style="list-style-type: none">• Class-test / viva/ seminar
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DSC-9(iv)**Semester III****DSC – 9 (iv): GAME OF SPECIALIZATION-CRICKET**

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(09 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Officials in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -**24 Credits**

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
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11. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester III

DSC –9 (v): GAME OF SPECIALIZATION –FOOTBALL

Max. Marks=150

Credit = 6 (4 THz + 2 P)

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(13 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Officials in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition. (60 hrs)
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC – 9(vi)

DSC – 9(vi): GAME OF SPECIALIZATION - GYMNASTICS

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

48 Credits

Unit-I

(09 lectures)

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

(13 lectures)

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

(13 lectures)

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

(13 lectures)

- Duties and responsibilities of Technical Officials in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical –

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC – 9 (vii)**DSC – 9 (vii): GAME OF SPECIALIZATION HANDBALL**

Credit = 6 (4 THz + 2 P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(09 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Official in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical –

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC – 9(viii)**DSC – 9(viii): GAME OF SPECIALIZATION HOCKEY**

Credit = 6 (4 THz + 2

P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(13 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Officials in the Sports.

- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
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 11. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
 12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various training means and methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about anatomical, physiological, biomechanical and psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC – 9 (ix)**Semester III****DSC – 9 (ix): GAME OF SPECIALIZATION – JUDO**

Max. Marks=150

Credit = 6 (4 THz + 2 P)

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(09 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Officials in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.

- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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 Publisher, Japan.

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sports competitions.	<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

DSC – 9 (x)**DSC – 9 (x): GAME OF SPECIALIZATION - KABBADI**

Credit = 6 (4 THz + 2

P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(09 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Official in the Sports.

- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - v. Selection of Team
 - vi. Conduct of Coaching Camps
 - vii. Planning and Organisation for Competitions
 - viii. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

24 Credits

Officiating a match/event/competition
 Learning and perfecting drills for various skill/tech.
 Learning and demonstrating the rehabilitation process of injured player.
 Learning and demonstrating the process of scoring and recording competition result.
 Demonstration and practice of Tactical Pattern

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Kumar, Dharmander. (2018). Kabaddi and Its Playing Techniques. Writers Choice, New Delhi.

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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.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC – 9 (xi)**DSC – 9 (xi): GAME OF SPECIALIZATION - KHO-KHO**

Max. Marks=150

Credit = 6 (4 THz + 2 P)

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective:- The Students has to continue with the game selected in the I semester from the list of games to be carried forward to Semester III named as DSC-9 Game of Specialization.

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(13 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Officials in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.

- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical –

24 Credits

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC – 9 (xii)**Semester III****DSC – 9 (xii): GAME OF SPECIALIZATION - VOLLEYBALL**

Credit = 6 (4 THz + 2

P)

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS**48 Credits****Unit-I****(13 lectures)**

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II**(13 lectures)**

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III**(13 lectures)**

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV**(13 lectures)**

- Duties and responsibilities of Technical Officials in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -**24 Credits**

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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. Sagar 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.
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9. Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi.
10. The National Alliance for Youth Sports (2009). Coaching Volleyball. For Dummies Publishers,USA.
11. Volleyball, USA (2009). Volleyball : Systems and Strategies. Human Kinetics,USA.
12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<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

DSC – 9 (xiii)

Semester III
DSC – 9 (xiii): GAME OF SPECIALIZATION - YOGA

Max. Marks=150

Credit = 6 (4 THz + 2 P)

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning outcome:-Students become proficient in the knowledge, skill and practical of Games/Sports of his choice in terms of technical and tactical efficiency, rules of the game and training related to their games, officiating and coaching

After the Completion of First Month:

The Students will understand the Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga, Patanjali yoga sutras- Yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharma, dhyana, Samadhi & their psychological impact.

The Student will learn to Repetition of syllabus of Semester-I, Tests of flexibility, concentration, VO₂ max., balance.

After the Completion of Second Month:

The Students will develop the According to yoga concept of normality, according to modern psychology, concept of personality & its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression, Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

The Student will able to learn the Observing and assessing the video/tournament recording/movie and preparing a report, teaching lessons.

After the Completion of Third Month:

The Students will gain knowledge of Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century, Different techniques of meditation and their practice prekha, vipashyana and different chakras

The Student will able to learn the Planning for a Yoga competition, Organisation of a Yoga competition.

After the Completion of Fourth Month:

The Students will gain knowledge of Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga, Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, and Use of teaching aids.

The Student will be able to learn the Project on researches in Yoga, Officiating in Yoga competitions, Coaching lessons.

THEORY SYLLABUS:

48 Credits

UNIT-I

(09 lectures)

Types of Yoga:- Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

UNIT-II

(13 lectures)

Patanjali yoga sutras- Yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharma, dhyana, Samadhi & their psychological impact.

UNIT-III

(13 lectures)

According to yoga concept of normality, according to modern psychology, concept of personality & its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression

Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

UNIT-IV

(13 lectures)

Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century Different techniques of meditation and their practice prekha, vipashyana and different chakras

Yoga – teaching methodology, Teaching practice, techniques and modules, preparing teaching lessons in yoga, Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, Use of teaching aids.

PRACTICALS

24 Credits

1. Tests of flexibility, concentration, VO₂ max., balance
2. Observing and assessing the video/tournament recording/movie and preparing a report
3. Planning for a Yoga competition
4. Organisation of a Yoga competition
5. Project in Yoga
6. Officiating in Yoga competitions

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.
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9. Sharma JP(2007). Manav jeevan evam yoga. Friends Publication. New Delhi.
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11. Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
12. Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
13. Swami Swatma Ram: Patanjali Yoga Sutra
14. Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
15. Text Book Hath Yoga Pradipika
16. Text Book Patanjali Yoga Sutra

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will understand the Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga, Patanjali yoga sutras- Yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharma, dhyan, Samadhi & their psychological impact. The Student will learn to Repetition of syllabus of Semester-I, Tests of flexibility, concentration, VO ₂ max., balance. The Student will able to learn the Project on researches in Yoga, Officiating in Yoga competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

<p>Second Month UNIT-II</p>	<p>The Students will develop the According to yoga concept of normality, according to modern psychology, concept of personality & its development, yogic management of psychosomatic ailments: frustration, anxiety, depression, Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies</p> <p>The Student will able to learn the Observing and assessing the video/tournament recording/movie and preparing a report.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Third Month- UNIT-III</p>	<p>The Students will gain knowledge of Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century, Different techniques of meditation and their practice prekha, vipashyana and different chakras</p> <p>Student will able to learn the Planning for a Yoga competition, Organisation of a Yoga competition.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Fourth Month- UNIT-IV</p>	<p>The Students will gain knowledge of Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga, Guidelines for preparing coaching lessons in Yoga and Use of teaching aids</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-1 (i)

Semester III

4 Credits (4 THz)

SEC-1 (i) English (Technical Writing)

The syllabus contents of the English will be provided by the Department of English, University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

48 Credits

Marking Scheme: Maximum Marks -100 marks

Theory Examination -75 Marks

Internal Assessment -25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SEC-1 (ii)

Semester III

4 Credits (4 THz)

SEC-1 (ii) Hindi (Social Media)

The syllabus contents of the Hindi will be provided by the Department of Hindi, University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

48 Credits

Marking Scheme: Maximum Marks -100 marks

Theory Examination -75 Marks

Internal Assessment -25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SEC-1(iii)**Semester III
SEC-1 (iii) Growth and Development**4 Credits (4 THz)
Time: 3Hrs

Max. Marks =100

Theory = 75 Marks + Internal Assessment = 25 Marks**Objective:-** Students will be educated with the knowledge and importance of physical growth & development**Learning Outcome:-** Students learn various factors affecting the physical growth & development.**After the Completion of First Month:**

The Students will develop the understanding and knowledge of Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and development.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Physical growth, Cognitive (mental) growth, emotional development and Psychological Development, relationship between physical growth of brain and intellectual ability.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of Adolescent growth & development. Distance & Velocity Curves.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of Introduction to Motor Development and body physiques.

Theory of Syllabus:**48 Credits****Unit-I****12 Lectures**

Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and development

Unit-II**12 Lectures**

Physical growth, Cognitive (mental) growth, emotional development and Psychological Development, relationship between physical growth of brain and intellectual ability

Unit-III**12 Lectures**

Adolescent growth & development. Distance & Velocity Curves

Unit-IV**12 Lectures**

Introduction to Motor Development and body physiques.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks
Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks
Project/Assignment/Seminar - 10 Marks
Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings:

1. Day, J AP. (1986). Perspectives in Kianthropometry. The 1984 Olympic Scientific Congress Proceedings. Volume I. Human Kinetics Publisher. Champaign. Illinois. USA.
2. Gallahue DL and JC Ozmun. (1998).Understanding Motor Development- Infants, Children, Adolescents and Adults McGraw Hill Company Boston.USA.
3. Gallahue DL. (1993). Developmental Physical Education for Today’s Children WCB. Brown & Benchmark. Dubuque Indiana. USA.
4. Harrison GA, JS Weiner JM Tanner and NA Barnicot. (1984) Human Biology Clarendon Press. Oxford. London.
5. ICMR. (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.
6. Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications. New Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and	<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

	development.		
Second Month – UNIT-II	The Students will develop the understanding and knowledge of Physical growth-Cognitive (mental) growth, emotional development and Psychological Development, relation between physical growth of brain and intellectual ability.	<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 develop the understanding and knowledge of Adolescent growth & development. Distance & Velocity Curves.	<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 develop the understanding and knowledge of Introduction to Motor Development and body physiques	<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

SEC-1(iv)**Semester III**

4 Credits (4 THz)

SEC-1 (iv) ADAPTED PHYSICAL EDUCATION

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- Students will be educated with the knowledge and importance of adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for an able person.

Learning Outcome: - Students learn various ways and means for adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for an able person.

After the Completion of First Month: The Students will develop the understanding and knowledge of meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.

After the Completion of Second Month: The Students will develop the understanding and knowledge of changing concept of disability handicaps, retardation, physically and mentally challenged. Physical disability, Characteristics and Category. Functional limitation, General causes. Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection

After the Completion of Third Month: The Students will develop the understanding and knowledge of Guiding principles for adapted physical education programme (AAHPER Principle). Physical education programme for disabled of - Elementary school, Middle school, High school. Special adapted programme for various types and categories of physical disability. Regular physical activity, Informal games and special activity, Informal and formal competitions. Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions

After the Completion of Fourth Month: The Students will develop the understanding and knowledge of Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme. Creative development and hobby & culture development programme. Aquatic activity programme for disabled. Importance of activity for disabled.

Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity. Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation. Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation – adjustment, environmental and personality development and legislative approach

THEORY SYLLABUS:**48 Credits****UNIT-I INTRODUCTION TO ADAPTED PHYSICAL EDUCATION****12 Lectures**

Meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.

UNIT-II CLASSIFICATION OF DISABILITY

12 Lectures

Changing concept of disability handicaps, retardation, physically and mentally challenged.

Physical disability, Characteristics and Category. Functional limitation, General causes.

Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes.

Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection

UNIT-III ADAPTED PHYSICAL EDUCATION PROGRAMMES

12 Lectures

Guiding principles for adapted physical education programme (AAHPER Principle).

Physical education programme for disabled of - Elementary school, Middle school, High school.

Special adapted programme for various types and categories of physical disability. Regular physical activity Informal games and special activity, Informal and formal competitions.

Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions.

UNIT-IV ACTIVITIES FOR DISABLED

12 Lectures

Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme

Creative development and hobby & culture development programme. Aquatic activity programme for disabled

Importance of activity for disabled.

Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation – adjustment, environmental and personality development and legislative approach

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It

is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

1. C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet- Promoting the Health).
2. Barton, L. (1993) ‘Disability, empowerment and physical education’, in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.
3. Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.
4. K, DePauw & S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.
5. R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.: World Bank,).
6. Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan.
7. Sport England (2000) Young People with a Disability and Sport. London: Sport England.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.	<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 Changing concept of disability handicaps, retardation, physically and mentally challenged. Physical disability, Characteristics and Category. Functional limitation, General causes. Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

<p>Third Month-UNIT-III</p>	<p>The Students will develop the understanding and knowledge of Guiding principles for adapted physical education programme (AAHPER Principle). Physical education programme for disabled of - Elementary school, Middle school, High school. Special adapted programme for various types and categories of physical disability. Regular physical activity, Informal games and special activity, Informal and formal competitions. Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions.</p>	<ul style="list-style-type: none"> ● Lecture Methods ● Demonstration Methods ● Assessment Methods ● Presentation 	<ul style="list-style-type: none"> ● Evaluation of Presentation ● Evaluation of Assignment ● MCQ ● Class-test / viva/ seminar
<p>Fourth Month-UNIT-IV</p>	<p>The Students will develop the understanding and knowledge of Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme Creative development and hobby & culture development programme. Aquatic activity programme for disabled Importance of activity for disabled. Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation– adjustment, environmental and personality development and legislative approach.</p>	<ul style="list-style-type: none"> ● Lecture Methods ● Demonstration Methods ● Assessment Methods ● Presentation 	<ul style="list-style-type: none"> ● Evaluation of Presentation ● Evaluation of Assignment ● MCQ ● Class-test / viva/ seminar

SEC-1(v)

Semester III
SEC-1(v)-SPORTS MANAGEMENT

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective:- To acquaint students with knowledge of management and planning of Sports Competitions & Tournaments.

Learning Outcome:- The student learns to plan, organize & execute sports events.

After the Completion of First Month:

The Students will understand the concept of Sports Management, Historical perspective of sports management in India, Nature and scope of sports management, Aims and objectives of sports management, skills of sports management, Guiding principles of sports management , Leaderships, Identification of resources, Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination).

The Student will learn to prepare a draft for management of intramural sports events.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition, Inter college competition, National level Competition), Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.

The Student will learn to prepare a draft for management of sports event (state, national and international level).

After the Completion of Third Month:

The Students will gain knowledge of Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

The Student will learn to prepare a budget for setting up a gym/ fitness center.

After the Completion of Fourth Month:

The Students will gain knowledge of Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.

The Student will learn to draft proposals for procurement of equipment for a school/ institute.

THEORY SYLLABUS:

48 Credits

Unit-I

12 Lectures

- i) Meaning, concept and definition of sports management , Historical perspective of sports management in India
- ii) Nature and scope of sports management, Aims and objectives of sports management, skills of sports management.

Unit - II

12 Lectures

- i) Guiding principles of sports management , Leaderships, Identification of resources
- ii) Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination)

Unit –III

12 Lectures

- i) Definition and meaning of planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition , Inter college competition, National level Competition)
- ii) Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.

Unit – IV

12 Lectures

- i) Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.
- ii) Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings

1. Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
2. Hert, Renis(1961) New Patterns of Management, McGraw Hill,.
3. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management
4. Sivia, G.S (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will understand the concept of Sports Management, Historical perspective of sports management in India, Nature and scope of sports management, Aims and objectives of sports management, skills of sports management, Guiding principles of sports management , Leaderships, Identification of resources, Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination).</p> <p>The Student will learn to prepare a draft for management of intramural sports events.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	<p>The Students will develop the understanding and knowledge of Planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition, Inter-college competition, National level Competition), Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.</p> <p>The Student will learn to prepare a draft for management of sports event (state, national and international level).</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	<p>The Students will gain knowledge of Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.</p> <p>The Student will learn to prepare a budget for setting up a gym/ fitness center.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	<p>The Students will gain knowledge of Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.</p> <p>The Student will learn to draft proposals for procurement of equipment for a school/ institute.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-1(vi)**Semester III
SEC-1(vi) - METHODS IN PHYSICAL EDUCATION**

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs**Theory = 75 Marks + Internal Assessment = 25**

Objective: - To acquaint students with theoretical & practical knowledge of methods of teaching, coaching & officiating in Physical Education & Sports.

Learning Outcome:-Students will understand the use of various methods in teaching & coaching in the field of physical education & sports. They will also learn the officiating in various sports events.

After the Completion of First Month:

The Students will learn the Meaning, Definition, Scope and importance of Organisation and Administration, meaning of teaching, coaching, officiating and as a career in Physical Education & Sports, meaning and need for methods, factors affecting teaching method.

After the Completion of Second Month:

The Students will develop the understanding of Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation
Class management: techniques, formations, command (types and techniques) factors effecting class management.
Lesson Plan: Need, construction, Introduction development, skill/recreation

After the Completion of Third Month:

The Students will gain knowledge of the Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers and reports and records; Meaning, Definition and essence of writing different reports. Records maintenance of Physical Education and Sports for future reference.

After the Completion of Fourth Month:

The Students will learn about the Tournaments/Competitions and types of competition, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting in construction of Time-table.

THEORY SYLLABUS**48 Credits****UNIT I****12 Lectures**

Meaning, Definition, Scope and importance of Organisation and Administration.
Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports.
Meaning and need for methods, factors influencing teaching method.

UNIT II**12 Lectures**

Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation
Class management: techniques, formations, command (types and techniques) factors effecting class management
Lesson Plan: Need, construction, Introduction development, skill/recreation

Unit-III**12 Lectures**

Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers.

Reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.

Unit-IV

12 Lectures

Tournaments/Competitions and types, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors affecting construction of Time-table.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
2. Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
3. Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
4. Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: Universal Book.
5. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
6. Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub.
7. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
8. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
9. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
10. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
11. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
12. Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
13. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.

14. Shaw, D & Kaushik, S, (2001). Lesson Planning: Technical Methods and Class Management, New Delhi: S.K.
15. Vanaik A. (2010). Methods in Physical Education, Friends Publication. New Delhi
16. Wrisberg A (2007). Sport Skill Instruction for Coaches. Human Kinetics. Champaign. Illinois. U.S.A.

