

GURU KASHI UNIVERSITY



Bachelor of Physical Education and Sports

Session: 2022-23

Department of Physical Education

PROGRAMME LEARNING OUTCOMES

- Physical Education knowledge: Apply the knowledge of basic sciences related to physical education, to understand the principles as well as components of physical fitness programs and rules/regulations of various games.
- Problem analysis: Design solutions for complex sports problems and design system components or processes that meet the specified needs with appropriate consideration for general health , common injuries and performance of athletes
- Problem analysis: Design solutions for complex sports problems and design system components or processes that meet the specified needs with appropriate consideration for general health , common injuries and performance of athletes
- Conduct investigations of complex problems: Use research-based knowledge and research methods including design of experiments ,analysis and interpretation of data, and synthesis of the information to provide valid conclusions
- Modern tool usage: Create, select, and apply appropriate techniques, uses of different labs and modern equipment as well as scientific techniques used for enhancing performance in various indoor and outdoor games
- Ethics: Recognize the importance of ethical behavior and promotion of fair play, and discouraging the use of drugs for performance enhancement
- Individual and team work: Function effectively with diverse teams, promote coordinated effort on the part of a team and perform efficiently as a player
- Communication: Express thoughts and ideas effectively and present complex information in a clear and concise manner to team members

Programme Structure

Semester-I						
Course Code	Course Title	Course Type				
			L	T	P	Credit
BBP101	Anatomy and Physiology	Core	4	0	0	4
BBP102	General Science	Core	4	0	0	4
BBP103	Introduction of Physical Education	Core	4	0	0	4
Discipline Elective (Any one of the following)						
BBP106	Olympic Movement	Discipline Elective	3	0	0	3
BBP107	Educational Technology and Methods of Teaching in Physical Education					
BBP108	Health Education and Environmental Studies					
BBP109	Tournament Organization	Ability Enhancement	1	0	0	1
BBP110	Games & Sports-I	Technical Skills	0	0	4	2
BBP111	Drill and Marching	Technical Skills	0	0	4	2
BBP112	Gymnastic-I	Technical Skills	0	0	4	2
BBP113	Track and Field-I	Technical Skills	0	0	4	2
BBP199		MOOC	---	---	---	---
Elective Courses						
BBP104	General Punjabi-I	DE	2	0	0	2
BBP105	Punjab History & Culture-I					
Total			18	0	16	26

Semester-II						
Course Code	Course Title	Course Type	L	T	P	Credit
			BBP201	Sports Management	Core	4
BBP202	Psychology with Special Reference to Physical Education	Core	4	0	0	4
BBP203	General English-I	Core	4	0	0	4
Discipline Elective (Any one of the following)						
BBP205	Adapted Physical Education	Discipline Elective	3	0	0	3
BBP206	Fitness Centre Management					
BBP207	Recreation					
BBP208	Game Specialization-II	Technical Skills	0	0	4	2
BBP209	Gymnastic-II	Technical Skills	0	0	4	2
BBP210	Mass Demonstration-II	Technical Skills	0	0	4	2
BBP211	Track & Field-II	Technical Skills	0	0	4	2
Value Added courses II (For other discipline students also)						
BBP204	Fundamental of Sports Sciences	VAC	2	0	0	2
Total			17	0	16	25

Semester-III						
Course Code	Course Title	Course Type				
			L	T	P	Credit
BBP301	Educational Technology	Core	4	0	0	4
BBP302	Kinesiology	Core	4	0	0	4
BBP303	Methods of Physical Education	Core	4	0	0	4
BBP304	Officiating ethics	Ability Enhancement	1	0	0	1
Discipline Elective (Any one of the following)						
BBP305	Sports Sociology	Discipline Elective	3	0	0	3
BBP306	Event Management in Physical Education					
BBP307	Counseling in Sports					
BBP308	Game Specialization-III	Technical Skills	0	0	4	2
BBP309	Gymnastic-III	Technical Skills	0	0	4	2
BBP310	Track &Field-III	Technical Skills	0	0	4	2
BBP311	Teaching Practice-I (General Lesson)	Technical Skills	0	0	2	1
BBP399		MOOC	--	--	--	--
Total			16	0	14	23

Semester-IV						
Course Code	Course Title	Course Type				
			L	T	P	Credit
BBP401	Sports Law	Core	4	0	0	4
BBP402	Officiating and Coaching	Core	4	0	0	4
BBP403	Yoga	Core	4	0	0	4
Discipline Elective (Any one of the following)						
BBP404	Sports Club Management	Discipline Elective	3	0	0	3
BBP405	Sports Sciences					
BBP406	Sports Infrastructure Development					
BBP407	Game Specialization-IV	Technical Skills	0	0	4	2
BBP408	Gymnastic-IV	Technical Skills	0	0	4	2
BBP409	Track &Field-IV	Technical Skills	0	0	4	2
BBP410	Teaching Practice-I (Theory Lesson)	Technical Skills	0	0	2	1
BPD417	Wellness Training	Value Added Course	2	0	0	2
Total			15	0	14	22

Semester-V						
Course Code	Course Title	Course Type				
			L	T	P	Credit
BBP501	Sports Biomechanics	Core	4	0	0	4
BBP502	Introduction of Sports Schemes	Core	4	0	0	4
BBP503	Sports Training	Core	4	0	0	4
Discipline Elective (Any one of the following)						
BBP506	Professional Ethics in Physical Education	Discipline Elective	3	0	0	3
BBP507	Cardio Pulmonary Resuscitation					
BBP508	Computer Application					
BBP509	Game Specialization-v	Technical Skills	0	0	4	2
BBP510	Gymnastic-v	Technical Skills	0	0	4	2
BBP511	Track &Field-v	Technical Skills	0	0	4	2
BBP512	Teaching Practice-II (General Lesson)	Technical Skills	0	0	2	1
BBP599		MOOC	--	--	--	--
Open Elective Courses						
BBP504	General Punjabi-II	OE	2	0	0	2
BBP505	Punjab History & Culture-II					
Total			17	0	14	24

Semester-VI						
Course Code	Course Title	Course Type				
			L	T	P	Credit
BBP601	Fundamental of Research in Phy.Edu.	Core	4	0	0	4
BBP602	Test, Measurement and Evaluation In Physical Education	Core	4	0	0	4
BBP603	General English- II	Core	4	0	0	4
BBP604	Pilot study/Research	Research Based Skill	2	0	0	2
BBP605	Remedial and Massage	Discipline Elective	3	0	0	3
BBP606	Sports Medicine					
BBP607	Sports journalism					
BBP608	Game Specialization-v	Technical Skills	0	0	4	2
BBP609	Gymnastic-v	Technical Skills	0	0	4	2
BBP610	Track &Field-v	Technical Skills	0	0	4	2
BBP611	Teaching Practice-II (Athletics)	Technical Skills	0	0	2	1
	Total		17	00	14	24
Grand Total			100	0	88	144