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 learn the Meaning, Definition, Scope and importance of Organisation and Administration, meaning of teaching, coaching, officiating and as a career in Physical Education & Sports, meaning and need for methods, factors effecting teaching method.	<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 Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation Class management: techniques, formations, command (types and techniques) factors effecting class management. Lesson Plan: Need, construction, Introduction development, skill/recreation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	The Students will gain knowledge of the Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers and reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.	<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 learn the Tournaments/Competitions and types, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting in construction of Time-table.	<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

SEC-1(vii)

**Semester III
SEC - 1(vii) - Exercise Prescription**

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - Students will be educated with the knowledge and importance of Exercise Prescription with the help of Physical Exercises and Sports activities in systematic and scientific procedure.

Learning Outcome: - Students learn various ways, means and methods to exercise prescription the better fitness and lead a healthy life style.

After the Completion of First Month:

The Students will develop the understanding and knowledge of meaning and definition of exercise and physical activity, differences between exercise and physical activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc. Necessity of exercise prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)

Theory of Syllabus

48 Credits

Unit I

12 Lectures

Meaning and definition of Exercise and Physical Activity, difference between Exercise and Physical Activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.

Unit II

12 Lectures

Basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

Unit III

12 Lectures

Health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc.
Necessity of Exercise Prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.

Unit IV**12 Lectures**

Steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity).

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Reading:

1. American college of sports Medicine (2005). ACSM's Health-Related Physical Fitness Assessment Manual. London, Lippincott.
2. Anspaugh, D. J. & Others (2003), Wellness. Boston: McGraw Hills.
3. Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
4. Corbin, C.B. & Others, (2006) Concepts of Fitness And Wellness, Boston, McGraw Hill.
5. Edward A. Taub, F. Murad and Oliphant D. (2007). The Wellness Solution.
6. Hoeger, W.K. And Hoeger S.A, (2006) Principles And Labs For Physical Fitness And Wellness, Australia: Thomson,
7. Kennedy, Carol, A. & Yoke, M.M. (2008) Methods of Group Exercise Instruction N.Y. Human Kinetics.
8. Lang, Annette , Morning Strength Workouts, U.S. Human kinetic, 2007
9. Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.
10. Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.
11. Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
12. Tomkinson, G.R. & Olds, T.S. (ED.), Pediatric Fitness, London Karger, 2007.
13. Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
14. Uppal and Gautam. (2008). Health and Physical Education, Friends Publication,

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge of meaning and definition of exercise and physical activity, differences between exercise and physical activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.	<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 basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.	<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 develop the understanding and knowledge of health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc. Necessity of Exercise Prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.	<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 develop the understanding and knowledge of steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)	<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

SEC - 1 (viii)

Semester III
SEC - 1 (viii) SPORTS FOR ALL

Max. Marks = 100

4 Credits (4 THz)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: To impart the knowledge about the sports, play, recreation, games and motivational factors towards sports, their fitness components and health.

Learning Outcome: Students will learn about the sports and recreation, and their health benefits for normal and challenged population.

After the Completion of First Month:

The students will develop the understanding and knowledge of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts and Motivation towards Sports; he will also be able to understand about the Sports for fitness, fun and, competitions.

After the Completion of Second Month:

The Student will learn about the health related Physical Fitness and their measurement techniques and will also be able to understand the methods to Develop and Maintain the Health Related Fitness

After the Completion of Third Month:

The students will gain understanding and knowledge of fun, minor games, Games Festival and also develop knowledge regarding the Organization and guidelines for Games Festival and Facility and Sports Clubs. It also helps to understand the Competition, Sports Selections.

After the Completion of Fourth Month:

The students will gain knowledge of Health and their Preventive health measures for normal human being and different categories of challenged population. It also helps to understand about Figure, disfigure effects and appearance.

THEORY SYLLABUS:

48 Credits

UNIT-I

12 Lectures

- INTRODUCTION: Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts;
- Motivation towards Sports; Introduction to Sports for fitness, fun and, competitions. (10 Lectures)

UNIT-II

12 Lectures

- SPORTS FOR FITNESS: Meaning and definition; Components of health related Physical Fitness.
- Measurement of Health Related Physical Fitness (HRPF); Development and Maintenance of Health Related Fitness

UNIT-III

12 Lectures

- SPORTS FOR FUN: Meaning & Definition of fun, Minor games, Games Festival; Organization and guidelines for Games Festival; Games Festival Facility; Sports Clubs.
- SPORTS FOR COMPETITIONS: Meaning & Definition of Competition; Sports Selections; Sports participation and sports competitions. (10 Lectures)

UNIT-IV

12 Lectures

- SPORTS FOR HEALTH: Meaning and Definition of Health;, Preventive health measures and sports; SPORTS FOR
- SPORTS FOR CHALLENGED POPULATIONS: Introduction, Meaning and definitions of different challenged populations: Visually Challenged, Auditory Challenged, and Physical Challenged. Modified Sports for above categories of challenged populations.

- SPORTS FOR FIGURE & PERSONALITY: Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and it's disfigure effects; weight control, exercise and Sports.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS-

1. Bhatnagar DP. SK Verma and R. Mokha (1999). Human Growth. Exercise Science Publications Society. Department of Sports Sciences, Punjabi University, Patiala-147 002, Punjab.
2. Corbin et.al. (2006). Fitness & Wellness-Concepts. McGraw Hill. Publishers. New York.U.S.A.
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5. Kansal DK (2008). Text book of Applied Measurement, Evaluation & Sports Selection, Sports & Spiritual Science Publications, New Delhi.
6. Singh S.P.S. and Malhotra P (2003). Anthropometry. Human Biology Department. Punjabi University. Patiala-147 002 (India).

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First	The students will develop the understanding and	• Lecture Methods	• Evaluation of

<p>Month-UNIT-I</p>	<p>knowledge of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts and Motivation towards Sports; he will also be able to understand about the Introduction to Sports for fitness, fun and, competitions.</p>	<ul style="list-style-type: none"> • Demonstration Methods • Assessment Methods • Presentation 	<p>Presentation</p> <ul style="list-style-type: none"> • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Second Month – UNIT-II</p>	<p>The Student will learn about the health related Physical Fitness and their measurement techniques and will also be able to understand the methods to Develop and Maintain the Health Related Fitness.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Third Month-UNIT-III</p>	<p>The students will gain understanding and knowledge of fun, minor games, Games Festival and also will learn regarding the Organization and guidelines for Games Festival and Facility and Sports Clubs. It also helps to understand the Competition, Sports Selections.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Fourth Month-UNIT-IV</p>	<p>The students will gain knowledge, learning and understanding of the Meaning, Definition of Health, Preventive health measures, Meaning and definitions of different challenged populations: Visually Challenged, Auditory Challenged, Physical Challenged. Modified Sports for above categories of challenged populations. The students will also gain knowledge, learning and understanding of the Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and its disfigure effects; weight control, exercise and Sports.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester- IV

S.No.	Paper No.	Title	Credit
			Theory/Practical/Tutorial
1	DSC-10	Test, Measurement & Evaluation in Physical Education	6 (5 THz + 1 P)
2	DSC-11	Track & Field	6 (4 THz + 2 P)
3	DSC-12	Fundamentals of Sports Training	6 (5 THz + 1 Tut)
4	SEC-2	SEC-2- 4 credits (4 THz) Select any one option: i. Introduction to MS Excel and SPSS ii. Weight Management iii. Wellness Lifestyle iv. Posture and Athletic Care. v. Olympic Education vi. Sports and Exercise Nutrition. vii. Stress Management viii. Personality development	4 (4h)
		Total Credits	22

Note:

- THz = Theory
- P = Practical
- Tut = Tutorial

Semester IV

DSC – 10 - TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

6 Credits (5 THz + 1 P)

Max. Marks =150 Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - Students will acquire the knowledge (theoretical and practical) and importance of Test Measurement & Evaluation in Physical Education and Sports.

Learning Outcome: - Students will learn various ways and means to assess fitness in Sports & Exercise. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Test, Measurement and evaluation and its importance in the field of physical education and Test constructions: - a) general consideration b) physical fitness/ efficiency test.

The Student will learn the Administration 1 Mile Rock Port Test

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Physical fitness testing: components of physical fitness and Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardio-respiratory Fitness test: 1 Mile Rockport Test, Muscular Endurance Test, and Bent-Knee Sit Ups.

The Student will be able to understand Administration of senior Fitness Test

After the Completion of Third Month:

The Students will understand the Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold measurement (biceps, triceps, sub scapular and supra iliac) and Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test.

After the Completion of Fourth Month:

The Students will gain knowledge of the Administration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight foot up and go test for Agility, Six minute walk test

The Student will learn to measure the sports skills included in theory course.

THEORY SYLLABUS**60 Credits****UNIT-I****(10 lectures)**

Introduction to Test, Measurement and evaluation and its importance in the field of physical education
Test constructions: - a) general consideration b) physical fitness/ efficiency test

UNIT-II**(15 lectures)**

Physical fitness testing: components of physical fitness

Strength test: - Kraus Weber strength test, Cardio-respiratory Fitness test: 1 Mile Rockport Test, Muscular Endurance Test: Bent-Knee Sit Ups.

UNIT-III

(15 lectures)

Anthropometric Measurements: - Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold measurement (biceps, triceps, sub scapular and supra iliac).

Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test

UNIT-IV

(20 lectures)

Administration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight foot up and go test for Agility, Six minute walk test

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical

12 Credits

1. Administration 1 Mile Rock Port Test
2. Administration of Fitness Test
3. Measurement of sports skills included in theory course.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. ACSM (2001). Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
2. Balyan Sunita (2006). Sharirk Shiksha main Parikshan evmn maapan. Khel Sahitya. Delhi.
3. Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
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5. Kansal DK (2012). A practical approach to Measurement Evaluation in Physical Education & Sports selection. Sports & Spiritual Science Publications, New Delhi.
6. Miller David K (2006). Measurement by the Physical Educator: Why and How. McGraw-Hill. Boston, U.S.A.
7. Mishra Sharad Chandra (2005). Tests And Measurement in physical education. Sports. Delhi
8. Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi
9. Srivastava AK (2006). Sharirik Shhiksha Evam Khel Main Maapan Evam Mullyakan. Sport pub. Delhi.
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Facilitation the Achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of Test, Measurement and evaluation and their importance in the field of physical education and Test constructions: - a) general consideration b) physical fitness/ efficiency test. The Student will learn the Administration of 1 Mile Rock Port Test.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	After the Completion of Second Month: The Students will develop the understanding and knowledge of Physical fitness testing: components of physical fitness and Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardio-respiratory Fitness test: Mile Rockport Test, Muscular Endurance Test, and Bent-Knee Sit Ups. The Student will be able to understand Administration of Fitness Test.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	The Students will understand the Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold measurement (biceps, triceps, sub scapular and supra iliac) and Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

<p>Fourth Month-UNIT-IV</p>	<p>The Students will gain knowledge of the Administration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight foot up and go test for Agility, Six minute walk test</p> <p>The Student will learn to measure the sports skills included in theory course.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
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DSC-11**Semester IV
DSC-11-TRACK & FIELD**

6 Credits (4 THz + 2 P)

Max. Marks=150 Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To provide knowledge and skill of various Track & Field events in Athletics. They will also be equipped with technical and tactical knowledge of all Athletics events.

Learning Outcome: - The Students will be able to learn and perform all Athletics events.

After the Completion of First Month:

The Students will develop the knowledge of Introduction of track & field and historical review with special reference to India, Training Methods- Weight Training, Circuit Training, Cross-Country, Sand Running., Calculations of staggers, straight and radius of standard athletics tracks of 200m and 400m distance.

The student will learn various types of Crouch Start

After the Completion of Second Month:

The Students will gain knowledge of Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump and Sprinting- fixing of the starting blocks, various finishing techniques used in sprints.

The student will learn Finishing Techniques in Track Event

After the Completion of Third Month:

The Students will gain knowledge of Relays- hold of the baton, various types of baton exchange (visual and non-visual), Fixing Up runners for different relay races and Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump

The student will learn Baton Exchange in Relay Event.

After the Completion of Fourth Month:

The Students will gain knowledge of Triple Jump: Approach run, takeoff and landing for hop, step and jump, flying phase, landing and follow up action, Discus throw: Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action. Long distance running: Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics etc.

The student will learn Long Jump Technique.

THEORY SYLLABUS**48 Credits****Unit-I****(12 lectures)**

- Introduction of track & field and historical review with special reference to India.
- Training Methods- Weight Training, Circuit Training, Cross-Country, Sand Running.
- Calculations of staggers, straight and radius of standard athletics tracks of 200m and 400m distance.

Unit-II**(12 lectures)**

- Long Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump
- Sprinting- fixing of the starting blocks, various finishing techniques used in sprints

Unit-III**(12 lectures)**

- Relays- hold of the baton, various types of baton exchange (visual and non-visual), and Fixing Up runners for different relay races.

Unit-IV**(12 lectures)**

Triple Jump:

- Approach run, takeoff and landing for hop, step and jump, flying phase, landing and follow up action.

Discus throw: Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action

- Long distance running: Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics etc.

Practical

24 Credits

1. Various types of Crouch Start
2. Finishing Techniques in Track Event
3. Baton Exchange in Relay event
4. Long Jump, Triple Jump, Discus Throw, Technique

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
2. Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
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Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month – UNIT-I	<p>The Students will develop the understanding and knowledge of Introduction of track & field and historical review with special reference to India, Training Methods- Weight Training, Circuit Training, Cross-Country, Sand Running., Calculations of staggers, straight and radius of standard athletics tracks of 200m and 400m distance.</p> <p>The student will learn various types of Crouch Start</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	<p>The Students will gain knowledge of Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump and Sprinting- fixing of the starting blocks, various finishing techniques used in sprints.</p> <p>The student will learn Finishing Techniques in Track Event</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month – UNIT-III	<p>The Students will gain knowledge of Relays- hold of the baton, various types of baton exchange (visual and non-visual), Fixing Up runners for different relay races and Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump</p> <p>The student will learn Baton Exchange in Relay Event.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month- UNIT-IV	<p>The Students will gain knowledge of Triple Jump: Approach run, takeoff and landing for hop, step and jump, flying phase, landing and follow up action, Discus throw: Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action. Long distance running: Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics etc.</p> <p>The student will learn Long Jump Technique.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-12

Semester IV
DSC- 12- FUNDAMENTALS OF SPORTS TRAINING

6 Credits (5 THz + 1 Tut)

Max. Marks =100 Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To acquaint students with the knowledge of training principles and their application in enhancing the sports performance.

Learning Outcome: - The Students will be able to apply training principles in developing various exercise programme and improving sports performances.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding Importance, definition, Aim and objectives, Characteristics & Principles of Sports training *and* Training Load, Adaptation and Recovery: Concept of load & Adaptation and Factors affecting of load and adaptation

After the Completion of Second Month:

The Students will develop the understanding and knowledge of STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance etc.) & Determining Factors affecting strength performance, Methods of strength training and ENDURANCE: Definition and significance of endurance, forms of endurance, Methods to develop endurance

After the Completion of Third Month:

The Students will gain knowledge of SPEED: Definition, Forms & factors determining speed, Methods to develop speed abilities. FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility.

After the Completion of Fourth Month:

The Students will gain knowledge of TECHNICAL PREPARATION: Definition and meaning of technique, skill and style, Technique training & its implication in various phases; Tactics and its aim, Principal of Tactical Preparation, Periodization: Need & types of periodization and Competition: Preparation for competition, number & frequency, competition preparation.

THEORY SYLLABUS:**60 Credits****Unit-I****10 Lectures**

Importance, definition, Aim and objectives, Characteristics and Principles of Sports training
 TRAINING LOAD, ADAPTATION AND RECOVERY: Concept of load & Adaptation and Factors affecting of load & adaptation

Unit-II**15 Lectures**

STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance etc.) & Determining Factors affecting strength performance and Methods of strength training
 ENDURANCE: Definition and significance of endurance, forms of endurance and Methods to develop endurance

Unit-III

15 Lectures

SPEED: Definition, types factors determining speed, Methods to develop speed abilities
 FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility

Unit-IV

20 Lectures

TECHNICAL PREPARATION: Definition and meaning of technique, skill and style
 Technique training & its implication in various phases;
 Tactics and its aim, Principal of Tactical Preparation.
 Periodization: Need & types of periodization
 Competition: Preparation for competition, number & frequency, competition preparation.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Baechle T R & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics. USA.
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4. Dick FW (1999). Sport training Principles. A and C Black. London.
5. Newton H (2006). Explosive lifting for sports. Human Kinetics. US.
6. Singh Hardayal (1991). Science of Sport Training. D.V.S Pub. Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge regarding Importance, definition, Aim and objectives, Characteristics & Principles of Sports training and Training Load, Adaptation and Recovery: Concept of load & Adaptation and Factors affecting of load and adaptation.	<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 STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance etc.) & Determining Factors affecting strength performance, Methods of strength training and ENDURANCE: Definition and significance of endurance, forms of endurance, Methods to develop endurance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	The Students will gain knowledge of SPEED: Definition, Forms &, factors determining speed, Methods to develop speed abilities and FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility	<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 TECHNICAL PREPARATION: Definition and meaning of technique, skill and style, Technique training & its implication in various phases; Tactics and its aim, Principal of Tactical Preparation, Periodization: Need & types of periodization and Competition: Preparation for competition, number & frequency, competition preparation.	<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

SEC-2(i)**Semester IV****SEC-2(i) -INTRODUCTION TO MS-EXCEL AND SPSS**

4 Credits (4Th)

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks**Objective:-**The student will develop and gain knowledge about MS-Excel and SPSS**Learning Outcome:-**The Students will be able to apply the knowledge in the field of physical education and sports research as well as evaluating the sports performance.**After the Completion of First Month:**

The Students will develop the understanding and knowledge of Introduction, Entering, Editing and Formatting of Data, Formatting Number and Understanding Formulas, Auto sum, mean, median, mode, average, sort, Auto fill and custom list.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics, Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration, Analysis Toolkit and Hands on Practice

After the Completion of Third Month:

The Students will develop the understanding and knowledge regarding Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust Chart Size, Line Chart, Scatter Chart, Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot, Editing Graph and Hand on Practice

After the Completion of Fourth Month:

The student will learn SPSS Statistics Environment: Entering Data into the data editor, The variable View, Missing values, Importing data, SPSS viewer, Exporting SPSS output, Syntax Editor, Saving Files, Retrieving a File. The student will also gain knowledge of Non-parametric Model: General Procedure of Non parametric tests in SPSS, Comparing two independent conditions, Comparing two related conditions Hands on Practice and data analysis on SPSS.