Evaluation Criteria for Theory Courses

- A. Continuous Assessment: [25 Marks]
 - i. Surprise Test (Two best out of three) - (10 Marks)
 - ii. Term paper (10 Marks)
 - iii. Assignment(s) (10 Marks)
- B. Attendance (5 marks)
- C. Mid Semester Test-1: [30 Marks]
- D. MST-2: [20Marks]
- E. End-Term Exam: [20 Marks]

Evaluation Criteria for Practical Courses

According to NEP, continuous evaluation in Practical will be 5 times in which each subject will have 20 marks.

Semester 1st**Course Name: Anatomy & Physiology****Course Code: BBP101**

L	T	P	Cr
4	0	0	4

Course Outcomes:

1. Understand the need and importance of anatomy in physical education.
2. Demonstrate the basic structure, composition and functions of the organ systems of the human body.
3. Learn the basic technical terminology and language associated with anatomy
4. Defend the uniqueness and adaptiveness of human structure.

Course Content**UNIT I****16 Hours**

1. Anatomy in Physical Education
2. Introduction: Meaning of Anatomy, need and importance of Anatomy
3. Cell: cell division. Structure, Function of cell. Tissue and its type.
4. Organs and systems. Skeletal System: Different part of human skeleton and nomenclature of bones.
5. Joints: classification of joint and their movements.

Introduction to Reproductive system, Endocrine System and Sense organs:

1. Re-productive system: Organs of reproduction and their structure
2. Endocrine system: various glands and their function.
3. Sense organs (Eye, Ear, Nose, Tongue, Skin).

UNIT II**15 Hours**

Introduction to Muscular system, Nervous system and Respiratory system:

1. Muscular System: Meaning, types and structure of muscles and their functions.
2. Nervous System: Organs and structure of nervous system -Brain, spinal cord.
3. Respiratory System: Respiration, organs of respiration.

Introduction to Digestive system, Circulatory system and excretory system:

1. Digestive System: organs, assimilation of food.
2. Circulatory System: structure, circulation of blood, cardiac cycle, blood pressure, erythrocytes (R.B.C), leukocytes (W.B.C) and Thrombocytes (Platelets) ,

3. Excretory system: Organs and structure of excretory system (Skin, kidney, lungs etc.)

UNIT III**14****Hours**

Cardiovascular System and Exercise

1. Heart valves and direction of the blood flow: Conduction System of the Heart.
2. Blood supply to the Heart: Cardiac cycle, stroke volume, cardiac output, heart rate.
3. Factors affecting heart rate: Cardiac hypertrophy, effect of exercises and training on the cardiovascular system.

Respiratory System and Exercise

1. Mechanics of breathing: Respiratory muscles, minute ventilation, ventilation at rest and during exercise.
2. Diffusion of gases: Exchange of gases in the lungs, exchange of gases in the tissues, control of ventilation, ventilation and the anaerobic threshold.
3. Oxygen debt: Lung volumes and capacities, Effect of exercises and training on the respiratory system.

UNIT IV**15****Hours**

Skeletal Muscles and Exercise:

1. Meaning, Nature, Scope and Importance of Exercise Physiology in Games and Sports.
2. Structure of the skeletal muscle.
3. Muscular contraction. Effect of exercise on muscular system.
4. Types of muscle fiber. Muscle tone.

Metabolism and Energy Transfer

1. Metabolism: ATP-PC or phosphate system, anaerobic metabolism.
2. Aerobic and anaerobic systems during rest and exercise.
3. Short duration high intensity exercises, High intensity exercise lasting several minutes, long duration exercises.

Practical Work:

1. Disarticulated bones (Total Bones).
2. Articulated bones (Skeleton).
3. Histology: Slides are to be used for the following: Blood, Spinal Cord, Stomach, Intestine, Liver, Kidney, Ovary, Testis, and Skin.
4. How to check the following: Pulse, Blood pressure, normal heart sounds, effect of exercise and posture on pulse and blood pressure, rate of recovery of pulse rate after exercise.
5. Respiration: How to see and check the vital capacity and use of Spiro meter.

6. Demonstration of reflex action
7. Use of Models like the liver, kidney, stomach, heart, skull and brain.
8. Blood test to determine Hemoglobin
9. Urine test to determine Sugar.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh, Ajmer., Bains, Jagdish., Gill, Jagtar Singh. and Brar, Rashpal Singh (2017) "*Essential of physical Education*" Kalyani Publisher, Ludhiana, Punjab.
- Gerard, J. Tortora and Bryan, H. Derrickson.(2014), "*Principles of Anatomy and Physiology*" 14th edition – John Wiley and Sons, USA.
- Albert Bluisdall(2001), *Human Anatomy and Physiology*, Sports Publication, Darya Ganj New Delhi.
- Rose and Wilson(2001), *Anatomy and Physiology in Health Illness* 9th edition- Harcourt Publisher Ltd.
- Winwood, R.S. and Smith, J. L. (1998) *Sears Anatomy and Physiology for Nurses* 6th edition (1st Indian edition), London Edward Arnold.
- Gray A. Thibodean and Kelvin T. Patton (1994), *Anthony's Textbooks of Anatomy and Physiology*, 14th edition Mosby year book inc.St. Louis Times Mirror, Mosby College Publishing

Course Name: General Science

Course Code: BBP102

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Identify the functions of ecosystems, including the interdependence of plants and animals
2. Provide specific examples of natural world related to Survival of human beings
3. Comprehend and utilize the scientific concepts in day-to-day life
4. Apply principles of electricity and magnetism to simple electrical circuits and Devices.

Course Content

UNIT-I

15 Hours

Introduction to living and non-living things –

1. Introduction: Life; Living and non-living things, their differences.
2. Interdependence of plants and animals.
3. Water: Natural water-sources, mineral water, drinking water, physical and chemical properties of water.

UNIT-II

16 Hours

Water and Gases –

1. Purification of water: hard and soft water, causes of hardness and their removal, harms of hard water
2. Archimedes' principles.
3. Properties of Gases: Oxygen, Carbon-dioxide- occurrence, properties and uses.

UNIT-III

14 Hours

Introduction to Air, Magnetism and Electricity –

1. Air: Properties of air, uses of air, atmospheric pressure, composition of air.
2. Magnetism and Electricity: Magnet and their properties, Static electricity, charge current,
3. Electrostatic field. Its functioning and uses: dry cell, Electric terms- volt, Ampere, Resistance, Ohm.

UNIT IV

15 Hours

Practical Work:

1. Preparation of the following gases:(a)Hydrogen, (b)Oxygen, (c)Carbon-Dioxide,
2. Tests of HCL, HNO and H₂SO₄,
3. Flower and its parts, Archimedes Principle,
4. Properties of magnetism, Electric bell, Properties of Sculpture.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Arihant Experts (2017), *Magbook General Science*, Arihant Publications.
- Dr. S.P. Jauhar (2017), *Modern ABC Chemistry*, Modern Publishers.
- Karen Timberlake, William Timberlake (2019), *Basic Chemistry*, Pearson.
- G.C. Triguayat (2012), *Basic Physics*, BPB Publications.
- Chatterjee (2013), *Fundamental Physics*, Narosa Publication.

Course Name: Introduction to Physical Education**Course Code: BBP103**

L	T	P	Cr
4	0	0	4

Course Outcomes:

1. Acknowledge basic knowledge of physical education and its relation with other streams
2. Identify knowledge about history of physical education
3. Repeat history of Olympics and modern Olympics.
4. Differentiate role and functions of various sports councils, federations and associations

Course Content**UNIT I****14 Hours**

Introduction to physical Education –

1. Introduction: Meaning, definition, aims and objectives and scope of Physical Education. In the modern age.
2. Relationship of physical education and education and other science. Importance & Principle of physical education.
3. Meaning and various term general content used in physical education (Physical culture, Physical training, Drill, sports and game, gymnastic, athletic, formal activity, Rhythmic activity, yoga, hiking, picnic, camping, corrective activity).

UNIT II**16 Hours**

History of Physical Education –

1. A brief account of the history (Sweden, Denmark, Germany with special stress on educational gymnastics, USA, USSR, UK).
2. Physical education in India before and after Independence.
3. History of Physical Education in Ancient Greece with special reference to the evolution of Olympics games. History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contests and the downfall of Olympics.

UNIT III**15 Hours**

Introduction to major Games –

1. Modern Olympic Games – A comparison with ancient Olympics (IOC) & Asian Games.
2. S.A.F. Games. & Afro Asian game.
3. Indian National game. Role of the following: their function and objectives of AICS
(All India Council of Sports, C.A.B. Physical Education {Central Advisory Board in Physical Education} Sports Awards In India,

4. N.F.C. {National Fitness Corps}, N.P.E. Drive (National Physical Education Efficiency Drive), Indian Olympic Association.

UNIT IV**15 Hours**

Development and achievements by various bodies –

1. Development and Achievement of the following organizations Movement (S.N.I.P.E.S (Society for National Institute of Physical Education and Sports), S.A.I. (Sports Authority of India), LNUPE, NSNIS, IOA (Indian Olympic Association).
2. Scouts and Guides, Youth Services, Punjab contribution to Sports in India, Physical Education as compulsory course in schools.
3. National and International Sports Federations.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh.A (2007).*Essential of physical Education*.Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana.
- Kutty, S. (2007).*Research Methods in Physical Education*.SportsPublication,.EMCA House, Ansari Road, Darya Ganj.
- Sharma.D.R. (2005).*Learning Callisthenic in Physical Education*.Friends Publication. Delhi

Course Name: Olympic Movement (Discipline Elective)**Course Code: BBP106**

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Acknowledge basic knowledge of Olympic movement
2. Identify Significance of Olympic Ideals, Olympic Rings, Olympic Flag.
3. Knowledge about different Olympic games
4. Study about IOC,IOA

Course Content**UNIT I****09 Hours**

Origin of Olympic Movement:

1. Philosophy of Olympic movement.
2. The early history of the Olympic movement.

3. The significant stages in the development of the modern Olympic movement.
4. Educational and cultural values of Olympic movement.

UNIT II**10 Hours**

Modern Olympic Games:

1. Significance of Olympic Ideals, Olympic Rings, Olympic Flag.
2. Olympic Protocol for member countries.
3. Olympic Code of Ethics.
4. Olympism in action.
5. Sports for All.

UNIT III**14 Hours**

Different Olympic Games:

1. Para Olympic Games.
2. Summer Olympics.
3. Winter Olympics.
4. Youth Olympic Games.

UNIT IV**12 Hours**

Committees of Olympic Games:

1. International Olympic Committee - Structure and Functions.
2. National Olympic committees and their role in Olympic movement.
3. Olympic commission and their functions.
4. Olympic medal winners of India.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the olympics*. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner

Course Name: Educational Technology and Methods of Teaching in Physical Education (Discipline Elective)

Course Code: BBP107

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Acknowledge basic knowledge of Education and Education Technology.
2. Identify Teaching Techniques.
3. Knowledge about Teaching Aids.
4. Study about Lesson Planning , Meaning, Type and principles of lesson plan
General and specific lesson plan.

Course Content**UNIT I****10 Hours**

Introduction

1. Education and Education Technology- Meaning and Definitions.
2. Types of Education- Formal, Informal and Non- Formal education.
3. Educative Process.
4. Importance of Devices and Methods of Teaching.

UNIT II**14 Hours**

Teaching Technique

1. Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
2. Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
3. Presentation Technique – Personal and technical preparation.
4. Command- Meaning, Types and its uses in different situations.

UNIT III**09 Hours**

Teaching Aids

1. Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
2. Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board.
3. Charts, Model, Slide projector, Motion picture etc.
4. Team Teaching – Meaning, Principles and advantage of team teaching.
5. Difference between Teaching Methods and Teaching Aid.

UNIT IV**12 Hours**

Lesson Planning and Teaching Innovations

1. Lesson Planning – Meaning, Type and principles of lesson plan.
2. General and specific lesson plan.
3. Micro Teaching – Meaning, Types and steps of micro teaching.
4. Simulation Teaching - Meaning, Types and steps of simulation teaching.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.
- Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.
- Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.

Course Name: Health Education and Environmental Studies (Discipline Elective)
Course Code: BBP108

L	T	P	Cr
3	0	0	3

Course Outcomes:

1. Acknowledge basic knowledge of physical education and its relation with other streams.
2. Identify health issues.
3. Knowledge about Communicable and Non-Communicable Diseases.
4. Study about Natural Resources and related environmental issues.