THEORY SYLLABUS**48 Credits****UNIT-I Introduction to Excel****12 Lectures**

- (i) Introduction, Entering, Editing and Formatting of Data and Formatting Number.
- (ii) Understanding Formulas, Auto sum, mean, median, mode, average, sort, Auto fill and custom list

UNIT-II Introduction of Analysis tool in Excel**12 Lectures**

- (i) Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics
- (ii) Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration.
- (iii) Analysis Toolkit
- (iv) Hands on Practice

UNIT-III: Exploring Data with Graph in Excel and SPSS**12 Lectures**

- (i) Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust

- Chart Size, Line Chart, Scatter Chart
- (ii) Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot
- (iii) Editing Graph
- (iv) Hand on Practice

UNIT-IV: Introduction of SPSS

12 Lectures

- (i) Introduction of SPSS Statistics Environment
 - a. Entering Data into the data editor
 - b. The variable View
 - c. Missing values
 - d. Importing data
 - e. SPSS viewer
 - f. Exporting SPSS output
 - g. Syntax Editor
 - h. Saving Files
 - i. Retrieving a File.
- (ii) Introduction of Non-parametric Model
 - a. General Procedure of Non parametric tests in SPSS
 - b. Comparing two independent conditions
 - c. Comparing two related conditions
- (iii) Hands on Practice
- (iv) Data Analysis in SPSS
 - a. Descriptive Statistics
 - b. Compare Means

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READING:

1. Andy Field (2013), Discovering Statistics Using IBM SPSS STATISTICS, Sage Publication ISBN978-1-4462-4917

2. American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington DC: APA Books.
3. Anderson, C. A., & Bushman, B. J. (2001). Effects of violent video games on aggressive behavior, aggressive cognition, aggressive affect, physiological arousal, and pro-social behavior: A meta-analytic review of the scientific literature. *Psychological Science*, 12(5), 353–359.
4. Arrindell, W. A., & van der Ende, J. (1985). An empirical test of the utility of the observer-to-variables ratio in factor and components analysis. *Applied Psychological Measurement*, 9, 165–178.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge of Introduction, Entering, Editing and Formatting of Data, Formatting Number and Understanding Formulas, Auto sum, mean, median, mode, average, sort, Auto fill and custom list	<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 Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics, Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration, Analysis Toolkit and Hands on Practice	<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 develop the understanding and knowledge regarding Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust Chart Size, Line Chart, Scatter Chart, Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot, Editing Graph and Hand on Practice.	<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 student will learn SPSS Statistics Environment: Entering Data into the data editor, The variable View, Missing values, Importing data, SPSS viewer, Exporting SPSS output, Syntax Editor, Saving Files, Retrieving a File. The student will also gain knowledge of Non-parametric Model: General Procedure of Non parametric tests in SPSS, Comparing two independent conditions, Comparing two related conditions Hands on Practice and data analysis on SPSS.	<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

SEC-2(ii)**Semester IV****SEC-2(ii) - WEIGHT MANAGEMENT**

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective: - Students will be educated with the knowledge and importance of weight management with the help of Physical exercises and Sports activities.

Learning Outcome: - Students will learn various ways and means to assess fitness & weight management. Such knowledge and skills will help to create a strong foundation to engage human subject of all ages, sex, and ability.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Concept of Body Weight and Importance of Ideal Body Weight. Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR).

After the Completion of Second Month:

The Students will develop the understanding and knowledge of The Students will understand the Concept and Causes of Obesity, Concept and Causes of Malnutrition, Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anemia, Osteoporosis.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of The Students will gain knowledge of the Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks, Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of ways and means for Weight Management – Losing, Gaining and Maintaining Weight, Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyzer.

Theory of Syllabus**48 Credits****Unit-I:****12 Lectures**

Concept of Body Weight and Importance of Ideal Body Weight
Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR)

Unit-II:**12 Lectures**

Concept and Causes of Obesity
Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anemia, and Osteoporosis.

Unit -III: Nutrition and Weight Management**12 Lectures**

Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks, Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.

Unit- IV:**12 Lectures**

Ways and Means for Weight Management – Losing, Gaining and Maintaining Weight.
 Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyzer.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks
 Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks
 Project/Assignment/Seminar - 10 Marks
 Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. ACSM'S (2001), ACSM Fitness Book (U.K., Human Kinetics).
2. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft Resource Material – Fitness, Aerobics and Gym-Operations.
3. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema (2009), A Practical Workbook on Fitness, Aerobics and Gym Operations, KhelSahitya, New Delhi.
4. Sharma K. et.al. (2014), Fitness Aerobics & Gym Operations, Jyoti Enterprises, Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of Concept of Body Weight and Importance of Ideal Body Weight. Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR).	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

<p>Second Month – UNIT-II</p>	<p>After the Completion of Second Month: The Students will develop the understanding and knowledge of The Students will understand the Concept and Causes of Obesity, Concept and Causes of Malnutrition, Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anemia, Osteoporosis.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Third Month- UNIT-III</p>	<p>The Students will develop the understanding and knowledge of The Students will gain knowledge of the Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks. Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Fourth Month- UNIT-IV</p>	<p>The Students will develop the understanding and knowledge of ways and means for Weight Management – Losing, Gaining and Maintaining Weight. Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyzer.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-2(iii)**Semester IV
SEC-2(iii) -WELLNESS LIFESTYLE**

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective: - Students will be educated with the knowledge and importance of wellness lifestyle with the help of Physical exercises and Sporting activities.

Learning Outcome: - Students learn various ways and means to assess wellness. Such core knowledge and skills will help to create a strong foundation to engage human subject of all ages, sex, ability and persons with specialized need.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Fitness and wellness counseling – role of fitness counselor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.

Theory of Syllabus**48 Credits****UNIT-I****12 Lectures**

Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.

UNIT- II**12 Lectures**

Fitness and wellness counseling – role of fitness counselor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.

UNIT –III**12 Lectures**

Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.

UNIT-IV**12 Lectures**

Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Reading:

1. American college of sports medicine. (2005). ACSM'S Health-Related Physical Fitness Assessment Manual., London, Lippincott.
2. Anspaugh, D. J. & Others (2003). Wellness, Boston McGraw Hills,
3. Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
4. Corbin, C.B. & Others. (2006) Concepts of Fitness and Wellness, Boston, McGraw Hill,
5. Edward A. Taub, F. Murad and Oliphant D. 2007.The Wellness Solution,
6. Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
7. Kennedy, Carol, A. & Yoke, M.M., (2008). Methods of Group Exercise Instruction N.Y. Human Kinetics,
8. Lang, Annette. (2007). Morning Strength Workouts, U.S. Human kinetic,
9. Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.
10. Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.
11. Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
12. Tomkinson, G.R. & Olds, T.S. (2007). Pediatric Fitness, London Karger.

13. Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
14. Uppal and Gautam. (2008). Health and Physical Education, Friends Publication.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge of Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.	<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 Fitness and wellness counselling – role of fitness counsellor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.	<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 develop the understanding and knowledge of Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.	<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 develop the understanding and knowledge of Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.	<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

SEC - 2 (iv)**Semester IV**
SEC - 2 (iv) Posture and Athlete Care

4 Credits (4 THz)

Time: 3Hrs

Max. Marks = 100

Theory = 75 Marks + Internal Assessment = 25

Objective: To impart the knowledge about the various physical postures, athletic care and first aid in case of sports injuries and rehabilitation.

Learning Outcome: Students will learn the science of physical posture, athletic care and first aid in case of sports injuries and rehabilitation. Such core knowledge and skill helps to create a strong foundation to correct different postures, athletic care and first aid, especially persons with specialized need.

After the Completion of First Month:

The students will develop the understanding and knowledge of aim & objectives, importance of Posture – concept, significance and benefits, Bad Posture- (Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body. About the postural deformities, types and causes of kyphosis, scoliosis, lordosis, knock knees, bow legs, flat foot and respective corrective exercises. It is also learn and demonstration about the illnesses due to improper posture- back pain, neck pain and corrective exercises.

After the Completion of Second Month:

The students will develop the understanding and knowledge of Sports Medicine and Athletic Care – Its concept and significance, factors causing injuries, general principles of prevention of injuries, common sports injuries such as strain, muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture, dislocation.

The Student will learn Determination of the location of muscles-Shoulder girdle, Shoulder joints and Elbow Joints. (By palpation Method)

After the Completion of Third Month:

The students will gain understanding and knowledge of the sports injuries and first aid, P.R.I.C.E. It also helps to understand the concept of the rehabilitation and its- aim and objective, recovery with the help of ice bath, contrast bath, hot fomentation. It also learn about management of injuries like -strain and muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture and dislocation.

After the Completion of Fourth Month:

The students will gain knowledge, learning and understanding of the concept, aims & scope of therapeutic modalities, (therapeutic ultrasound, interferential therapy unit, T.E.N.S., infrared lamp, wax bath, short wave diathermy) muscle strengthening through active and passive exercise. It also helps to understand about therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.

THEORY SYLLABUS:**48 Credits****Unit-I: Postures****12 Lectures**

- Posture – Concept, Significance and Benefits, characteristics & Effect
- Static postural assessments
- Movement assessments
- Bad Posture- (Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body.
- Postural Deformities – Types and Causes of Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot and respective corrective exercises.
- Illnesses due to Improper Posture- Back Pain, Neck Pain and Corrective Exercises.

Unit-II: Athletic Care**12 Lectures**

- Sports Medicine and Athletic Care - Concept and Significance, Factors causing Injuries

- General Principles of Prevention of Injuries
- Common Sports Injuries (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation)

Unit-III: First Aid, Ergogenic Aids and Rehabilitation

12 Lectures

- 1.1 Sports Injuries and First Aid (P.R.I.C.E.)
- 1.2 Rehabilitation - Aim and Objective, Recovery (Ice bath, Contrast Bath, Hot Fomentation)
- 1.3 Management of Injuries (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation)

Unit-IV: Therapeutic Modalities and Rehabilitation

12 Lectures

- 1.4 Therapeutic Modalities (Therapeutic Ultrasound, Interferential Therapy Unit, T.E.N.S., Infrared Lamp, Wax Bath, Short Wave Diathermy)
- 1.5 Muscle Strengthening through Active and Passive Exercise.
- 1.6 Therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- 1 **ACSM's Guidelines for Exercise Testing and Prescription** (2001), American College of Sports Medicine, New York, U.S.A.
- 2 Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) **Teaching Today Health**, Mosby Publishers, Chicago (USA)
- 3 Beotra, Alka (2001-02) **Drug Education Handbook on Drug Abuse in Sports**, Applied Nutrition Sciences, Mumbai.
- 4 Donatelle, R.J. and Ketcham P. (2007), **Access to Health**, Benjamin Cummings, Boston, USA.

- 5 Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
- 6 Flyod, P.A., S.E. Mimms and C. Yelding (2003) **Personal Health: Perspectives and Lifestyles**, Thomson, Wadsworth, Belmont, California, USA.
- 7 Hoeger, W K and S.A. Hoeger (2004). **Principles and Labs for Fitness and Wellness**, Thomson Wadsworth, California, USA.
- 8 Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), **Fitness, Aerobics and Gym Operations**, Khel Sahitya, New Delhi.
- 9 Jain, J. (2004) **Khel Dawaon Ka** (New Delhi: Delhi University Press).
- 10 Pande, P. K. (1987) **Outline of Sports Medicine** (New Delhi: Jaypee Brothers).
- 11 Roy, Steven and Richard, Irvin (1983) **Sports Medicine**, Benjamin Cummings, Boston, USA.
- 12 Schindler, J.A. (2003) **How to Live 365 Days a Year** (Boston: Running Press).

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	<p>After the Completion of First Month: The students will develop the understanding and knowledge of aim & objectives, importance of Posture – concept, significance and benefits, Bad Posture- Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body. About the postural deformities, types and causes of kyphosis, scoliosis, lordosis, knock knees, bow legs, flat foot and respective corrective exercises. It is also learn and demonstration about the illnesses due to improper posture- back pain, neck pain and corrective exercises.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	<p>After the Completion of Second Month: The students will develop the understanding and knowledge of Sports Medicine and Athletic Care – Its concept and significance, factors causing injuries, general principles of prevention of injuries, common sports injuries such as strain, muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer’s elbow, runner’s knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture, dislocation. The Student will learn Determination of the location of muscles-Shoulder girdle, Shoulder joints and Elbow Joints. (By palpation Method)</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	<p>After the Completion of Third Month: The students will gain understanding and knowledge of the sports injuries and first aid, P.R.I.C.E. It also helps to understand the concept of the rehabilitation and its- aim and</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ

	objective, recovery with the help of ice bath, contrast bath, hot fomentation. It also learn about management of injuries like -strain and muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture and dislocation.		<ul style="list-style-type: none"> • Class-test / viva/ seminar
Fourth Month- UNIT-IV	<p>After the Completion of Fourth Month: The students will gain knowledge, learning and understanding of the concept, aims & scope of therapeutic modalities, (therapeutic ultrasound, interferential therapy unit, T.E.N.S., infrared lamp, wax bath, short wave diathermy) muscle strengthening through active and passive exercise. It also helps to understand about therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC - 2 (v)**Semester IV
SEC - 2 (v) Olympic Education**4 Credits (4 THz)
Time: 3Hrs

Max. Marks =100

Theory = 75 Marks + Internal Assessment = 25

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

Learning Outcome: Students will learn the deep knowledge about ancient and modern Olympics, administration, organisation of Olympics Games and functions of IOC.

After the Completion of First Month:

The students will develop the understanding and knowledge of Concept of Olympics movement, the ancient Olympic Games and the Modern Olympic Games and its movement. It also helps to know about the aims and symbols of the Olympic movement and International Olympic Committee (IOC).

After the Completion of Second Month:

The students will develop the understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympics games.

After the Completion of Third Month:

The students will gain understanding and knowledge of the Organization of Olympics games, international bid process for selecting sites / city for the games, Participation in Olympic Games and about Women & sports.

After the Completion of Fourth Month:

The students will gain knowledge and understanding of the Olympic museum, Olympic academy and Olympic solidarity programme, Paralympics games and concept of Sports for all. It also helps to know about Culture, Olympism, winning, participation and universality of the games, drug abuse and doping in sports and games.

THEORY SYLLABUS:**48 Credits****UNIT-I THE OLYMPIC MOVEMENT****12 Lectures**

- Concept of Olympics movement, the ancient Olympic games and the Modern Olympic games and its movement.
- Aims and symbols of the Olympic movement.
- The International Olympic Committee (IOC).

UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT**12 Lectures**

- The National Olympic Committee (NOC).
- The International Sports Federations (IFs).
- The National Sports Federations (NFs).
- Volunteerism and Olympics games.

UNIT-III THE OLYMPIC GAMES**12 Lectures**

- Organization of Olympics games.
- The international bid process for selecting sites / city for the games.
- Participation in Olympic Games.
- Women and sports.

UNIT-IV IOC PROGRAMMES**12 Lectures**

- Olympic museum, Olympic academy and Olympic solidarity program.

- Paralympics games and concept of Sports for all.
- Culture, Olympism, winning, participation and universality of the games.
- Drug abuse and doping.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READING:

1. Carto, J.E.L. And Calif, S.D. (1984). Medicine & Sport Science: Physical Structure of Olympic Athletes. London: Karger.
2. Cliw, Gifford, (2004). Summer Olympic.
3. Daw, Anderson. (2008). The Story of the Olympics.
4. Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi.
5. Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
6. Osborne, Manpope, Ancient Greece and the Olympic, 2004.
7. Oxlade, chris., Olympic, 1999.
8. Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
9. Toropove, Brandon., The Olympic for Beginners, 2008.
10. Wallechineley, Davi, The Complete Book of the Olympic, 1992.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The students will develop the understanding and knowledge of Concept of Olympics movement, the ancient Olympic Games and the Modern Olympic games and its movement. It	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment

	also helps to know about the aims and symbols of the Olympic movement and International Olympic Committee (IOC).and universality of the games, drug abuse and doping in sports and games.	<ul style="list-style-type: none"> • Presentation 	<ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	The students will develop the understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympic games.	<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 understanding and knowledge of the Organization of Olympics games, international bid process for selecting sites / city for the games, Participation in Olympic Games and about Women & sports.	<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 and understanding of the Olympic museum, Olympic academy and Olympic solidarity programme, Paralympic games and concept of Sports for all. It also helps to know about Culture, Olympism, winning, participation	<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

SEC - 2 (vi)

Semester IV
SEC - 2 (vi) SPORTS & EXERCISE NUTRITION

4 Credits (4 THz)

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To acquaint student with the knowledge of basic nutrition and nutrition in Sports & Exercise and other related aspects important to sports persons.