Course Content

UNIT I

09 Hours

Health Education

1. Concept, Dimensions, Spectrum and Determinants of Health.
2. Definition of Health, Health Education, Health Instruction, Health Supervision.
3. Aim, objective and Principles of Health Education.
4. Health Service and guidance instruction in personal hygiene.

UNIT II

14 Hours

Health Problems in India

1. Communicable and Non Communicable Diseases.
2. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population.
3. Personal and Environmental Hygiene for schools.

4. Objective of school health service, Role of health education in schools.
5. Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

UNIT III**10 Hours**

Environmental Science

1. Definition, Scope, Need and Importance of environmental studies.
2. Concept of environmental education, Historical background of environmental education.
3. Celebration of various days in relation with environment.
4. Plastic recycling & probation of plastic bag / cover.
5. Role of school in environmental conservation and sustainable development.

UNIT IV**12 Hours**

Natural Resources and related environmental issues:

1. Water resources, food resources and Land resources.
2. Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution.
3. Management of environment and Govt. policies, Role of pollution control board.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). *Turners school health education*.
- Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

Course Name: Tournament Organization**Course Code: BBP109**

L	T	P	Cr
1	0	0	1

Course Outcomes**Course Content**

Unit-I**15 Hours**

1. The students will study about tournament where different teams are participating. In this study students would be able to learn how entries are received, accommodation of teams, documents verification, schedule of tournament, officiating, opening and closing ceremony.

Course Name: Game & Sports -I**Course Code: BBP110**

L	T	P	Cr
0	0	4	2

Course Outcomes:

1. Understand the rules of game from football, badminton, Kabaddi, Swimming.
2. Demonstrate the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Demonstrate officiating signals of the game.

Course Content**UNIT I****60 Hours**

Games

1. Football, Badminton , Kabaddi, Swimming

Course Name: Drill & Marching-I**Course Code: BBP111**

L	T	P	Cr
0	0	4	2

Course Outcomes:

1. Develop fundamental skills to participate in various demonstrative activities.
2. Gain expertise in coordinating movements with fellow peers while performing.
3. Acquire the skill of teaching these activities on certain rhythm and/or beats.
4. Modify and innovate new techniques to enhance the poise of the performance.

Course Content**UNIT I****60 Hours**

Command, Class Formation, Drill and Marching

1. Drum Side Drum and Flute, Action song / Motion story and Surya Namaskar, Dumbles and Indian club, Exercise Table and Mass P.T, Intramural Picnic.

Course Name: Gymnastic -I

Course Code: BBP112

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Understand the rules of gymnastics
2. Develop skills in athletic events and gymnastics.
3. Acknowledge the basic and advanced techniques of the game.
4. Demonstrate officiating signals of the game.

Course Content

UNIT I

60 Hours

1. Floor gymnastic for Boys and Girls

Course Name: Track & Field-I

Course Code: BBP113

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Demonstrate the starting and finishing techniques of running events sprint.
2. Implement the skills of ground marking and officiating in real game situation.
3. Understand the rules & regulations of running events.
4. Conduct the annual athletic meet/intramural's

Course Content

UNIT I

30 Hours

1. Running Events – Sprints

UNIT II

30 Hours

1. Project: (noncredit) Preparation and presentation of annual report, conduct of annual athletic meet/intramural, play days, camping.

Course Name: General Punjabi-I (Open Elective)

L	T	P	Cr

Course Code: BBP104

2	0	0	2
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Course Outcomes

1. Develop sentence in Punjabi language in efficient manner.
2. Understand the skills of writing official letter in Punjabi.
3. Discuss about Punjabi literature after 1960 with others.
4. Develop creative and literary aspects in the mind of reader.

Course Contents**UNIT I****10 Hours**

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1H1) GkJhthof;zx

1H2) g'qLg{oBf;zx

1H3) bkbkfeogk ;kro,

1H4) pkp{cho'iadhB ;oc,

1H5) frnkBhr[ow[y f;zx

1H6) bkbkXBhokwukfsqe,

1H7) nzfwqskgqhs,

1H8) w'jBf;zx

UNIT II**10 Hours**

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2H1) tsBdkfgnko,

2H2) g?o dh i[Zsh,

2H3) w[bkeksh,

2H4) ftjbhnKrZbK,

2H5) ihtB s/ ebK,

2H6) w/ok fB;cbfgnko,

2H7) ejkDhnK d/ gkso,

2H8) c{e ftZfdnk.

UNIT III**03 Hours**

g?QokouBK s/ ;zy/g ouBk

UNIT IV**07 Hours**

ftnkeoB

4H1) w[jkto/ s/ ny"sk

4H2) pj[s/ PpdK dh EK fJe ;pd

4H3) ;wkBnkoEe ;pd

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- fszdof;zx B{o nkX[fBegzikphekftf;XKsegfog/y" nkoPhgpbhe/PBi, fdZbh
- ;fszdof;zxLGkJhthof;zxihTB s/ ouBk", gzikph :{Bhtof;NhgfnNkbbk

Course Name: Punjab History & Culture-I (Open Elective)

Course Code: BBP105

L	T	P	Cr
2	0	0	2

Course Outcomes

1. Develop efficient sentence building skill in Punjabi language.
2. Demonstrate the skills of writing official letter in Punjabi.
3. Discuss about Punjabi literature after 1960.
4. Develop creative and literary aspects in the mind of reader.

Course Contents

UNIT I

10 Hours

Demographics:

1. Physical features of the Punjab and their impact on history.
2. Harappa Civilization: Antiquity, extent and important places, script, town planning.
3. Political, social, economic and religious life of the Indus Valley people.

UNIT II

10 Hours

Indo-Aryans:

1. The Indo-Aryans: Original home and settlement in Punjab;
2. Social, Religious and Economic life during the Rig Vedic Age;
3. The Indo-Aryans: Social, Religious and Economic life during later Vedic Age.

UNIT III

05 Hours

Buddhism & Jainism:

1. Teaching and impact of Buddhism in the Punjab.
2. Teaching and impact of Jainism in the Punjab.

UNIT IV**05 Hours****Punjab & its rulers:**

1. Punjab under Chandra Gupta Maurya and Ashoka.
2. The Punjab under the Gupta Emperors.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh.K.(1990).*History and Culture of the Punjab, Part-II*. Patiala,
- Singh.F.(1972).*History of the Punjab*.Vol. I. Patiala
- Chhabra.G.S.(1970).*The Advanced History of the Punjab*. Vol.I.New Delhi
- Grewal.J.S.(1990).*The new Cambridge History of India.The Sikhs of Punjab*. Hyderabad
- Singh.K.(1469-1839).*A History of the Sikhs*. New Delhi
- Narang .G.C.(1960).*Transformation of Sikhism*, New Delhi

Semester 2nd**Course Name: Sports Management****Course Code: BBP201**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understand the concept of sports management.
2. Manage events of physical education and sports
3. Develop skills of financial management and budget making during sports events.
4. Development and knowledge of various sports Events

Course Content**UNIT I****15 Hours**

1. Organization Structure: Meaning of Organization Structure
2. Types of Organization Structure, Flat Organizations, Tall Organizations,

3. Reporting Relationship,
4. Channels of Communication

UNIT II**15 Hours**

1. Organization Structure as Applied to Sports Organizations.
2. Decision Making Process: Individual Decision Making, Rational Decision Making, Decision making Styles, Creativity in Decision Making, Participative Decision Making,
3. Group decision making.

UNIT III**14 Hours**

1. Leadership : What is Leadership, Trait Theories of Leadership, Leadership Styles
2. How Leaders influence People, Fiedler Model, Trust and Leadership
3. Improving Leadership Effectiveness.
4. Group and Teams : Meaning of a Group, Group Dynamics, Group Cohesiveness, Types of Groups, Task Groups, Work Teams, Nature of Teams, Team Building, Group/Teams Effectiveness,

UNIT IV**(16 Hours)**

1. How to Make Teams More Effective.
2. Conflict: Definition of Conflict, Stages in Conflict Process , Functional Conflict, Dysfunctional Conflict, Managing Conflict, Negotiation.
3. Managing For High Performance: High Performance Work Practices, Goal Setting, Performance Management Techniques Associated with Goal Setting,
4. Application of Goal Setting to Organizational Performance. 8
5. Management of Sports: Management of Sporting and Recreation organization, Decision process and Leadership in Sports Management, Delivery of Recreation Services, Impact of organizational Process on Individual.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Fred Luthans - Organizational Behaviour : McGraw Hill International
- S P Robins - Organizational Behaviour : Prentice Hall India Ltd.
- Ghanekar - Organizational Behaviour Concept & Cases : EPH

Course Name: Psychology with Special Reference to Physical Education
Course Code: BBP202

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understand the importance of psychology in physical education.
2. Acknowledge the Importance of psychology in the development of student's self-esteem, motivation, and Learning styles
3. Implement the knowledge of heredity and environment on Childs development.
4. Recognize the intelligence trait in humans and its developmental factors.

Course Content

UNIT I

15 Hours

Psychology in Physical Education –

1. Meaning of psychology, Psychology as science and its usefulness in physical education.
2. Personality, definition characteristics and types.
3. Emotion-meaning definition, characteristics and their training.

UNIT II

14 Hours

Motivation, definition, kinds of motivation, Importance and Methods –

1. Learning-meaning, and nature of learning,
2. Laws of learning and learning curve.
3. Transfer of training, types and its role in Physical Education.

UNIT III

16 Hours

Growth and development at different stages with special reference to adolescence

1. Heredity, environment, and their influence on child's development.
2. Intelligence its nature and development.

UNIT IV

15 Hours

Fatigue –

1. Physiology and psychological aspect of fatigue,
2. Individual Differences.
3. Body types.
4. Child psychology

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Blair, J.& Simpson, R.(1962). *Educational psychology*, McMillan Co. New York.
- Cratty, B. J.(1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall, Eaglewood Cliffs.
- Kamlesh, M.L. (1998). *Psychology in physical education and sport*. Metropolitan Book Co. New Delhi.
- Mathur, S.S., (1962). *Educational psychology*. Vinod PustakMandir, Agra.
- Skinnner, C. E., (1984.). *Education psychology*. Prentice Hall of India, New Delhi

Course Name: General English-I

Course Code: BBP203

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understand the importance of language as a course in life.
2. Develop and improve core English skills for work, study or pleasure
3. Demonstrate the skills of reading, writing, speaking and listening
4. Implement the skills of spoken accuracy and pronunciation in day-to-day life.

Course Content

UNIT I

14 Hours

Vocabulary: - Word formation by prefix and suffix. Idioms, phrasal verbs. Abbreviation, acronym

UNIT II

15 Hours

Grammar and Usage: Articles, determiners. Tenses (Present, Past, Future) Transitive/Intransitive verbs, Voices (Active/ Passive)

UNIT III

15 Hours

Correspondence/ Descriptive Writing: Application, Letters- commercial and Official, Paragraph writing.

UNIT IV

16 Hours

Text: 'Aspects of English Prose' edited by O.P. Mohan. The following topic included this: Uncle Podger hangs a picture. The open Window. A fight with a bear & Becky sharp.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Smith.D.L. (1956). *A good dictionary of English*. USA
- Raymond. M. (2002). *English Grammar in Use* (Fourth Edition) Britannia.
- Smith.G. (1998) *prose for young people*. Germany

Course Name: Adapted Physical Education (Discipline Elective)

Course Code: BBP205

L	T	P	Cr
3	0	0	3

Course Outcomes

1. The knowledge would enable the students to understand the activity requirements of various levels of physically challenged persons.
2. The knowledge would thus enable the students to prepare and organize worthwhile activity programs for various levels of physically challenged persons.
3. Understand the Para sports and other Opportunities
4. Students will learn about Role of games and sports in Adapted Physical Education

Course Content**UNIT I****10 Hours**

Introduction

1. Meaning, Definition and Importance of Adapted Physical Education and Sports
2. Purpose, Aims and Objectives of Adapted Physical Education and Sports
3. Program organization of Adapted Physical Education and Sports
4. Organizations addressing and giving opportunities to people with disabilities. Adapted Sports- Para Olympics and other Opportunities

UNIT II**09 Hours**

Development of Individual Education Program (IEP)

1. The student with a disability
2. Components and Development of IEP.
3. Principles of Adapted Physical Education and Sports
4. Role of Physical Education teacher

UNIT III**12 Hours**

Developmental Considerations of an Individual

1. Motor development
2. Perceptual Motor development
3. Early childhood and Adapted Physical Education
4. Teaching style, method and approach in teaching Adapted Physical Education

UNIT IV**14 Hours**

Individual with unique need and activities

1. Behavioral and Special learning disability
2. Visual Impaired and Deafness. Health Impaired students and Physical Education
3. HRPF and its development for Individual with unique need
4. Role of games and sports in Adapted Physical Education
5. Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.
6. Assessment Rubric: Classroom Test, Project Work, Assignments, Presentations

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Beverly, N. (1986). Moving and Learning. Times Mirror/ Mosby College Publishing.
- Cratty, B.J. Adapted Physical Education in the Mainstream. (4th Edition) Love Publishing Company.
- Houner, L.D. Integrated Physical Education- A guide for the elementary classroom teacher.
- Winnick, J. P. (2005). Adapted Physical Education and Sports. Human Kinetics (4th Edition).
- Pangrazi, R.P. and Dauer, V. P. Dynamics Physic

Course Name: Fitness Centre Management (Discipline Elective)**Course Code: BBP206**

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Become professionals in Personal Fitness Training.
2. Enhance the quality of Physical Education Teachers through the value added course.