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

After the Completion of First Month:

The Students will be introduced with the basic concepts in nutrition & nutrients, significance their sources & functions requirements in normal health conditions, Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight. The Student will acquaint with the practical of determination of energy expenditure in sports and exercise using various methods. They will be able to calculate total day's energy intake and energy expenditure and evaluating state of energy balance.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal. The Student will acquaint with the practical Meal planning for regular training-endurance and strength sport activities, Diet planning for adult man and women.

After the Completion of Third Month:

The Students will gain knowledge of concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise- Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills. The Student will learn to plan Pre-event meal and liquid meal, Post-event meal and high energy meal.

After the Completion of Fourth Month:

The Students will gain knowledge of Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise, Supplements and their role in sports. The Student will learn to plan diet for weight loss.

THEORY SYLLABUS:**48 Credits****Unit-I****12 Lectures**

Introduction to basic concepts in nutrition-Nutrients of physiological significance their sources & functions requirements in normal health conditions.

Unit-II**12 Lectures**

Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic

Concept of energy balance in maintaining weight.

Unit-III

12 Lectures

Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal.

Unit-IV

12 Lectures

Concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise- Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills.

Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise. Supplements and their role in sports.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
2. Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
3. Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal
4. Caliendo Mang Alica (1981). Nutrition and Preventive Health Care McMillan Publication Co.
5. Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
6. Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
7. Finic HH et al (2006), Practical Applications in Sports Nutrition J & B Publisher, USA.
8. Lal PR (2009) Handbook of Sports Nutrition, Friends Publication.
9. McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3rd Ed. Lippincott Williams and Wilkins, USA.
10. Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
11. Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont. California. U.S.A.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will be introduced with the basic concepts in nutrition& nutrients, significance their sources & functions requirements in normal health conditions, Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight.</p> <p>The Student will acquaint with the practical of determination of energy expenditure in sports and exercise using various methods. They will be able to calculate total day's energy intake and energy expenditure and evaluating state of energy balance.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	<p>The Students will develop the understanding and knowledge of Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal.</p> <p>The Student will acquaint with the practical Meal planning for regular training-endurance and strength sport activities, Diet planning for adult man and women.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	<p>The Students will gain knowledge of concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise-Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills.</p> <p>The Student will learn to plan Pre-event meal and liquid meal, Post-event meal and high energy meal.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	<p>The Students will gain knowledge of Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise. Supplements and their role in sports.</p> <p>The Student will learn to plan diet for weight loss.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC - 2 (vii)

**Semester IV
SEC - 2 (vii) STRESS MANAGEMENT**

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS:

48 Credits

Unit-I

12 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

12 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

12 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

12 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

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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

SEC - 2 (viii)**Semester IV****SEC - 2 (viii) PERSONALITY DEVELOPMENT**

Max. Marks = 100

4 Credits (4 THz)
Time: 3Hrs**Theory = 75 Marks + Internal Assessment = 25****Objective:** To impart the knowledge about the personality of the individuals and factors responsible for the development of personality.**Learning Outcome:** Students will learn different components and importance of personality. Such core knowledge and skill helps to create a strong foundation for developing personality.**After the Completion of First Month:**

The students will develop the understanding and knowledge of Personality & holistic Personality and its components.

After the Completion of Second Month:

The students will develop the understanding and knowledge of Components of Physical Personality and its maintenance.

After the Completion of Third Month:

The students will gain understanding and knowledge of the wellness, relation of wellness and personality. The students will also learn the different components of Physical Fitness and its Role in Physical Personality Development

After the Completion of Fourth Month:

The students will gain knowledge, learning and understanding of the Mental Personality and Spiritual Personality and long term foundation of Spiritual Personality Development. It also helps to understand about factors affecting the personality development.

THEORY SYLLABUS:**48 Credits****UNIT-I****12 Lectures**

- Introduction to Personality & holistic Personality, Meaning and Definition of Personality & holistic Personality. Freud's concept of personality. Defense Mechanisms. Components of holistic Personality (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual). Holistic personality as represented by the car and its four wheels. (8 Hours)

UNIT-II**12 Lectures**

- Physical Personality: Introduction, Meaning, Definition and Components of Physical Personality.
- Physical Personality Principles of developing, controlling and maintaining Physical personality. Theoretical background Measurement of personality. Understanding physical growth and development. Pattern of physical growth and development of different body tissues
- Switching on the favorable genes and switching off the unfavorable and undesired genes. (8 Hours)

UNIT-III**12 Lectures**

- Personality and Wellness: Introduction to wellness, relation of wellness and personality. Components of wellness, health, physical fitness, behaviour, behaviour change method, understanding self-responsibility for one's wellness. Personality and Physical Fitness: Introduction, Components of Physical Fitness, Role of Physical Fitness in Physical Personality Development. (9 Hours)

UNIT-IV

12 Lectures

- Mental Personality: Introduction, Meaning and Definition of Mental Personality. Type A, B and C personality characteristics. Somatotype and Personality Traits: Introduction to Somatotype and Mental Personality Traits.
- Spiritual Personality Development: Introduction, Meaning and Definition of Spiritual Personality. Quick fix and long term foundation of Spiritual Personality Development.
- Heredity and Environment: Introduction to Heredity and Environment in relation to personality development. (9 Hours)

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi
2. Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York. U.S.A.
3. Callohan L. (2002). The Fitness Factor. The Lyons Press. Guilford. Connecticut. U.S.A.
4. Covey SR (2004). The 8th Habit. Franklin Covey Co., Running Press Book Publishers. Philadelphia. Pennsylvania. U.S.A.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The students will develop the understanding and knowledge of Meaning and Definition of Personality & holistic Personality. Freud's concept of personality. Defence Mechanisms. Components of holistic Personality (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual). Holistic personality as represented by the car and its four wheels.	<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 Physical Personality: Introduction, Meaning, Definition and Components of Physical Personality. Physical Personality Principles of developing, controlling and maintaining Physical personality. Theoretical background Measurement of personality. Understanding physical growth and development. Pattern of physical growth and development of different body tissues Switching on the favorable genes and switching off the unfavorable and undesired genes	<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 understanding and knowledge of the wellness, relation of wellness and personality. The students will also learn the different components of Physical Fitness and its Role in Physical Personality Development	<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, learning and understanding of the Mental Personality and Spiritual Personality and long term foundation of Spiritual Personality Development. It also helps to understand about factors affecting the personality development.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester- V

S.No.	Paper No.	Title	Credit
			Theory/Practical/Tutorial
1	SEC - 3	SEC – 3-4 credits (4Th) Select any one option other than SEC - 1: i. English (Technical writing) ii.Hindi (Social Media) iii.Growth and Development iv. Adapted Physical Education v. Sports Management vi. Method of Education vii. Exercise Prescription viii. Sports for All	4 (4 THz)
2	DSE-1**	Sports Proficiency – 1**	6 (4 THz + 2 P)
3	DSE-2	Kinesiology and Biomechanics	6 (5 THz + 1 P)
4	DSE-3	Research Methodology	6 (5 THz + 1 Tut)
Total Credit			22

Note:

- THz = Theory
- P = Practical
- Tut = Tutorial

**DSE-1: A student must select different game/sport other than DSC – 3/ DSC – 9 (Game of specialization) to be studied in DSE-1 from out of the below listed games/sports:-

List of Games/Sports

- (i) Badminton (ii) Basketball (iii) Cricket (iv) Football (v) Handball (vi) Hockey (vii) Judo (viii) Kabaddi (ix) Kho-Kho (x) Volleyball

SEC-3(i)**Semester V**

4 Credits (4 THz)

SEC-3 (i) English (Technical Writing)

The syllabus contents of the English will be provided by the Department of English, University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

48 Credits

Marking Scheme: Maximum Marks -100 marks

Theory Examination -75 Marks

Internal Assessment -25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Semester V

4 Credits (4 THz)

SEC-3 (ii) Hindi (Social Media)

The syllabus contents of the Hindi will be provided by the Department of Hindi, University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

48 Credits

Marking Scheme: Maximum Marks -100 marks

Theory Examination -75 Marks

Internal Assessment -25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SEC-3(iii)**Semester V
SEC-3 (iii) Growth and Development**

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs**Theory = 75 Marks + Internal Assessment = 25 Marks****Objective:** - Students will be educated with the knowledge and importance of physical growth & development**Learning Outcome:** - Students learn various factors affecting the physical growth & development.**After the Completion of First Month:**

The Students will develop the understanding and knowledge of Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and development.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Physical growth, Cognitive (mental) growth, emotional development and Psychological Development, relationship between physical growth of brain and intellectual ability.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of Adolescent growth & development. Distance & Velocity Curves.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of Introduction to Motor Development and body physiques.

Theory of Syllabus**48 Credits****Unit-I****12 Lectures**

Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and development

Unit-II**12 Lectures**

Physical growth, Cognitive (mental) growth, emotional development and Psychological Development, relationship between physical growth of brain and intellectual ability

Unit-III**12 Lectures**

Adolescent growth & development. Distance & Velocity Curves

Unit-IV**12 Lectures**

Introduction to Motor Development and body physiques.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks
Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks
Project/Assignment/Seminar - 10 Marks
Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings:

1. Day J AP (1986). Perspectives in Kianthropometry. The 1984 Olympic Scientific Congress Proceedings. Volume I. Human Kinetics Publisher. Champaign. Illinois. USA.
2. Gallahue DL and JC Ozmun (1998).Understanding Motor Development- Infants, Children, Adolescents and Adults McGraw Hill Company Boston.USA.
3. Gallahue DL (1993). Developmental Physical Education for Today’s Children WCB. Brown & Benchmark. Dubuque Indiana. USA.
4. Harrison GA, JS Weiner JM Tanner and NA Barnicot (1984) Human Biology Clarendon Press. Oxford. London.
5. ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.
6. Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications. New Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and	<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

	development.		
Second Month-UNIT-II	The Students will develop the understanding and knowledge of Physical growth-Cognitive (mental) growth, emotional development and Psychological Development, relation between physical growth of brain and intellectual ability.	<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 develop the understanding and knowledge of Adolescent growth & development. Distance & Velocity Curves.	<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 develop the understanding and knowledge of Introduction to Motor Development and body physiques	<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

SEC-3 (iv)

Semester V

4 Credits (4 THz)

SEC-3 (iv) ADAPTED PHYSICAL EDUCATION

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- Students will be educated with the knowledge and importance of adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for an able person.

Learning Outcome:- Students learn various ways and means for adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for an able person.

After the Completion of First Month: The Students will develop the understanding and knowledge of meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.

After the Completion of Second Month: The Students will develop the understanding and knowledge of Changing concept of disability handicaps, retardation, physically and mentally challenged. Physical disability, Characteristics and Category. Functional limitation, General causes. Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection

After the Completion of Third Month: The Students will develop the understanding and knowledge of Guiding principles for adapted physical education programme (AAHPER Principle). Physical education programme for disabled of - Elementary school, Middle school, High school. Special adapted programme for various types and categories of physical disability. Regular physical activity, Informal games and special activity, Informal and formal competitions. Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions

After the Completion of Fourth Month: The Students will develop the understanding and knowledge of Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme Creative development and hobby & culture development programme. Aquatic activity programme for disabled Importance of activity for disabled.

Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation – adjustment, environmental and personality development and legislative approach

THEORY SYLLABUS:

48 Credits

UNIT-I INTRODUCTION TO ADAPTED PHYSICAL EDUCATION

12 Lectures

Meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.

UNIT-II CLASSIFICATION OF DISABILITY**12 Lectures**

Changing concept of disability handicaps, retardation, physically and mentally challenged.

Physical disability, Characteristics and Category. Functional limitation, General causes.

Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection

UNIT-III ADAPTED PHYSICAL EDUCATION PROGRAMMES**12 Lectures**

Guiding principles for adapted physical education programme (AAHPER Principle).

Physical education programme for disabled of - Elementary school, Middle school, High school.

Special adapted programme for various types and categories of physical disability. Regular physical activity Informal games and special activity, Informal and formal competitions.

Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions.

UNIT-IV ACTIVITIES FOR DISABLED**12 Lectures**

Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme.

Creative development and hobby & culture development programme. Aquatic activity programme for disabled Importance of activity for disabled.

Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation – adjustment, environmental and personality development and legislative approach

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

1. C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet- Promoting the Health).
2. Barton, L. (1993) 'Disability, empowerment and physical education', in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.
3. Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.
4. K, DePauw & S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.
5. R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.: World Bank,).
6. Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan.
7. Sport England (2000) Young People with a Disability and Sport. London: Sport England.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.	<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 Changing concept of disability handicaps, retardation, physically and mentally challenged. Physical disability, Characteristics and Category. Functional limitation, General causes. Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection	<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 develop the understanding and knowledge of Guiding principles for adapted physical education programme (AAHPER Principle). Physical education programme for disabled of - Elementary school, Middle school, High school. Special adapted programme for various types and categories of physical disability. Regular physical activity, Informal games and special activity, Informal and formal competitions.	<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

	Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions.		
Fourth Month- UNIT-IV	<p>The Students will develop the understanding and knowledge of Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme Creative development and hobby & culture development programme. Aquatic activity programme for disabled Importance of activity for disabled.</p> <p>Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation– adjustment, environmental and personality development and legislative approach.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-3(v)

Semester V
SEC-3(v)-SPORTS MANAGEMENT

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective:- To acquaint students with knowledge of management and planning of Sports Competitions & Tournaments.

Learning Outcome:- The student learns to plan, organize & execute sports events.

After the Completion of First Month:

The Students will understand the concept of Sports Management, Historical perspective of sports management in India, Nature and scope of sports management, Aims and objectives of sports management, skills of sports management, Guiding principles of sports management , Leaderships, Identification of resources, Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination).

The Student will learn to prepare a draft for management of intramural sports events.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition, Inter college competition, National level Competition), Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.

The Student will learn to prepare a draft for management of sports event (state, national and international level).

After the Completion of Third Month:

The Students will gain knowledge of Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

The Student will learn to prepare a budget for setting up a gym/ fitness center.

After the Completion of Fourth Month:

The Students will gain knowledge of Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.

The Student will learn to draft proposals for procurement of equipment for a school/ institute.

THEORY SYLLABUS:**48 Credits**

- Unit-I** **12 Lectures**
 Meaning, concept and definition of sports management , Historical perspective of sports management in India
 Nature and scope of sports management, Aims and objectives of sports management, skills of sports management.
- Unit - II** **12 Lectures**
 Guiding principles of sports management , Leaderships, Identification of resources
 Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination)
- Unit –III** **12 Lectures**
 Definition and meaning of planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition , Inter college competition, National level Competition)
 Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.
- Unit – IV** **12 Lectures**
 Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.
- Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme:Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings

1. Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
2. Hert, Renis, New Patterns of Management, McGraw Hill, 1961.
3. Sandhu, K. Sports Dynamics: Psychology, Sociology and Management
4. Sivia, G.S. (1991). Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will understand the concept of Sports Management, Historical perspective of sports management in India, Nature and scope of sports management, Aims and objectives of sports management, skills of sports management, Guiding principles of sports management , Leaderships, Identification of resources, Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination).</p> <p>The Student will learn to prepare a draft for management of intramural sports events.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	<p>The Students will develop the understanding and knowledge of Planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition, Inter-college competition, National level Competition), Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.</p> <p>The Student will learn to prepare a draft for management of sports event (state, national and international level).</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	<p>The Students will gain knowledge of Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.</p> <p>The Student will learn to prepare a budget for setting up a gym/ fitness center.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	<p>The Students will gain knowledge of Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.</p> <p>The Student will learn to draft proposals for procurement of equipment for a school/ institute.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-3(vi)**Semester V****SEC-3 (vi)- METHODS IN PHYSICAL EDUCATION**

Max. Marks =100

4 Credits (4 THz)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective:- To acquaint students with theoretical & practical knowledge of methods of teaching, coaching & officiating in Physical Education & Sports.

Learning Outcome:-Students will understand the use of various methods in teaching & coaching in the field of physical education & sports. They will also learn the officiating in various sports events.

After the Completion of First Month:

The Students will learn the Meaning, Definition, Scope and importance of Organisation and Administration, meaning of teaching, coaching, officiating and as a career in Physical Education & Sports, meaning and need for methods, factors affecting teaching method.

After the Completion of Second Month:

The Students will develop the understanding of Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation

Class management: techniques, formations, command (types and techniques) factors effecting class management.

Lesson Plan: Need, construction, Introduction development, skill/recreation

After the Completion of Third Month:

The Students will gain knowledge of the Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers and reports and records; Meaning, Definition and essence of writing different reports. Records maintenance of Physical Education and Sports for future reference.

After the Completion of Fourth Month:

The Students will learn about the Tournaments/Competitions and types of competition, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting in construction of Time-table.

THEORY SYLLABUS**48 Credits****UNIT I****12 Lectures**

Meaning, Definition, Scope and importance of Organisation and Administration. Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports. Meaning and need for methods, factors influencing teaching method.

UNIT II**12 Lectures**

Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation. Class management: techniques, formations, command (types and techniques) factors effecting class management Lesson Plan: Need, construction, Introduction development, skill/recreation

Unit-III**12 Lectures**

Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers. Reports and records; Meaning, Definition and essence of writing

different reports. Records maintaining of Physical Education and Sports for future reference.

Unit-IV

12 Lectures

Tournaments/Competitions and types, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting construction of Time-table.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
2. Carpel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
3. Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
4. Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: Universal Book.
5. Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
6. Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya, Jalandhar: A.P. Pub.
7. Graham, G.M. (2009). Children Moving: A Reflective Approach to Teaching Physical Education. 8th Ed. McGraw Hill, USA.
8. Gupta R. (2010). Sharirik Shiksha Mein Shikhshan Pradhyogiki. Friends Publication. New Delhi.
9. Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
10. Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
11. Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
12. Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
13. Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
14. Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.

15. Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.
16. Shaw, D & Kaushik, S, (2001). Lesson Planning: Technical Methods and Class Management, New Delhi: S.K.
17. Singh, M.K. (2007). Shareerik Shiksha Main Sangtan, Prashashan, Avum Parvakshan. N.D. Friends Publication.
18. Shrivastava A.K. (2004). Shareerik Shiksha Khel Main Sangthan Avum Prashashan. Sports. New Delhi.
19. Vanaik A. (2010). Methods in Physical Education, Friends Publication. New Delhi
20. Wrisberg A (2007). Sport Skill Instruction for Coaches. Human Kinetics. Champaign. Illinois. U.S.A.

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 learn the Meaning, Definition, Scope and importance of Organisation and Administration, meaning of teaching, coaching, officiating and as a career in Physical Education & Sports, meaning and need for methods, factors effecting teaching method.	<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 Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation Class management: techniques, formations, command (types and techniques) factors effecting class management. Lesson Plan: Need, construction, Introduction development, skill/recreation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	The Students will gain knowledge of the Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers and reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.	<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 learn the Tournaments/Competitions and types, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting in construction of Time-table.	<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

SEC-3(vii)**Semester V
SEC - 3(vii) - Exercise Prescription**

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs**Theory = 75 Marks + Internal Assessment = 25**

Objective:- Students will be educated with the knowledge and importance of Exercise Prescription with the help of Physical Exercises and Sports activities in systematic and scientific procedure.

Learning Outcome:- Students learn various ways, means and methods to exercise prescription the better fitness and lead a healthy life style.

After the Completion of First Month:

The Students will develop the understanding and knowledge of meaning and definition of exercise and physical activity, differences between exercise and physical activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc. Necessity of exercise prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)

Theory of Syllabus**48 Credits****Unit I****12 Lectures**

Meaning and definition of Exercise and Physical Activity, difference between Exercise and Physical Activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.

Unit II**12 Lectures**

Basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

Unit III**12 Lectures**

Health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc.

Necessity of Exercise Prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.

Unit IV**12 Lectures**

Steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity).

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Reading:

1. American college of sports Medicine., ACSM's Health-Related Physical Fitness Assessment Manual., London, Lippincott, 2005.
2. Anspaugh, D. J. & Others, Wellness, Boston McGraw Hills, 2003
3. Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
4. Corbin, C.B. & Others, Concepts of Fitness And Wellness, Boston, McGraw Hill, 2006
5. Edward A. Taub, F. Murad and Oliphant D., The Wellness Solution, 2007.
6. Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
7. Kennedy, Carol, A. & Yoke, M.M., Methods of Group Exercise Instruction N.Y. Human Kinetics, 2008
8. Lang, Annette , Morning Strength Workouts, U.S. Human kinetic, 2007
9. Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.
10. Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.

11. Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
12. Tomkinson, G.R. & Olds, T.S. (ED.), Pediatric Fitness, London Karger, 2007.
13. Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
14. Uppal and Gautam. (2008). Health and Physical Education, Friends Publication,

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge of meaning and definition of exercise and physical activity, differences between exercise and physical activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.	<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 basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.	<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 develop the understanding and knowledge of health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc. Necessity of Exercise Prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.	<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 develop the understanding and knowledge of steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)	<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

SEC - 3 (viii)**Semester V
SEC - 3 (viii) SPORTS FOR ALL**

Max. Marks = 100

4 Credits (4 THz)
Time: 3Hrs**Theory = 75 Marks + Internal Assessment = 25**

Objective: To impart the knowledge about the sports, play, recreation, games and motivational factors towards sports, their fitness components and health.

Learning Outcome: Students will learn about the sports and recreation, and their health benefits for normal and challenged population.

After the Completion of First Month:

The students will develop the understanding and knowledge of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts and Motivation towards Sports; he will also be able to understand about the Sports for fitness, fun and, competitions.

After the Completion of Second Month:

The Student will learn about the health related Physical Fitness and their measurement techniques and will also be able to understand the methods to Develop and Maintain the Health Related Fitness

After the Completion of Third Month:

The students will gain understanding and knowledge of fun, minor games, Games Festival and also develop knowledge regarding the Organization and guidelines for Games Festival and Facility and Sports Clubs. It also helps to understand the Competition, Sports Selections.

After the Completion of Fourth Month:

The students will gain knowledge of Health and their Preventive health measures for normal human being and different categories of challenged population. It also helps to understand about Figure, disfigure effects and appearance.

THEORY SYLLABUS:**48 Credits****UNIT-I****12 Lectures**

- INTRODUCTION: Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts;
- Motivation towards Sports; Introduction to Sports for fitness, fun and, competitions. (10 Lectures)

UNIT-II**12 Lectures**

- SPORTS FOR FITNESS: Meaning and definition; Components of health related Physical Fitness.
- Measurement of Health Related Physical Fitness (HRPF); Development and Maintenance of Health Related Fitness

UNIT-III**12 Lectures**

- SPORTS FOR FUN: Meaning & Definition of fun, Minor games, Games Festival; Organization and guidelines for Games Festival; Games Festival Facility; Sports Clubs.
- SPORTS FOR COMPITITIONS: Meaning & Definition of Competition; Sports Selections; Sports participation and sports competitions. (10 Lectures)

UNIT-IV**12 Lectures**

- SPORTS FOR HEALTH: Meaning and Definition of Health;, Preventive health measures and sports; SPORTS FOR
- SPORTS FOR CHALLENGED POPULATIONS: Introduction, Meaning and definitions of different challenged populations: Visually Challenged, Auditory Challenged, Physical Challenged. Modified Sports for above categories of challenged populations.
- SPORTS FOR FIGURE & PERSONALITY: Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and it's disfigure effects; weight control, exercise and Sports.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bhatnagar DP. SK Verma and R. Mokha (1999). Human Growth. Exercise Science Publications Society. Department of Sports Sciences, Punjabi University, Patiala-147 002, Punjab.
2. Corbin et.al. (2006). Fitness & Wellness-Concepts. McGraw Hill. Publishers. New York.U.S.A.
3. Gopalan GB Sastri VR and. Balasubramanian SC (2004). Nutritive Value of Indian Foods. National Institute of Nutrition (ICMR). Hyderabad-500 007.
4. Jensen C. and Naylor J. (2005). Opportunities in Recreation and Leisure Sports. McGraw Hill. Publishers. New York.U.S.A.
5. Kansal DK (2008). Text book of Applied Measurement, Evaluation & Sports Selection, Sports & Spiritual Science Publications, New Delhi.
6. Singh S.P.S. and Malhotra P (2003). Anthropometry. Human Biology Department. Punjabi University. Patiala-147 002 (India).

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The students will develop the understanding and knowledge of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts and Motivation towards Sports; he will also be able to understand about the Introduction to Sports for fitness, fun and, competitions.	<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 Student will learn about the health related Physical Fitness and their measurement techniques and will also be able to understand the methods to Develop and Maintain the Health Related Fitness.	<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 understanding and knowledge of fun, minor games, Games Festival and also will learn regarding the Organization and guidelines for Games Festival and Facility and Sports Clubs. It also helps to understand the Competition, Sports Selections.	<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, learning and understanding of the Meaning, Definition of Health, Preventive health measures, Meaning and definitions of different challenged populations: Visually Challenged, Auditory Challenged, Physical Challenged. Modified Sports for above categories of challenged populations. The students will also gain knowledge, learning and understanding of the Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and its disfigure effects; weight control, exercise and Sports.	<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

DSE-1 (i)**Semester V****DSE-1 (i) Sports Proficiency – 1 (BADMINTON)**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: -The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested reading:

1. Bloss, M.V. et al (2000). Badminton. McGraw Hills,USA.
2. Downey J (1990). How to Coach Badminton. Collins Pub. London.
3. Golds, M. (2002). Badminton: Skills of the Game. Growood Press,USA.
4. Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics,USA.
5. GuptaR.KumarP.andTyagiS.(2008).TextbookonTeachingSkillandProwess(PartI&II).Friends Publication. New Delhi.
6. Jain D (2001). Teaching and Coaching –Badminton. Khel S.K.Delhi
7. Kumar A (2003). Badminton. Discovery, New Delhi.
8. Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
9. Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
10. Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.

11. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi.
12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1 (ii)

Semester V

DSE-1 (ii) - Sports Proficiency – 1 - BASKETBALL

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

48 Credits

Unit-I

(12 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 and Safety Measures.

Unit-II

(12 lectures)

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

(12 lectures)

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

(12 lectures)

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

Practicals -**24 Credits**

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co.,USA.
2. Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing,USA.
3. Jain Naveen (2003). Play and Learn Basket Ball. KhelSahitya Kendra. New Delhi.
4. Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics.
5. Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
6. Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
7. Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi.
8. Wilmore J. H. &Costill, D.L. (2004).Physiology of Sports & Exercise. Human Kinetics,USA.

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1 (iii)**Semester V****DSE-1 (iii) - Sports Proficiency – 1 (CRICKET)**

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -

24 Credits

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
2. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
3. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
4. Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, New Delhi.
5. Hobbs, J. (2008). The Game of Cricket As it should be Played. Jepson Press, USA.
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7. Rachna (2002). Coaching Successfully: Cricket. KhelSahitya Kendra. New Delhi.
8. Sharma P. (2003). Cricket. Shyam Parkashan. Jaipur.
9. Thani V. (1998). Coaching Cricket. KhelSahitya Kendra. New Delhi.
10. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1 (iv)**Semester V****DSE - 1 (iv) - Sports Proficiency – 1 (FOOTBALL)**

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. American Football Coaches Association (2002). The Football Coaching Bible. 1st Ed., Human Kinetics, USA.
2. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. Routledge Publishers,USA.
3. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher,USA.
4. N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
5. Reilly, T. (2006). The Science Training Soccer : A Scientific Approach to Developing Strength, Speed and Endurance. Routledge Publisher,USA.
6. 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.
7. Sharma OP (2001). Teaching and Coaching –Football. Khel S.K.Delhi.
8. (2002). Coaching Successfully Football. K.S.K. New Delhi.
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1- (v)**Semester V****DSE - 1 (v) Sports Proficiency – 1 (HANDBALL)**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner (60 hrs)

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Practical -

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

SUGGESTED READINGS

1. Jain D (2003). Play & Learn Handball. KhelSahitya Kendra. New Delhi.
2. Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics,USA.
3. Page, J. (2000). Ball Games. Lerner Sports Publisher,USA.
4. Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers,USA.
5. Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.
6. Schmottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
7. Surhone, L.M. et al (2010). Team Handball. Betascript Publishing,USA

8. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1- (vi)

Semester V

DSE - 1 (vi) Sports Proficiency – 1 (HOCKEY)

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

48 Credits

Unit-I

(12 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 and Safety Measures.

Unit-II

(12 lectures)

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

(12 lectures)

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

(12 lectures)

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

Practical -

24 Credits

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
2. Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
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4. Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills,USA.
5. Rossiter, S. (2003). Hockey the NHL Way : Goal tending Illustrated Edition. Sterling Publishers,USA.
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10. Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
11. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1- (vii)**Semester V****DSE - 1 (vii) Sports Proficiency – 1 (JUDO)**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publisher, Japan.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1- (viii)**Semester V****DSE - 1 (viii) Sports Proficiency – 1 (KABADDI)**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various drills for perfecting a skill

Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publisher, Japan.
2. Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
3. Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
4. Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
5. Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
6. Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1- (ix)**Semester V****DSE - 1 (ix) Sports Proficiency – 1 (KHO-KHO)**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical -

24 Credits

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-1- (x)**Semester V****DSE - 1(x) Sports Proficiency – 1 (VOLLEYBALL)**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each.

The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical -**24 Credits**

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various drills for perfecting a skill

Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Steve Oldenburg (2015). Complete Conditioning for Volleyball. Human Kinetics.
2. Donald S. Shondell, Cecile Renaud (2002). Volleyball Coaching Bible. Human Kinetics.
3. Joel B. Dearing (2003). Volleyball Fundamentals. Human Kinetics.
4. American Volleyball Coaches Association (2006). Volleyball Skills and Drills. Human Kinetics.
5. Becky Schmidt (2016). Volleyball: Steps to Success. Human Kinetics.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<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 student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition.	<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 student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<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 student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<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

DSE-2**Semester V****DSE-2 Kinesiology and Biomechanics**

6 Credits (5 THz + 1 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: To impart the knowledge about the various movements of the body affecting performance in sports and a basic knowledge of various Sports Injuries and their management.

Learning Outcome: Students will learn the science of movement for better sports performance and the basic knowledge of the various injuries and their management. Such core knowledge and skill helps to create a strong foundation to engage human subject of all ages, sex, and ability.

After the Completion of First Month:

The student will learn the Meaning, aim & objectives, importance of kinesiology for physical education and sports, Fundamental concepts: Centre of gravity, line of gravity, axis and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles.

After the Completion of Second Month:

The student will develop the understanding about Location & Action of Muscles at Various Joints:- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint, b) Neck, trunk (Lumbosacral region) and c) Lower extremity – Hip joint, knee joint, ankle joint and Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging.

After the Completion of Third Month:

The student will gain knowledge of Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action.

Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.

After the Completion of Fourth Month:

The student will learn about the Meaning, aims, objectives and importance, types of motion, linear motion & angular motion, Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion. Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion, Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and Newton's laws of motion angular kinetics: moment of inertias, conservation of moments, transfer of moments, levers, equilibrium. Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action.

THEORY SYLLABUS**60 Credits****UNIT-I****(10 lectures)**

Meaning, aim & objectives, importance of kinesiology for physical education and sports
Fundamental concepts: Centre of gravity, line of gravity, axis and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles

UNIT-II**(15 lectures)**

Location & Action of Muscles at Various Joints:-

- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint
- b) Neck, trunk (Lumbosacral region)
- c) Lower extremity – Hip joint, knee joint, ankle joint

Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging

UNIT-III

(15 lectures)

Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action.

Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.

UNIT-IV

(20 lectures)

Meaning, aims, objectives and importance, types of motion, linear motion & angular motion

Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion

Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion

Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and newton's laws of motion angular kinetics: moment of inertias, conservation of moments, transfer of moments, levers, equilibrium

Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each.

The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical

12 Credits

1. Demonstration of planes & axes of a given movement i) Determination of the location of muscles at various joints

ii) Shoulder girdle, Shoulder joints, Elbow joint

iii) Hip joint, Knee joint, Ankle joint

2. Muscular analysis of the techniques of game of your specialization

3. Determination of center of gravity of a Bat/Racket (Suspension method)

4. Evaluation of a Dynamogram to draw a velocity time curve, distance time curve.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
2. Blazevich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
3. Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
4. Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
5. Hay (1993). The biomechanics of sports techniques. Prentice Hall Inc. New Jersey.
6. McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
7. Oatis, C.A. (2008). Kinesiology.2nd Ed. Lippincott, Williams & Wilkins, USA.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The student will learn the Meaning, aim & objectives, importance of kinesiology for physical education and sports, Fundamental concepts: Centre of gravity, line of gravity, axis and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles.	<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 student will develop the understanding about Location & Action of Muscles at Various Joints:- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint, b) Neck, trunk (Lumboth oracic region and c) Lower extremity – Hip joint, knee joint, ankle joint and Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging.	<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 student will gain knowledge of Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action. Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

<p>Fourth Month-UNIT-IV</p>	<p>The student will learn about the Meaning, aims, objectives and importance, types of motion, linear motion & angular motion, Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion. Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion , Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and newton's laws of motion angular kinetics: moment of inertias, conservation of moments, transfer of moments, levers, equilibrium . Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
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Semester V
DSE-3- Research Methodology

6 Credits (5 THz + 1Tut)
Time: 3Hrs

Max. Marks =100

Theory = 75 Marks + Internal Assessment = 25

Objective: The student will gain the knowledge about Research Methods of sampling, writing of Research Report and analysis of the data through statistical techniques.

Learning Outcome: The student will be able to use the knowledge of Research for analysis of data and leading to logical conclusion on any field of investigation.

After the Completion of First Month:

The student will learn the Research: Nature, Unscientific vs. scientific methods of problem solving, Ethical Issues in Research, Identification and criteria in selecting a Research Problem, defining and delimiting problem and Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.

After the Completion of Second Month:

The student will develop the understanding about Sampling (Random, cluster, stratified), Survey :- Survey by Questionnaire and survey by Interview, Experimental Methods :- Relationship studies, Comparative Studies and Control of experimental factors and Instrumentation.

After the Completion of Third Month:

The student will gain knowledge of Research proposal, Organization of the Thesis report, Research article, oral and poster presentation, Table, figure and bibliography.

After the Completion of Fourth Month:

The student will learn about the Types of data, Measures of central tendency (mean, median and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data, Tests for measuring correlation (Product moment correlation) and differences (Independent T- test), numerical problems to be solved from raw data, plotting of graphs and chart.

THEORY SYLLABUS

60 Credits

Unit 1 Introduction to Research in Physical Education

15 Lectures

- 1 Research: Nature, Unscientific vs. scientific methods of problem solving, Ethical Issues in Research.
- 2 Identification and criteria in selecting a Research Problem, defining and delimiting problem.
- 3 Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.
- 4 Statistical concept: Importance of statistic in Physical Education, ways to select a sample.