3. Understand the basic concept of Management.
4. Comprehend the basic Fitness Management.

Course Content

UNIT I

09 Hours

INTRODUCTION TO FITNESS CENTRE MANAGEMENT

1. Concept and definitions of Fitness Centre Management
2. Purpose and Scope of Fitness Centre Management
3. Basic Skills and of Fitness Centre Management
4. Different level in Fitness Centre Management of

UNIT II

10 Hours

PROCESS OF MANAGEMENT

1. Planning
2. Personal Management/Staffing
3. Directing
4. Controlling

UNIT III

12 Hours

OFFICE MANAGEMENT

1. Concept, Meaning and Definition of Office Management
2. Element of Office Management
3. Function of Office Management
4. Layout and Principle of Office Layout

UNIT IV

14 Hours

Practical Aspects

1. There ball and Resistance Band Training
2. Pilates and Functional Strength Training

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Beashel, P., & Taylor, J. (1996). Advance Studies in Physical Education and Sports. U.K.: Thomas Nelson and Sons Ltd.
- Bucher, C.A. (2002). Management of Physical Educational and Sports. (12th Ed.). USA : McGarw Hill Co.
- Chakraborti, S. (2007). Sports Management. New Delhi : Friends Publication.
- Frostdick, S., & Walley, L. (2003). Sports and Safety Management. USA: A division of Reed Education and Professional Publishing Ltd.

Course Name: Recreation (Discipline Elective)

L	T	P	Cr
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Course Code: BBP207

3	0	0	3
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Course Outcomes

1. Understand the need and objectives of recreation.
2. Organize and officiate recreational camps.
3. Demonstrate professional leadership for intramural and recreational activities of the students.
4. Plan the recreational activities according to age of participants.

Course Content**UNIT I****09 Hours**

Recreation and its History –

1. Meaning, Definition, need, scope, objectives, Factors and types of recreation.
2. History of early and modern recreation.
3. Historical development of recreation of India, UK, USSR.

UNIT II**12 Hours**

Recreation at different level

1. Rural and Urban industrial recreation,
2. Recreation in school and college.
3. Recreation for children, adults and aged.

UNIT III**14 Hours**

Recreational leadership, Types of leadership, quality of good leader –

1. Recreational Facilities Programme Planning in Major area recreation equipment
2. Camping, meaning, types and importance Principles of Camp.
3. Organization of Camp. Staff needed for Camp. Facilities required for Camp.
4. Different types of Camp.

UNIT IV**10 Hours**

Agencies Promoting Recreation –

1. Relation of recreation with culture.
2. Factors Recent Changes Responsible for affecting the need for recreation.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Dubey.C.H. (2006).*Recreation*. A.P.Publisher.Jalandhar.
- Dutta, A.K. (2004). *Games and Sports for Children*.JanvaniPrakashanVishwas Nagar
- Deepak.J. (2002).*Physical Education and Recreational Activities*.KhelSahitya Kendra, New Delhi.
- Deol. N.S. (2008) *An introduction to health & physical education*. Twenty first century publications, Patiala.

Course Name: Game Specialization-II**Course Code: BBP208**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Understand the rules of any one game from Cricket, Table Tennis, Kho-Kho and ball badminton
2. Demonstrate the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Demonstrate officiating signals of the game.

Course Content**UNIT I****60 Hours**

1. Cricket, Table Tennis, Kho-Kho, Ball-Badminton

Course Name: Gymnastic -II**Course Code: BBP209**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Understand the rules of gymnastics.
2. Develop skills in Demonstration and assessment of various techniques of Roman ring and Uneven Bar.
3. Acknowledge the basic and advanced techniques of the game
4. Demonstrate officiating signals of the game.

Course Content**UNIT I****60 Hours**

1. Parallel bar for Boys Balancing Beam for Girl

Course Name: Mass Demonstration-II

L	T	P	Cr

Course Code: BBP210

0	0	4	2
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Course Outcomes

1. Develop fundamental skills to participate in various demonstrative activities.
2. Gain expertise in coordinating movements with fellow peers while performing
3. Acquire the skill of teaching these activities on certain rhythm and/or beats.
4. Modify and innovate new techniques to enhance the poise of the performance.

Course Content**UNIT I****60 Hours**

1. Command, Drill & Marching, Beguile, Lezium (Sada, Ghati) Aerobics, Folk Dance, Medicine Ball Exercise, Swiss Ball Exercise, Rope Skipping, Flag Hosting.

Course Name: Track & Field-II**Course Code: BBP211**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Demonstrate the starting and finishing techniques of running events (sprints)
2. Implement the skills of ground marking and officiating in real game situation
3. Understand the rules & regulations of running events
4. Conduct the track and field events

Course Content**UNIT I****30 Hours**

1. Running Events: Middle and Long Distance Races

UNIT II**30 Hours**

1. Project: (Non Credit) Preparation and presentation of annual report, conduct of annual athletic meet / Intramurals, play days, camping.

Course Name: Fundamental of Sports Sciences (VAC)

L	T	P	Cr
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Course Code: BBP204

2	0	0	2
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Course Outcomes

1. The student would be able to understand the type of exercise
2. Students will be learn about requirement for different groups of people as per their needs.
3. Students would be able to devise effective exercise program as par the need of the individual.

Course Content**UNIT I****08 Hours**

1. Meaning and definition of exercise
2. Importance of Aerobics, types of Anaerobic and Conditioning exercises

UNIT II**08 Hours**

1. Meaning and Importance of warming up,
2. Meaning and Importance of cooling down and stretching

UNIT III**07 Hours**

1. Introduction of Therapeutic exercises
2. Principle and importance of Therapeutic exercises

UNIT IV**07 Hours**

1. Need of aged people.
2. Importance of exercises in aged people.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Robert A. Robergs, Steven J. Keteyian (2003), Fundamentals of Exercise Physiology: For Fitness, Performance, and Health, Volume 1- McGraw-Hill
- Dympna Pearson (2012), Weight Management: A Practitioner's Guide, ISBN- 1405185597
- ASCM and Arnold Schwarzenegger (2003), ASCM Fitness Book
- David Nordmark (2015), Workout Routines- Exercise workout routines.
- Frederic Delavier (2010), Strength Training Anatomy
- Jenny Allan (2013), The Ultimate Body building Diet, Nutrition and Workout Plan for Men and Women.

- JosephKandel and ChritineAAdamec (2003), TheEncyclopaedia of Senior Health and Wellbeing.

Semester 3rd

Course Name: Educational Technology

Course Code: BBP301

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understand the importance of Educational Technology for Teaching lessons of physical education.
2. Develop skills in teaching various aspects of Physical education.
3. Discuss current directions in special Teaching Aids
4. Construct Lesson Plans for various physical education activities

Course Content

UNIT I

14 Hours

Educational Technology-

1. Meaning, definition, Scope, characteristics, types, importance.
2. Communication: Types of Communication, Characteristics of Communication, and Communication in the Class room, Barriers of Communication.
3. Teaching Aids: Importance of Teaching Aids, Criteria for selecting, teaching Aids, Broad classification of Teaching Aids.

UNIT II

15 Hours

Audio-Visual Aids –

1. Advantage and suggestions for effective use of selected teaching Aids, Verbal, Chalk Board, Bulletin Board, Charts, Models, Slide Projector, Over Head Projector.
2. New Teaching Techniques and Innovations – I,
3. Art of questioning and answering. Purpose of Questioning, Classification of Questioning, Characteristics of Questions.

UNIT III

15 Hours

Classroom Problems –

1. New Teaching Techniques and Innovations – II.
2. Meaning of classroom problems, nature of classroom problems
3. Types and solution of classroom problems

UNIT IV**16****Hours**

Micro Teaching

1. Micro Teaching, Concept and Features of Micro Teaching.
2. Micro Teaching Verses Traditional Teaching, Steps in Micro Teaching.
3. Principles of Micro Teaching, Micro Teaching Skills, its need and importance

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bhardwaj.A. (2003).*New Media of Educational Planning*.Sarup of Sons.New Delhi.
- Daljinder.A. (2005).*Methods in Physical Education*. Friends Publication,Delhi.
- Bhatia.B. (1959). *The Principles and Methods of Teaching*. New Delhi.
- Aggarwal. D. D. (2004). *Educational Technology*.Sarup of Sons, New Delhi.
- Dutta, A.K. (2004). *Students Teaching in Physical Education*.JanvaniPrakashan, Delhi.

Course Name: Kinesiology**Course Code: BBP302**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understand the need of kinesiology in Physical education and sports.
2. Implement mechanical principles to analyze and improve human movement.
3. Analyze the degrees of movement possible at major joints of human body
4. Assess and analyze abnormal movement at joints or any joint deformities.

Course Content**UNIT I****16 Hours**

Introduction: Definition of Kinesiology, need in physical education and sports.

1. Skeleton system and human movement, skeleton muscles and structural classification, directional terminology for muscles attachment.
2. Types of muscular contraction: (isotonic, isometric, isokinetic).

3. Axis and planes of movement, line of pull. Role of Muscles (Agonists, Antagonist, stabilizer, Neutralizer).

UNIT II**14 Hours**

Fundamental Movement of the major segment body –

1. Shoulder Girdle and Hip Joint: Movement and description of muscles.
2. Elbow Joint and Knee Joint
3. Movement and description of muscles.

UNIT III**15 Hours**

Wrist Joint and Ankle Joint:

1. Movement and description of muscles. Structural
2. Classification of Muscles.

UNIT IV**15 Hours**

Origin insertion and action of the following muscles:

1. Sterno Mastoid, Trapezies, Serratus, Another Deltoid, Biceps,
2. Pectoralis, Majorlatissimus–dorsi, Triceps, gluteus,
3. Quardriceps, Hamstrings gastrocnemius.

Practical Work:

1. Examination of body joints-degree of Movement, type of movement, abnormal movement, deformities.
2. Examination of urine, physical, chemical, microscopic.
3. Marking of bones for insertion and origin of skeletal muscle.
4. Various efficiencies tests: vital capacity, breath holding test, expiratory force test and persistence test.
5. Various Cordial Efficiency Tests: Heart at Rest, Blood Pressure at rest and during exercise.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Pande, P.K., Gupta, L.C.(1987).*First Aid to the Injured*, St. John Ambulance Association. New Delhi
- Gandiner M D. (1981).*The Principles of Exercise Therapy*.Bell&Hyman New Delhi
- Kessler.H.H.(1950)*The Principles and Practices of Rehabilitation*. Philadelphia Lea &Febiger

Course Name: Methods of Physical Education**Course Code: BBP303**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Describe the basic skills of teaching practice.
2. Recognize the methods, forms and means required for the proper implementation
3. Demonstrate skills in class management and class formation.
4. Conduct classes for teaching games using different methods.

Course Content

UNIT I

16 Hours

Introduction to Methods of Physical Education –

1. Meaning, scope and importance of methods of physical education. Factors for determining
2. Methods of teaching: Types Of Command (beginners-Children, advanced group, large groups, complicated exercises, commands, order and directions)
3. Teaching of commanding and leading: (Counting, Continuous counting, counting the beat, Rhythmic counting, counting aloud, Use of Whistle, Use of precessions instrument and music)

UNIT II

14 Hours

Presentation Techniques:

1. (Personal preparation, Technical preparation, Steps of preparation, Situation which requires different words of command).
2. Class management and formation: meaning of types of class formation and class management. Principal of class management.
3. Lesson Planning: Types of lessons and their values, Objectives of different lessons, plans and parts of the lessons, introductory and developments, Skill Practice/group work, Class activity/Recreation Part (Reassembly, Revision and dismissal)

UNIT III

15 Hours

1. Teaching of Games:
2. Whole part, whole method of teaching skills and games, Command method, Discussion method,
3. Project method, Demonstration method, Imitation method, Reciprocal method, Small group method

UNIT IV

15 Hours

1. Competition: meaning and their types,
2. fixture of different competition. Intramural and Extramural
3. Track: Layout and marking of athletics track and field events.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh.A (2007).*Essential of physical Education*.Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana.
- Bhatia, K., & Bhatia, B. D. (1954). *The Principles & Methods of Teaching*. Doaba House.
- Kochhar, S. K. (1992). *Methods and techniques of teaching*. Sterling Publishers Pvt. Ltd.
- Sampath, K. (1981). *Introduction to educational technology*. Sterling Publishers Pvt. Ltd.