Unit 2 Research Methods

15 Lectures

- 1 Sampling (Random, cluster, stratified)
- 2 Survey :- Survey by Questionnaire and survey by Interview
- 3 Experimental Methods: - Relationship studies, Comparative Studies and Control of experimental factors.
- 4 Instrumentation

Unit 3 Writing the Research Report**15 Lectures**

- 1 Research proposal
- 2 Organization of the Thesis report
- 3 Research article, oral and poster presentation
- 4 Table, figure, bibliography.

Unit 4 Statistical concepts in Research**15 Lectures**

- 1 Types of data
- 2 Measures of central tendency (mean, median and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data.
- 3 Tests for measuring correlation (Product moment correlation) and differences (Independent T-test), numerical problems to be solved from raw data, plotting of graphs and chart.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Tutorial period is equal to 1 credit of 1 hour duration.

12 Credits**Marking Scheme: Maximum Marks- 100 marks**

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

1. Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
2. Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd..
3. Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
4. Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
5. Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon Ltd.
6. Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
7. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
8. Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
9. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
10. Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The student will learn the Research: Nature, Unscientific vs. scientific methods of problem solving, Ethical Issues in Research, Identification and criteria in selecting a Research Problem, defining and delimiting problem and Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.	<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 student will develop the understanding about Sampling (Random, cluster, stratified), Survey: - Survey by Questionnaire and survey by Interview, Experimental Methods: - Relationship studies, Comparative Studies and Control of experimental factors and Instrumentation.	<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 student will gain knowledge of Research proposal, Organization of the Thesis report, Research article, oral and poster presentation, Table, figure and bibliography.	<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 student will learn about the Types of data, Measures of central tendency (mean, median and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data, Tests for measuring correlation (Product moment correlation) and differences (Independent T- test), numerical problems to be solved from raw data, plotting of graphs and chart.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester- VI

S.No.	Paper No.	Title	Credit
			Theory/ Practical / Tutorial
1	SEC - 4	SEC – 4 -4 credits (4 THz) Select any one option other than SEC 2: i. Introduction to MS Excel and SPSS ii. Weight Management iii. Wellness Lifestyle iv. Posture and Athletic Care. v. Olympic Education vi. Sports and Exercise Nutrition. vii. Stress Management viii. Personality development	4 (4 THz)
2	DSC – 4***	Sports Proficiency – 2***	6 (4 THz + 2 P)
3	DSC - 5	Sports Specific Skill Enhancement	6 (4 THz + 2 P)
4	DSE - 6	Project Work / Dissertation OR Select any ONE option i. Computer Application ii. Fitness and Exercise Management iii. Gym Operation iv. Sports Journalism	6 (5Th + 1 P)
Total Credit			22

Note:

- THz = Theory
- P = Practical
- Tut = Tutorial

***DSE-4: A student must select different game/sport other than DSC – 3/ DSC – 9 (Game of specialization) and DSE-1 to be studied in DSE-4 from out of the below listed games/sports:-

List of Games/Sports

- (i) Badminton (ii) Basketball (iii) Cricket (iv) Football (v) Handball (vi) Hockey (vii) Judo (viii) Kabaddi (ix) Kho-Kho (x) Volleyball

SEC-4(i)**Semester VI****SEC-4(i) - INTRODUCTION TO MS-EXCEL AND SPSS**

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks**Objective:-** The student will develop and gain knowledge about MS-Excel and SPSS**Learning Outcome:-** The Students will be able to apply the knowledge in the field of physical education and sports research as well as evaluating the sports performance.**After the Completion of First Month:**

The Students will develop the understanding and knowledge of Introduction, Entering, Editing and Formatting of Data, Formatting Number and Understanding Formulas, Auto sum, mean, median, mode, average, sort, Auto fill and custom list.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics, Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration, Analysis Toolkit and Hands on Practice

After the Completion of Third Month:

The Students will develop the understanding and knowledge regarding Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust Chart Size, Line Chart, Scatter Chart, Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot, Editing Graph and Hand on Practice

After the Completion of Fourth Month:

The student will learn SPSS Statistics Environment: Entering Data into the data editor, The variable View, Missing values, Importing data, SPSS viewer, Exporting SPSS output, Syntax Editor, Saving Files, Retrieving a File. The student will also gain knowledge of Non-parametric Model: General Procedure of Non parametric tests in SPSS, Comparing two independent conditions, Comparing two related conditions Hands on Practice and data analysis on SPSS.

THEORY SYLLABUS**48 Credits****UNIT-I Introduction to Excel****12 Lectures**

(iii) Introduction, Entering, Editing and Formatting of Data and Formatting Number.

(iv) Understanding Formulas, Auto sum, mean, median, mode, average, sort, Auto fill and custom list

UNIT-II Introduction of Analysis tool in Excel**12 Lectures**

(v) Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics

(vi) Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration.

(vii) Analysis Toolkit

(viii) Hands on Practice

UNIT-III: Exploring Data with Graph in Excel and SPSS**12 Lectures**

(v) Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust

- Chart Size, Line Chart, Scatter Chart
- (vi) Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot
- (vii) Editing Graph
- (viii) Hand on Practice

UNIT-IV: Introduction of SPSS

12 Lectures

- (v) Introduction of SPSS Statistics Environment
 - a. Entering Data into the data editor
 - b. The variable View
 - c. Missing values
 - d. Importing data
 - e. SPSS viewer
 - f. Exporting SPSS output
 - g. Syntax Editor
 - h. Saving Files
 - i. Retrieving a File.
- (vi) Introduction of Non-parametric Model
 - a. General Procedure of Non parametric tests in SPSS
 - b. Comparing two independent conditions
 - c. Comparing two related conditions
- (vii) Hands on Practice
- (viii) Data Analysis in SPSS
 - a. Descriptive Statistics
 - b. Compare Means

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READING:

1. Andy Field (2013), Discovering Statistics Using IBM SPSS STATISTICS, Sage Publication ISBN978-1-4462-4917

2. American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington DC:APA Books.
3. Anderson, C. A., & Bushman, B. J. (2001). Effects of violent video games on aggressive behavior, aggressive cognition, aggressive affect, physiological arousal, and pro-social behavior: A meta-analytic review of the scientific literature. *Psychological Science*, 12(5), 353–359.
4. Arrindell, W. A., & van der Ende, J. (1985). An empirical test of the utility of the observer-to-variables ratio in factor and components analysis. *Applied Psychological Measurement*, 9, 165–178.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge of Introduction, Entering, Editing and Formatting of Data, Formatting Number and Understanding Formulas, Auto sum, mean, median, mode, average, sort, Auto fill and custom list	<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 Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics, Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration, Analysis Toolkit and Hands on Practice	<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 develop the understanding and knowledge regarding Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust Chart Size, Line Chart, Scatter Chart, Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot, Editing Graph and Hand on Practice.	<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 student will learn SPSS Statistics Environment: Entering Data into the data editor, The variable View, Missing values, Importing data, SPSS viewer, Exporting SPSS output, Syntax Editor, Saving Files, Retrieving a File. The student will also gain knowledge of Non-parametric Model: General Procedure of Non parametric tests in SPSS, Comparing two independent conditions, Comparing two related conditions Hands on Practice and data analysis on SPSS.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester VI
SEC-4(ii) - WEIGHT MANAGEMENT

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- Students will be educated with the knowledge and importance of weight management with the help of Physical exercises and Sports activities.

Learning Outcome:- Students will learn various ways and means to assess fitness & weight management. Such knowledge and skills will help to create a strong foundation to engage human subject of all ages, sex, ability.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Concept of Body Weight and Importance of Ideal Body Weight. Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR).

After the Completion of Second Month:

The Students will develop the understanding and knowledge of The Students will understand the Concept and Causes of Obesity, Concept and Causes of Malnutrition, Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anemia, Osteoporosis.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of The Students will gain knowledge of the Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks, Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of ways and means for Weight Management – Losing, Gaining and Maintaining Weight, Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyzer.

Theory of Syllabus**48 Credits****Unit-I:****12 Lectures**

Concept of Body Weight and Importance of Ideal Body Weight
Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR)

Unit-II:**12 Lectures**

Concept and Causes of Obesity
Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anemia, Osteoporosis.

Unit -III: Nutrition and Weight Management**12 Lectures**

Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks, Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.

Unit- IV:**12 Lectures**

Ways and Means for Weight Management – Losing, Gaining and Maintaining Weight.
 Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyzer.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks
 Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks
 Project/Assignment/Seminar - 10 Marks
 Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. ACSM'S (2001), ACSM Fitness Book (U.K., Human Kinetics).
2. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft Resource Material – Fitness, Aerobics and Gym-Operations.
3. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema (2009), A Practical Workbook on Fitness, Aerobics and Gym Operations, KhelSahitya, New Delhi.
4. Sharma K. et.al. (2014), Fitness Aerobics & Gym Operations, Jyoti Enterprises, Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge of Concept of Body Weight and Importance of Ideal Body Weight. Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR).	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

<p>Second Month – UNIT-II</p>	<p>After the Completion of Second Month: The Students will develop the understanding and knowledge of The Students will understand the Concept and Causes of Obesity, Concept and Causes of Malnutrition, Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anemia, Osteoporosis.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Third Month- UNIT-III</p>	<p>The Students will develop the understanding and knowledge of The Students will gain knowledge of the Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks. Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Fourth Month- UNIT-IV</p>	<p>The Students will develop the understanding and knowledge of ways and means for Weight Management – Losing, Gaining and Maintaining Weight. Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyzer.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-4(iii)**Semester VI
SEC-4(iii) - WELLNESS LIFESTYLE**

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective: - Students will be educated with the knowledge and importance of wellness lifestyle with the help of Physical exercises and Sporting activities.

Learning Outcome: - Students learn various ways and means to assess wellness. Such core knowledge and skills will help to create a strong foundation to engage human subject of all ages, sex, ability and persons with specialized need.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Fitness and wellness counselling – role of fitness counsellor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.

Theory of Syllabus**48 Credits****UNIT-I****12 Lectures**

Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.

UNIT- II**12 Lectures**

Fitness and wellness counselling – role of fitness counsellor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.

UNIT –III**12 Lectures**

Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.

UNIT-IV**12 Lectures**

Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Reading:

1. American college of sports Medicine. (2005). ACSM'S Health-Related Physical Fitness Assessment Manual., London, Lippincott.
2. Anspaugh, D. J. & Others (2003). Wellness, Boston McGraw Hills,
3. Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
4. Corbin, C.B. & Others. (2006) Concepts of Fitness and Wellness, Boston, McGraw Hill,
5. Edward A. Taub, F. Murad and Oliphant D. 2007.The Wellness Solution,
6. Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
7. Kennedy, Carol, A. & Yoke, M.M., (2008). Methods of Group Exercise Instruction N.Y. Human Kinetics,
8. Lang, Annette. (2007). Morning Strength Workouts, U.S. Human kinetic,
9. Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.
10. Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.
11. Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
12. Tomkinson, G.R. & Olds, T.S. (2007). Pediatric Fitness, London Karger.

13. Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
14. Uppal and Gautam. (2008). Health and Physical Education, Friends Publication.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge of Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.	<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 Fitness and wellness counselling – role of fitness counsellor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.	<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 develop the understanding and knowledge of Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.	<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 develop the understanding and knowledge of Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.	<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

SEC - 4 (iv)**Semester VI**
SEC - 4 (iv) Posture and Athlete Care

4 Credits (4 THz)

Time: 3Hrs

Max. Marks = 100

Theory = 75 Marks + Internal Assessment = 25

Objective: To impart the knowledge about the various physical postures, athletic care and first aid in case of sports injuries and rehabilitation.

Learning Outcome: Students will learn the science of physical posture, athletic care and first aid in case of sports injuries and rehabilitation. Such core knowledge and skill helps to create a strong foundation to correct different postures, athletic care and first aid, especially persons with specialized need.

After the Completion of First Month:

The students will develop the understanding and knowledge of aim & objectives, importance of Posture – concept, significance and benefits, Bad Posture- (Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body. About the postural deformities, types and causes of kyphosis, scoliosis, lordosis, knock knees, bow legs, flat foot and respective corrective exercises. It is also learned and demonstration about the illnesses due to improper posture- back pain, neck pain and corrective exercises.

After the Completion of Second Month:

The students will develop the understanding and knowledge of Sports Medicine and Athletic Care – Its concept and significance, factors causing injuries, general principles of prevention of injuries, common sports injuries such as strain, muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture, dislocation.

The Student will learn Determination of the location of muscles-Shoulder girdle, Shoulder joints and Elbow Joints. (By palpation Method)

After the Completion of Third Month:

The students will gain understanding and knowledge of the sports injuries and first aid, P.R.I.C.E. It also helps to understand the concept of the rehabilitation and its- aim and objective, recovery with the help of ice bath, contrast bath, hot fomentation. It also learn about management of injuries like -strain and muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture and dislocation.

After the Completion of Fourth Month:

The students will gain knowledge, learning and understanding of the concept, aims & scope of therapeutic modalities, (therapeutic ultrasound, interferential therapy unit, T.E.N.S., infrared lamp, wax bath, short wave diathermy) muscle strengthening through active and passive exercise. It also helps to understand about therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.

THEORY SYLLABUS:**48 Credits****Unit-I: Postures****12 Lectures**

- Posture – Concept, Significance and Benefits, characteristics & Effect
- Static postural assessments
- Movement assessments
- Bad Posture- (Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body.
- Postural Deformities – Types and Causes of Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot and respective corrective exercises.
- Illnesses due to Improper Posture- Back Pain, Neck Pain and Corrective Exercises.

Unit-II: Athletic Care**12 Lectures**

- Sports Medicine and Athletic Care - Concept and Significance, Factors causing Injuries

- General Principles of Prevention of Injuries
- Common Sports Injuries (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation)

Unit-III: First Aid, Ergogenic Aids and Rehabilitation

12 Lectures

- 1.7 Sports Injuries and First Aid (P.R.I.C.E.R)
- 1.8 Rehabilitation - Aim and Objective, Recovery (Ice bath, Contrast Bath, Hot Fomentation)
- 1.9 Management of Injuries (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation)

Unit-IV: Therapeutic Modalities and Rehabilitation

12 Lectures

- 1.10 Therapeutic Modalities (Therapeutic Ultrasound, Interferential Therapy Unit, T.E.N.S., Infrared Lamp, Wax Bath, Short Wave Diathermy)
- 1.11 Muscle Strengthening through Active and Passive Exercise.
- 1.12 Therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. **ACSM's Guidelines for Exercise Testing and Prescription** (2001), American College of Sports Medicine, New York, U.S.A.
2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) **Teaching Today Health**, Mosby Publishers, Chicago (USA)
3. Beotra, Alka (2001-02) **Drug Education Handbook on Drug Abuse in Sports**, Applied Nutrition Sciences, Mumbai.
4. Donatelle, R.J. and Ketcham P. (2007), **Access to Health**, Benjamin Cummings, Boston, USA.

5. Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
6. Floyd, P.A., S.E. Mimms and C. Yelding (2003) **Personal Health: Perspectives and Lifestyles**, Thomson, Wadsworth, Belmont, California, USA.
7. Hoeger, W W K and S.A. Hoeger (2004). **Principles and Labs for Fitness and Wellness**, Thomson Wadsworth, California, USA.
8. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), **Fitness, Aerobics and Gym Operations**, Khel Sahitya, New Delhi.
9. Jain, J. (2004) **Khel Dawaon Ka** (New Delhi: Delhi University Press).
10. Pande, P. K. (1987) **Outline of Sports Medicine** (New Delhi: Jaypee Brothers).
11. Roy, Steven and Richard, Irvin (1983) **Sports Medicine**, Benjamin Cummings, Boston, USA.
12. Schindler, J.A. (2003) **How to Live 365 Days a Year** (Boston: Running Press).

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	After the Completion of First Month: The students will develop the understanding and knowledge of aim & objectives, importance of Posture – concept, significance and benefits, Bad Posture- Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body. About the postural deformities, types and causes of kyphosis, scoliosis, lordosis, knock knees, bow legs, flat foot and respective corrective exercises. It is also learning and demonstration about the illnesses due to improper posture- back pain, neck pain and corrective exercises.	<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	After the Completion of Second Month: The students will develop the understanding and knowledge of Sports Medicine and Athletic Care – Its concept and significance, factors causing injuries, general principles of prevention of injuries, common sports injuries such as strain, muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture, dislocation. The Student will learn Determination of the location of muscles-Shoulder girdle, Shoulder joints and Elbow Joints. (By palpation Method)	<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	After the Completion of Third Month: The students will gain understanding and knowledge of the sports injuries and first aid, P.R.I.C.E. It also helps to understand the concept of the rehabilitation and its- aim and	<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

	objective, recovery with the help of ice bath, contrast bath, hot fomentation. It also learn about management of injuries like -strain and muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture and dislocation.		<ul style="list-style-type: none"> • Class-test / viva/ seminar
Fourth Month-UNIT-IV	<p>After the Completion of Fourth Month: The students will gain knowledge, learning and understanding of the concept, aims & scope of therapeutic modalities, (therapeutic ultrasound, interferential therapy unit, T.E.N.S., infrared lamp, wax bath, short wave diathermy) muscle strengthening through active and passive exercise. It also helps to understand about therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC - 4 (v)**Semester VI
SEC - 4 (v) Olympic Education**4 Credits (4 THz)
Time: 3Hrs

Max. Marks =100

Theory = 75 Marks + Internal Assessment = 25

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

Learning Outcome: Students will learn the deep knowledge about ancient and modern Olympics, administration, organisation of Olympics Games and functions of IOC.

After the Completion of First Month:

The students will develop the understanding and knowledge of Concept of Olympics movement, the ancient Olympic Games and the Modern Olympic Games and its movement. It also helps to know about the aims and symbols of the Olympic movement and International Olympic Committee (IOC).

After the Completion of Second Month:

The students will develop the understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympics games.

After the Completion of Third Month:

The students will gain understanding and knowledge of the Organization of Olympics games, international bid process for selecting sites / city for the games, Participation in Olympic Games and about Women & sports.

After the Completion of Fourth Month:

The students will gain knowledge and understanding of the Olympic museum, Olympic academy and Olympic solidarity programme, Paralympics games and concept of Sports for all. It also helps to know about Culture, Olympism, winning, participation and universality of the games, drug abuse and doping in sports and games.

THEORY SYLLABUS:**48 Credits****UNIT-I THE OLYMPIC MOVEMENT****12 Lectures**

- Concept of Olympics movement, the ancient Olympic games and the Modern Olympic games and its movement.
- Aims and symbols of the Olympic movement.
- The International Olympic Committee (IOC).

UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT**12 Lectures**

- The National Olympic Committee (NOC).
- The International Sports Federations (IFs).
- The National Sports Federations (NFs).
- Volunteerism and Olympics games.

UNIT-III THE OLYMPIC GAMES**12 Lectures**

- Organization of Olympics games.
- The international bid process for selecting sites / city for the games.
- Participation in Olympic Games.
- Women and sports.

UNIT-IV IOC PROGRAMMES**12 Lectures**

- Olympic museum, Olympic academy and Olympic solidarity program.

- Paralympics games and concept of Sports for all.
- Culture, Olympism, winning, participation and universality of the games.
- Drug abuse and doping.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READING:

1. Carto, J.E.L. And Calif, S.D. (1984). Medicine & Sport Science: Physical Structure of Olympic Athletes. London: Karger.
2. Cliw, Gifford, (2004). Summer Olympic.
3. Daw, Anderson. (2008). The Story of the Olympics.
4. Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi.
5. Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
6. Osborne, Manpoppe, Ancient Greece and the Olympic, 2004.
7. Oxlade, Chris. Olympic, 1999.
8. Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
9. Toropove, Brandon. The Olympic for Beginners, 2008.
10. Wallechineley, Davi, The Complete Book of the Olympic, 1992.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The students will develop the understanding and knowledge of Concept of Olympics movement, the ancient Olympic Games and the Modern Olympic games and its movement. It	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment

	also helps to know about the aims and symbols of the Olympic movement and International Olympic Committee (IOC).and universality of the games, drug abuse and doping in sports and games.	<ul style="list-style-type: none"> • Presentation 	<ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	The students will develop the understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympic games.	<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 understanding and knowledge of the Organization of Olympics games, international bid process for selecting sites / city for the games, Participation in Olympic Games and about Women & sports.	<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 and understanding of the Olympic museum, Olympic academy and Olympic solidarity programme, Paralympic games and concept of Sports for all. It also helps to know about Culture, Olympism, winning, participation	<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

SEC - 4 (vi)

Semester VI
SEC – 4 (vi) SPORTS & EXERCISE NUTRITION

4 Credits (4 THz)

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To acquaint student with the knowledge of basic nutrition and nutrition in Sports & Exercise and other related aspects important to sports persons.

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

After the Completion of First Month:

The Students will be introduced with the basic concepts in nutrition & nutrients, significance their sources & functions requirements in normal health conditions, Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight. The Student will acquaint with the practical of determination of energy expenditure in sports and exercise using various methods. They will be able to calculate total day's energy intake and energy expenditure and evaluating state of energy balance.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal. The Student will acquaint with the practical Meal planning for regular training-endurance and strength sport activities, Diet planning for adult man and women.

After the Completion of Third Month:

The Students will gain knowledge of concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise- Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills. The Student will learn to plan Pre-event meal and liquid meal, Post-event meal and high energy meal.

After the Completion of Fourth Month:

The Students will gain knowledge of Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise, Supplements and their role in sports. The Student will learn to plan diet for weight loss.

THEORY SYLLABUS:**48 Credits****Unit-I****12 Lectures**

Introduction to basic concepts in nutrition-Nutrients of physiological significance their sources & functions requirements in normal health conditions.

Unit-II**12 Lectures**

Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight.

Unit-III

12 Lectures

Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal.

Unit-IV

12 Lectures

Concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise- Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills.

Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise. Supplements and their role in sports.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
2. Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
3. Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal
4. Caliendo Mang Alica (1981). Nutrition and Preventive Health Care McMillan Publication Co.
5. Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
6. Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
7. Finic HH et al (2006), Practical Applications in Sports Nutrition J & B Publisher, USA.
8. Lal PR (2009) Handbook of Sports Nutrition, Friends Publication.
9. McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3rd Ed. Lippincott Williams and Wilkins, USA.
10. Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
11. Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont. California. U.S.A.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	<p>The Students will be introduced with the basic concepts in nutrition& nutrients, significance their sources & functions requirements in normal health conditions, Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight.</p> <p>The Student will acquaint with the practical of determination of energy expenditure in sports and exercise using various methods. They will be able to calculate total day's energy intake and energy expenditure and evaluating state of energy balance.</p>	<ul style="list-style-type: none"> ● Lecture Methods ● Demonstration Methods ● Assessment Methods ● Presentation 	<ul style="list-style-type: none"> ● Evaluation of Presentation ● Evaluation of Assignment ● MCQ ● Class-test / viva/ seminar
Second Month – UNIT-II	<p>The Students will develop the understanding and knowledge of Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal.</p> <p>The Student will acquaint with the practical Meal planning for regular training-endurance and strength sport activities, Diet planning for adult man and women.</p>	<ul style="list-style-type: none"> ● Lecture Methods ● Demonstration Methods ● Assessment Methods ● Presentation 	<ul style="list-style-type: none"> ● Evaluation of Presentation ● Evaluation of Assignment ● MCQ ● Class-test / viva/ seminar
Third Month-UNIT-III	<p>The Students will gain knowledge of concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise-Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills.</p> <p>The Student will learn to plan Pre-event meal and liquid meal, Post-event meal and high energy meal.</p>	<ul style="list-style-type: none"> ● Lecture Methods ● Demonstration Methods ● Assessment Methods ● Presentation 	<ul style="list-style-type: none"> ● Evaluation of Presentation ● Evaluation of Assignment ● MCQ ● Class-test / viva/ seminar
Fourth Month-UNIT-IV	<p>The Students will gain knowledge of Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise. Supplements and their role in sports.</p> <p>The Student will learn to plan diet for weight loss.</p>	<ul style="list-style-type: none"> ● Lecture Methods ● Demonstration Methods ● Assessment Methods ● Presentation 	<ul style="list-style-type: none"> ● Evaluation of Presentation ● Evaluation of Assignment ● MCQ ● Class-test / viva/ seminar

SEC - 4 (vii)**Semester VI
SEC - 4 (vii) STRESS MANAGEMENT**

Max. Marks =100

4 Credits (4 THz)
Time: 3Hrs**Theory = 75 Marks + Internal Assessment = 25**

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

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

THEORY SYLLABUS:**48 Credits****Unit-I****12 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**12 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**12 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

12 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

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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

SEC - 4 (viii)**Semester VI****SEC - 4 (viii) PERSONALITY DEVELOPMENT**

4 Credits (4 THz)

Time: 3Hrs

Max. Marks = 100

Theory = 75 Marks + Internal Assessment = 25

Objective: To impart the knowledge about the personality of the individuals and factors responsible for the development of personality.

Learning Outcome: Students will learn the different components and importance of personality. Such core knowledge and skill helps to create a strong foundation for developing personality.

After the Completion of First Month:

The students will develop the understanding and knowledge of Personality & holistic Personality and its components.

After the Completion of Second Month:

The students will develop the understanding and knowledge of Components of Physical Personality and its maintenance.

After the Completion of Third Month:

The students will gain understanding and knowledge of the wellness, relation of wellness and personality. The students will also learn the different components of Physical Fitness and its Role in Physical Personality Development

After the Completion of Fourth Month:

The students will gain knowledge, learning and understanding of the Mental Personality and Spiritual Personality and long term foundation of Spiritual Personality Development. It also helps to understand about factors affecting the personality development.

THEORY SYLLABUS:**48 Credits****UNIT-I****12 Lectures**

- Introduction to Personality & holistic Personality, Meaning and Definition of Personality & holistic Personality. Freud's concept of personality. Defence Mechanisms. Components of holistic Personality (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual). Holistic personality as represented by the car and its four wheels. (8 Hours)

UNIT-II**12 Lectures**

- Physical Personality: Introduction, Meaning, Definition and Components of Physical Personality.
- Physical Personality Principles of developing, controlling and maintaining Physical personality. Theoretical background Measurement of personality. Understanding physical growth and development. Pattern of physical growth and development of different body tissues
- Switching on the favorable genes and switching off the unfavorable and undesired genes. (8 Hours)

UNIT-III**12 Lectures**

- Personality and Wellness: Introduction to wellness, relation of wellness and personality. Components of wellness, health, physical fitness, behaviour, behaviour change method, understanding self-responsibility for one's wellness. Personality and Physical Fitness: Introduction, Components of Physical Fitness, Role of Physical Fitness in Physical Personality Development. (9 Hours)

UNIT-IV**12 Lectures**

- Mental Personality: Introduction, Meaning and Definition of Mental Personality. Type A, B and C personality characteristics. Somatotype and Personality Traits: Introduction to Somatotype and Mental Personality Traits.
- Spiritual Personality Development: Introduction, Meaning and Definition of Spiritual Personality. Quick fix and long term foundation of Spiritual Personality Development.
- Heredity and Environment: Introduction to Heredity and Environment in relation to personality development. (9 Hours)

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York. U.S.A.
2. Callohan L. (2002). The Fitness Factor. The Lyons Press. Guilford. Connecticut. U.S.A.
3. Covey SR (2004). The 8th Habit. Franklin Covey Co., Running Press Book Publishers. Philadelphia. Pennsylvania. U.S.A.
4. Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi
- 5.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The students will develop the understanding and knowledge of Meaning and Definition of Personality & holistic Personality. Freud's concept of personality. Defence Mechanisms. Components of holistic Personality (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual). Holistic personality as represented by the car and its four wheels.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

<p>Second Month – UNIT-II</p>	<p>The students will develop the understanding and knowledge of Physical Personality: Introduction, Meaning, Definition and Components of Physical Personality. Physical Personality Principles of developing, controlling and maintaining Physical personality. Theoretical background Measurement of personality. Understanding physical growth and development. Pattern of physical growth and development of different body tissues Switching on the favorable genes and switching off the unfavorable and undesired genes</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Third Month- UNIT-III</p>	<p>The students will gain understanding and knowledge of the wellness, relation of wellness and personality. The students will also learn the different components of Physical Fitness and its Role in Physical Personality Development</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
<p>Fourth Month- UNIT-IV</p>	<p>The students will gain knowledge, learning and understanding of the Mental Personality and Spiritual Personality and long term foundation of Spiritual Personality Development. It also helps to understand about factors affecting the personality development.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(i)**Semester VI****DSE- 4(i) Sports Proficiency – 2 - BADMINTON**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:-** To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:-** Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested reading:

1. Bloss, M.V. et al (2000). Badminton. McGraw Hills,USA.
2. Downey J (1990). How to Coach Badminton. Collins.
3. Golds, M. (2002). Badminton: Skills of the Game..
4. Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics,USA.
5. GuptaR.KumarP.andTyagiS.(2008).TextbookonTeachingSkillandProwess(PartI& II).Friends Publication. New Delhi.
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12. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month- UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(ii)**Semester VI****DSE - 4(ii) Sports Proficiency – 2 - BASKETBALL**

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

Basic skills and techniques of the Sports/Game.

- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co.,USA.
2. Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing,USA.
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5. Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
6. Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
7. (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi. Wilmore &Costill (2004).Physiology of Sports & Exercise. Human Kinetics, US.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(iii)**Semester VI****DSE - 4(iii) Sports Proficiency – 2 - CRICKET**

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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1. Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
2. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
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10. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(iv)**Semester VI****DSE - 4(iv) Sports Proficiency – 2 FOOTBALL**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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2. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. Routledge Publishers,USA.
3. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher,USA.
4. N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
5. Reilly, T. (2006). The Science Training Soccer : A Scientific Approach to Developing Strength, Speed and Endurance. Routledge Publisher,USA.
6. 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.
7. Sharma OP (2001). Teaching and Coaching –Football. Khel S.K.Delhi.
8. (2002). Coaching Successfully Football. K.S.K. New Delhi.
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(v)

Semester VI
DSE - 4(v) Sports Proficiency – 2 HANDBALL

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill

- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Jain D (2003). Play & Learn Handball. KhelSahitya Kendra. New Delhi.
2. Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics,USA.
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4. Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers,USA.
5. Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.
6. Schmottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
7. Surhone, L.M. et al (2010). Team Handball. Betascript Publishing,USA
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9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(vi)**Semester VI****DSE - 4(vi) Sports Proficiency – 2 - HOCKEY**

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
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8. Weekes, D. (2003). The Biggest Book of Hockey Trivia. Greystone Books,USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(vii)**Semester VI****DSE - 4(vii) Sports Proficiency – 2 - JUDO**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publisher, Japan.
2. Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
3. Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
4. Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
5. Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
6. Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(viii)**Semester VI****DSE - 4(viii) Sports Proficiency – 2 - KABADDI**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publisher, Japan.
2. Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
3. Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
4. Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
5. Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
6. Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(ix)**Semester VI****DSE - 4(ix) Sports Proficiency – 2 - KHO-KHO**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

- Learning and demonstrating various skills/techniques of sports.

- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(x)**Semester VI****DSE - 4(x) Sports Proficiency – 2 - VOLLEYBALL**

6 Credits (4 THz + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To acquaint with the theoretical and practical knowledge of respective games and sports.**Learning Outcome:** - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.**After the Completion of First Month:**

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS**48 Credits****Unit-I****(12 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 and Safety Measures.

Unit-II**(12 lectures)**

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III**(12 lectures)**

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV**(12 lectures)**

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

Practical -**24 Credits**

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

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Steve Oldenburg (2015). Complete Conditioning for Volleyball. Human Kinetics.
2. Donald S. Shondell, Cecile Renaud (2002). Volleyball Coaching Bible. Human Kinetics.
3. Joel B. Dearing (2003). Volleyball Fundamentals. Human Kinetics.
4. American Volleyball Coaches Association (2006). Volleyball Skills and Drills. Human Kinetics.
5. Becky Schmidt (2016). Volleyball: Steps to Success. Human Kinetics.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month-UNIT-II	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month-UNIT-IV	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEMESTER - VI

DSE – 5 Sports Specific Skill Enhancement

Max. Marks =150

6 Credits (4 THz + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: To improve the students' proficiency in the Practical aspects of his chosen Game and Sports which he/she has already studied in Sem.-1 and Sem.-3

Learning Outcomes: Students will learn the theoretical and practical aspects of the Game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.

After the Completion of First Month:

The Students will develop the understanding and knowledge of General and specific warm up, cooling down & their physiological effect, specific motor components related to hockey, their importance and development. The Student will learn Drills to improve basic skill-hitting, receiving, shooting at goal post passing, Attacking tactics- Attacking move from right and left side, interchange position, heading and shooting at goal, Defensive tactics- Positioning of defenders, interchange position, man to man and zonal defense, defensive attack

After the Completion of Second Month:

The students will learn the Introduction to sports training, its importance and characteristics, training load and adaptation, principles of training load, Officiating- Definition and importance, duties and responsibilities of hockey skills, Duties and responsibilities of umpire, umpiring signals, score sheet
The Student will learn General and specific exercise for warming up and cooling down, Umpire's, Signals, Score sheet

After the Completion of Third Month:

The student will learn the Tactical preparation- Attaching & defensive tactics, their kinds & principles, game strategies- system of play Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary The Student will learn Construction of a hockey field and Teaching of basic skills

After the Completion of Fourth Month:

The student will learn Psychological training- Methods and importance of Psychological training, philosophical aspects of training and coaching, Physical fitness and playing ability test related to hockey, nutritional requirement of the players.

THEORY SYLLABUS:**48 Credits****Unit-I****(12 lectures)**

- Advanced Skills & their stages of perfection:
 - Tactical Skills with perfection drills
 - Technical Skills with perfection drills

Unit-II**(12 lectures)**

Team Building and Development:

- Selection of players
- Specific training as per positions of the player
- Short term & long term training plan
- Psychological skills for relaxation & arousal

Unit-III**(12 lectures)**

Officiating in sports:

- Officiating signals
- Interpretation of rules
- Knowledge of Scoring & score sheet
- Match Analysis
- Psychological skills/qualities of officials
- Organization of a Tournament
- Drawing of fixtures for knock-out and league Tournament.

Unit-IV**(12 lectures)**

Analysis of teams

- Fitness & Sports skill Testing
- Tactical Aspect of sports.
- Analysis of Technical & Tactical skills of a team
- Team scouting

PRACTICAL**24 Credits**

- Demonstration of Tactical and Technical Drills
- Preparation of Psychological techniques of relaxation and arousal
- Preparing knock-out and League fixtures
- Officiating a Match
- Scoring a match
- Demonstrating Various Motor Fitness Test and Sports Skill Tests

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics. Champaign. U.S.A.
2. Barrow & McGee's Practical Measurement and Assessment.

3. Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
4. Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
5. Caffary B (1992). Skillful Judo. A & C Black London.
6. Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
7. FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai
8. International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
9. Vanaik, A. (2017). Officiating and Coaching, Friends Publications, Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will able to demonstrate, perform and teach advanced skill, attacking and defensive tactics of the game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	The Students will able to demonstrate, perform and teach advanced skill, attacking and defensive tactics of the game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	The Students will able to demonstrate, perform and teach officiating-umpire, signals, interpretation of rules and Lesson Plan (theory(5)-Basic Skill Teaching Lesson plan & Practice).	<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 able to demonstrate, perform and teach Lesson Plan (advanced coaching lesson plans & practice and Evaluation of advanced skills)	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester VI

DSE - 6 Project work/ Dissertation

6 Credits (5 THz + 1 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To provide knowledge of Research Methods and Techniques, to make a project report.**Learning Outcome:** - Students will be able to collect data and analyze & write**After the Completion of First Month:**

The Students will select a topic and submit the research proposal.

After the Completion of Second Month:

The Students will review related literature and will start collecting data.

After the Completion of Third Month:

The Students will compile the data and analysis it accordingly. The students will write chapter 1, 2 and 3.

After the Completion of Fourth Month:

The Students will complete data analysis and will complete dissertation writing.

Theory of Syllabus**60 Credits****Dissertation / Project Report****The candidate is required to select a topic of his/her choice for the Dissertation and project. The Steps for Dissertation/Project Report that should be followed are given below:**

1. Additional research on the topic.
2. Analyzing the problem or topic.
3. Conducting extensive research.
4. Summarizing findings from the research investigation.
5. Recommending Drawing conclusions and making recommendations.
6. Documenting the results of the research.
7. Defending conclusions and recommendations.

The original and copies of the thesis/project MUST include the following items **IN THE ORDER LISTED BELOW:**

1. Title Page.
2. Acknowledgment
3. Abstract
4. Table of Contents.
5. Introduction
6. Review of Related Literature
7. Procedure and methodology
8. Results and findings
9. Discussions, summary and conclusions
10. Bibliography /References.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

12 Credits

Marking Scheme: Maximum Marks- 150 marks

Thesis evaluation	-	75 marks (By External Examiner)
External Viva-Voce	-	50 Marks
Internal Assessment	-	25 Marks

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 select a topic and submit the research proposal.	<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 review related literature and will start collecting data.	<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 compile the data and analysis it accordingly. The students will write chapter 1, 2 and 3.	<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 complete data analysis and will complete dissertation writing.	<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

DSE – 6 (i)

Semester - VI

DSE- 6 (i) GYMNASIUM-OPERATIONS

Max. Marks =100

6 Credits (5 THz + 1 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To provide knowledge of Gym, its management and operation.

Learning Outcome: - Students will learn to apply knowledge of gym operation and management.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding Nutrition and Weight Management.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Aerobic Fitness and it's effect on human body.

After the Completion of Third Month:

The Students will gain knowledge of, establishment and location of Gym Operation

After the Completion of Fourth Month:

The Students will gain knowledge of Evaluation of fitness and Exercise Schedules.

THEORY SYLLABUS

60 Credits

UNIT-I

15 Lectures

NUTRITION AND WEIGHT MANAGEMENT: Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating calorie intake and expenditure, Obesity, anorexia and related health problems – measurements and management, Weight management programme

UNIT-II

15 Lectures

AEROBIC FITNESS : Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight, Aerobics and aqua aerobics, Training effects of aerobic fitness on various physiological systems namely skeletal, Muscular, circulatory and respiratory, Improvement of aerobic fitness , Aerobic fitness programme.

UNIT-III

15 Lectures

GYM-OPERATION: Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programme), Procurement, placement & maintenance of gym Equipment, Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management , Gym-instructor – qualification, qualities, pay-roll Performance – evaluation,

grooming and presentation, Introduction to different exercise equipment , Gym management – Costing, Balance sheet, Promotional plans

UNIT-IV

15 Lectures

EVALUATION AND EXERCISES SCHEDULES: 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, Harvard step test),_Self- evaluation –Personal Health and Well-being,_Exercise schedules – Aerobics, Fitness and Weight Management, Yoga(Any Five Asanas)

PRACTICALS

12 Credits

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 wellbeing)
6. Any five Asanas
7. Aerobic schedule
8. Weight management

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Alexenderia, Virginia, (1994)“The Gym Workout” Published by Time Life Books.
2. Carol Kennedy Armbruster. Mary M. Yoke “Methods of Group Exercise Instruction”, 2009.

3. Sheela Kumari, Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009.
4. Sunil Bharihoke, The Gym, 2002.
5. Time life books, Gym workout, London times life books, 2004
6. Time life books, staying flexible, London, time life books, 2005
7. Time life books, super firm tough workouts, London times life books, 2005
8. Wayne L. Westcott, Thomas R. Bachle, “ Strength Training”, 2007

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	The Students will develop the understanding and knowledge regarding Nutrition and Weight Management.	<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 Aerobic Fitness	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month-UNIT-III	The Students will gain knowledge of Gym Operation.	<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 Evaluation and Exercise Schedules.	<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

DSE-6 (ii)**Semester VI****DSE- 6 (ii) FITNESS AND EXERCISE MANAGEMENT**

Max. Marks =100

6 Credits (5 THz + 1 P)
Time: 3Hrs**Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark****Objective:** - To provide knowledge of fitness and exercises management and its application in games & sports.**Learning Outcome:** - Students will learn to apply knowledge of physical fitness and exercise management for betterment and quality of life.**After the Completion of First Month:**

The student will learn about the Fitness: Physical Activity, types of Physical Activity, Components of Physical Fitness and its Principles.

After the Completion of Second Month:

The student will develop the understanding and knowledge about wellness: Concept of Quality Life and Body Image, factors affecting wellness and wellness programs.

After the Completion of Third Month:

The student will develop the understanding and knowledge about Fitness and Balanced Diet: Concept of physical fitness and Balanced Diet, Dietary Aids and Gimmicks and Energy and Activity- Calorie Intake and Expenditure, Energy Balance Equation.

After the Completion of Fourth Month:

The student will develop the understanding and knowledge of Exercises and Weight Management: Concept and definition of weight management and exercise prescription, Weight management and Obesity - Concept, Causes, Assessment and Management; Obesity Related Health Problems. Weight Management through Behavioral Modifications and life style, Injury prevention and care of general and specific exercises- foot injuries, shin injuries, knee injuries, multiple site injuries, heat related injuries (heat stroke, heat exhaustion) and Exercises with music – Need, benefits and selection of music for different types of exercises.

THEORY SYLLABUS**60 Credits****Unit-I: Fitness****15 Lectures**

- Physical Activity – Concept, Benefits of Participation in Physical Activities with Specific Reference to Health; Concept, Need, Components and Significance of Total Fitness
- Types of Physical Activities – Walking, Jogging, Running, Calisthenics, Rope Skipping, Cycling, Swimming, Circuit Training, Weight training, Adventure Sports
- Components of Physical Fitness (Health, Skill and Cosmetic Fitness); Need and Importance of Measurement and Evaluation of Physical Fitness
- Principles of Physical Fitness, Warming Up, Conditioning, Cooling Down, Methods to Develop and Measure Health and Skill related components of Physical Fitness

Unit-II: Wellness**15 Lectures**

- Wellness – Concept, Components, Significance with reference to Positive Lifestyle
- Concepts of Quality of Life and Body Image

- Factors affecting Wellness
- Wellness Programs

Unit-III: Fitness and Balance Diet

10 Lectures

- Concept of physical fitness and Balanced Diet, Dietary Aids and Gimmicks.
- Energy and Activity- Calorie Intake and Expenditure, Energy Balance Equation.

Unit- IV Exercises and Weight Management

20 Lectures

- Concept and definition of weight management and exercise prescription.
- Weight management and Obesity - Concept, Causes, Assessment, Management; Obesity Related Health Problems.
- Weight Management through Behavioral Modifications and life style.
- Injury prevention and care of general and specific exercises- foot injuries, shin injuries, knee injuries, multiple site injuries, heat related injuries (heat stroke, heat exhaustion).
- Exercises with music – Need, benefits and selection of music for different types of exercises.

PRACTICAL

12 Credits

- Measurement of Fitness Components – Leg-raise for Minimal Strength (Muscular Strength); Sit-ups (Muscular Endurance); Harvard Step Test, Run and Walk Test (Cardiovascular Endurance); Sit and Reach Test (Flexibility)
- Measuring height, weight, waist circumference and hip circumference, Calculation of BMI (Body Mass Index) and Waist-Hip Ratio
- Engage in at least one wellness program and write a report on it.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. ACSM'S (2001), **ACSM Fitness Book** (U.K., Human Kinetics).
2. Anspaugh, David J.; Hamrick, Michael H.; and Rosato, Frank D. (2003), **Wellness – Concepts and Applications** McGraw Hill, New York.
3. Brown, J.E. (2005) **Nutrition Now** Thomson-Wadsworth.
4. Corbin, C. B., G. J. Welk, W. R Corbin, K. A. Welk (2006) **Concepts of Physical Fitness: Active Lifestyle for Wellness**. McGraw Hill, New York, USA.
5. Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
6. Hoeger, W.W. & S. Hoeger (2007) **Fitness and Wellness**. 7th Ed. Thomson Wadsworth, Boston, USA.
7. Hoeger, W K and S.A. Hoeger (2004). **Principles and Labs for Fitness and Wellness**, Thomson Wadsworth, California, USA.
8. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education** (Naveen Publications).
9. Kansal, D.K. (2008) **Textbook of Applied Measurement, Evaluation & Sports Selection**. Sports & Spiritual Science Publications, New Delhi.
10. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), **Fitness, Aerobics and Gym Operations**, Khel Sahitya, New Delhi
11. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
12. Savard, M. and C. Svec (2006) **The Body Shape Solution to Weight Loss and Wellness : The Apples & Pears Approach to Losing Weight, Living Longer, and Feeling Healthier..** Atria Books, Sydney, Australia.
13. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft **Resource Material – Fitness, Aerobics and Gym-Operations**.
14. Powers, S. K.; S.L. Dodd, and V.J. Noland (2006) **Total Fitness – Exercise, Nutrition and Wellness** Benjamin Cummings, USA.
15. Sharkey, B. J. (2002), **Fitness and Health** 5th ed. (U.K., Human Kinetics).
16. Uppal, A.K. (2004), **Fitness and Health** 5th ed. (U.K., Human Kinetics).
17. Williams, Melvin H. (1990), **Lifetime Fitness and Wellness – A Personal Choice** 2nd ed. (USA : Wm. C. Brown Publishers).

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month-UNIT-I	After the Completion of First Month: The student will learn about the Fitness: Physical Activity, types of Physical Activity, Components of Physical Fitness and its Principles.	<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 student will develop the understanding and knowledge about wellness: Concept of Quality Life and Body Image, factors affecting wellness and wellness programme.	<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 student will develop the understanding and knowledge about Fitness and Balanced Diet: Concept of physical fitness and Balanced Diet, Dietary Aids and Gimmicks and Energy and Activity- Calorie Intake and Expenditure, Energy Balance Equation.	<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 student will develop the understanding and knowledge of Exercises and Weight Management: Concept and definition of weight management and exercise prescription, Weight management and Obesity - Concept, Causes, Assessment, Management; Obesity Related Health Problems. Weight Management through Behavioral Modifications and life style, Injury prevention and care of general and specific exercises- foot injuries, shin injuries, knee injuries, multiple site injuries, heat related injuries (heat stroke, heat exhaustion) and Exercises with music – Need, benefits and selection of music for different types of exercises.	<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

DSE-6 (iii)**Semester VI
DSE- 6 (iii) COMPUTER APPLICATION**6 Credits (5 THz + 1 P)
Time: 3Hrs

Max. Marks =100

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark**Objective:** - To provide knowledge of computer application in games & sports.**Learning Outcome:** - Students will learn to apply knowledge of computer research in Physical Education.**After the Completion of First Month:**

The Students will develop the understanding and knowledge regarding Introduction to computers, Components of computer- CPU, Input, output and storage devices. computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS, Data and information concepts – bits, bytes, KB, MB, GB, TB., MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access
The Student will learn to prepare test/lesson/data sheets using, MSOffice, Spread Sheets.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Computer Networks: Need and scope, classification: LAN,WAN,MAN, Client server technology. Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.
The Student will learn the MS Word.

After the Completion of Third Month:

The Students will gain knowledge of Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols. Mobile commerce, Bluetooth and Wi-Fi, E-mail, Video conferencing.
The Student will learn the MS Excel.

After the Completion of Fourth Month:

The Students will gain knowledge of Computers and physical education: Need and scope of computer applications in physical education. preparations of lessons regarding physical education using computer.
The Student will learn the Power Point.

THEORY SYLLABUS:**60 Credits****UNIT-I****10 Lectures**

Introduction to computers, Components of computer- CPU, Input, output and storage devices. Computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS

UNIT-II**15 Lectures**

Data and information concepts – bits, bytes, KB, MB, GB, TB.
MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access

UNIT-III**15 Lectures**

Computer networks: Need and scope, classification: LAN, WAN, MAN and Client server technology.
Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.

UNIT-IV

20 Lectures

Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols. Mobile commerce, Bluetooth and Wi-Fi, E-mail, Video conferencing. Computers and physical education: Need and scope of computer applications in physical education. Preparations of lessons regarding physical education using computer.

Practical:

12 Credits

To prepare test/lesson/data sheets using

1. MSOffice
2. Spread Sheets
3. MS Word
4. MS Excel
5. Power Point

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. Committee on Engaging Computer Science in Health Care. (2009). Computational Technology for

Effective Health Care. National Academic Press. U.S.A.

2. Irtegov D. (2004). Operating System Fundamentals. Firewall Media.
3. Milke M (2007). Absolute Beginner's Guide to Computer Basics. Pearson Education Asia.
4. NIIT (2004). Basics of Networking Prentice – Hall. India Pvt. Ltd.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	<p>The Students will develop the understanding and knowledge regarding Introduction to computers, Components of computer- CPU, Input, output and storage devices. computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS, Data and information concepts – bits, bytes, KB, MB, GB, TB., MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access</p> <p>The Student will learn to prepare test/lesson/data sheets using, MSOffice, Spread Sheets.\</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month – UNIT-II	<p>The Students will develop the understanding and knowledge of Computer Networks: Need and scope, classification: LAN,WAN,MAN, Client server technology. Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.</p> <p>The Student will learn the MS Word.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month- UNIT-III	<p>The Students will gain knowledge of Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols. Mobile commerce, Bluetooth and Wi-Fi___33, E-mail, Video conferencing.</p> <p>The Student will learn the MS Excel.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month UNIT-IV	<p>The Students will gain knowledge of Computers and physical education: Need and scope of computer applications in physical education. preparations of lessons regarding physical education using computer.</p> <p>The Student will learn the Power Point.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-6 (iv)

Semester VI
DSE- 6 (iv) SPORTS JOURNALISM

6 Credits (5 THz + 1 P)

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To provide knowledge and understanding of the sports journalism and its application in the games & sports.

Learning Outcome: - the students will learn to apply knowledge of sports journalism and research in sports and Physical Education.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding Meaning, scope and changing trends of journalism in sports. Role of journalism in sports promotion & Vice – versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional) and Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation Sports terminators and its use Fundamentals of a sports story/ news. News – types, curtain – raiser, advance follow – up, news – analysis, box news. Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals, Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies, Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports Development and maintenance of sports / personal library Statistics, records and computers in sports.

After the Completion of Third Month:

The Students will gain knowledge of Theory and principles of advertising in sports, Public relations in sports, press release, conferences Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics, Sports photo feature and writing captions of photos .

After the Completion of Fourth Month:

The Students will gain knowledge of The Student will learn the

THEORY SYLLABUS

60 Credits

UNIT-I-INTRODUCTION & WRITING SKILLS

15 Lectures

Meaning, scope and changing trends of journalism in sports. Role of journalism in sports promotion & Vice – versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional) Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation Sports terminators and its use Fundamentals of a sports story/ news. News – types, curtain – raiser, advance follow – up, news – analysis, box news. Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills.

UNIT-II ORGANIZATIONAL AND PRESENTATION SKILLS FOR MEDIA 15 Lectures

Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals. Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.

Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports Development and maintenance of sports / personal library Statistics, records and computers in sports.

UNIT-III EXTENDED RELEVANT DIMENSIONS 15 Lectures

Theory and principles of advertising in sports, Public relations in sports, press release, conferences Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics, Sports photo feature and writing captions of photos .

UNIT-IV JOURNALISM AND SPORTS 15 Lectures

Introduction to photo journalism in reference to sports. Process of newspaper publishing and management Olympics and sports journalism. Research tools for developing a sports story Introduction to various types of information technology. Satellite communication: use of satellite in radio and T.V. communication for sports information.

PRACTICAL: 12 Credit

- Reporting
- Review of sports articles
- Sports Photography
- Article writing

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration and/or Test	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings:

1. Aamidor A (2003). Real Sports Reporting. Indiana University Press. Valparaiso. Indiana. U.S.A.
2. Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi.
3. Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
4. Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
5. Kamath, M V (1980). Professional Journalism. K.S.K. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month- UNIT-I	The Students will develop the understanding and knowledge regarding Meaning, scope and changing trends of journalism in sports. Role of journalism in sports promotion & Vice – versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional) and Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation Sports terminators and its use Fundamentals of a sports story/ news. News – types, curtain – raiser, advance follow – up, news – analysis, box news. Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills.	<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 Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals, Introduction of various sports organization and agencies- Olympic	<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/

	Games, Asian games, commonwealth games, awards and trophies, Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports Development and maintenance of sports / personal library Statistics, records and computers in sports.		seminar
Third Month-UNIT-III	The Students will gain knowledge of Theory and principles of advertising in sports, Public relations in sports, press release, conferences Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics, Sports photo feature and writing captions of photos .	<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	Introduction to photo journalism in reference to sports. Process of newspaper publishing and management Olympics and sports journalism. Research tools for developing a sports story Introduction to various types of information technology. Satellite communication: use of satellite in radio and T.V. communication for sports information.	<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