Course Name: Officiating Ethics

Course Code: BBP304

L	T	P	Cr
1	0	0	1

Course Outcomes

1. Demonstrate the correct Ethics and Guidelines.
2. Participate and Collaborate in officiating scenarios and appropriate discussions.
3. Understand the concept of coaching and its contribution to maximize performance.
4. Ethics the games at national levels.

Course Content

Unit I

03 Hours

1. Introduction to Ethics and Guidelines
2. Groups who deserve care by officials

Unit II

04 Hours

1. Ethics and Guidelines for Athletics Officials
2. Benefit and Cause No Harm
3. Accurate and Responsible
4. Supportive of other participants and loyal to our

Unit III

04 Hours

1. Act with integrity
2. Act with Fairness
3. Show Respect for Participants' Rights and Dignity
4. Exhibit Professionalism

Unit IV

04 Hours

1. Model Appropriate Health Habits
2. Adhere to Legal Standards
3. Protect Vulnerable Persons

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. University of London Press, London
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York.
- Brar. T. S. (2002). *Officiating techniques in Track and Field*. Bhargava Press, Gwalior.

Course Name: Sports Sociology (Discipline Elective)

Course Code: BBP305

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Develop a sociological perspective on sport by learning basic sociological theories, concepts, and research methods.
2. Demonstrate how sport influences our values, attitudes, beliefs, perceptions, behavior, culture, and society.
3. Apply the basic principles and theories of sociology to analyze the role of sports in our everyday social lives

Course Content

Unit I

14 Hours

1. Meaning and definition, sports and socialization of individual sports as social institution.
2. National integration through sports, fans and spectators:
3. Meaning and definition, advantages and disadvantages on sports performance. Leadership: Meaning, definition, types.
4. Leadership and sports performance.

Unit II

13 Hours

1. Socialization through sports – Sports and integration
2. Sports and Violence –Is sports a cause or cure to violence
3. Sports, Gender and Race

Unit III

10 Hours

1. Sports and Economy – Commercialization of sports
2. Sports and the Media-Influence on each other

3. Sports and Social Mobility-Sports and general career Success

Unit IV**08 Hours**

1. Sports and educational opportunities
2. Sports in future-Will things change or remain the same

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- C.A. Bucher, Foundations of Physical Education and Sports
- Dharam Vir (Editor), Sports and Society – Readings in Sociology of Sports
- Jay, J. Coakley, Sports in Society – Issue and Controversies

**Course Name: Event Management in Physical Education
(Discipline Elective)**

Course Code: BBP306

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Identify the career opportunities available in the field of sports event
2. Organize sports event at minor levels
3. Analyze the functional structure of major sports events
4. Maintain a record of organized sports events

Course Content**UNIT I****14 Hours**

1. Meaning, Definition and importance of Sports Management
2. Scope of Sports Event Management
3. Principles of Sports Event Management

UNIT II**08 Hours**

1. Major and Minor Sports Events
2. Traditional Games Management
3. Organization of Indoor Sports and Games Events

UNIT III**13 Hours**

1. Project on Outdoor Sports and Games Events

2. Visits to Sports Clubs, Sports Stadiums, IPL. KPL and Large Tournaments

UNIT IV**10 Hours**

1. Organization of Intramural - Sports Events, Sports Fests Traditional Games Fest
2. Report Preparation, Records and PPT

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bachelor of Sports Management Syllabus(Revised)'2008 2. Chandan, JS : Management – Concepts and Strategies, Vikas Publishing
- Daft, RL : Management, Thomson 4. Harold Koontz & Heinz Wehrich, Essentials of Management, Tata McGraw Hill, 201, Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.4. David Nordmark (2015), Workout Routines- Exercise workout routines.

Course Name: Counseling in Sports (Discipline Elective)**Course Code: BBP307**

L	T	P	Cr
3	0	0	3

Course Outcomes

1. The student would be able to Counsel athletes in matters of handling success and failure.
2. They would also be able to orient the athletes in future opportunities.
3. Students will be learn about manage of stress & anxiety
4. The students will learn about Counseling on injuries and rehabilitation

Course Content**UNIT I****14 Hours**

Counseling in Physical Education and Sports

1. Meaning, definition and scope of Counseling in sports.
2. Aims and Objective of Counseling in sports.
3. Principles of Counseling
4. Need and importance of Counseling.

UNIT II**10 Hours**

Stress & Anxiety in Sports

1. Meaning and definition of stress and anxiety.
2. Types of stress and anxiety.
3. Symptoms and effects of stress, anxiety and competition anxiety.
4. Management of stress and anxiety.

UNIT III**12 Hours**

Motivation and Sports Performance

1. Meaning and definition of Motivation.
2. Types and techniques of motivation
3. Principles and Importance of motivation
4. Role of coach / teacher /government in motivation

UNIT-IV**09 Hours**

Counseling to Athletes

1. Counseling on injuries and rehabilitation..
2. Counseling on handling success and failure in sports.
3. Counseling on drugs in sports.
4. Counseling on job opportunities and life after retirement from sports.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Recharad Nelson-Jones, Basic Counselling Skills, Sage Publication, New Delhi.
- Dr. M L Kamlesh, Psychology in Physical Education and Sports, Educational Publishers and Distributors.
- An Introduction to Counselling- McGraw-Hill Education.
- Understanding Psychology- McGraw Hill Book.

Course Name: Game Specialization-III**Course Code: BBP308**

L	T	P	Cr
0	0	4	2

Course Outcome

1. Understand the rules of any one game from Basketball, Lawn tennis, Archery and Wrestling
2. Demonstrate the measurements for these games
3. Acknowledge the basic and advanced techniques of the game
4. Demonstrate officiating signals of the game

Course Content**UNIT I****60 Hours**

1. Basketball, Lawn Tennis, Wrestling, Archery

Course Name: Gymnastic-III**Course Code: BBP309**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Understand the rules of gymnastics
2. Develop skills in demonstration and assessment of various techniques of Horizontal Bar and Vaulting Horse
3. Acknowledge the basic and advanced techniques of the game
4. Demonstrate officiating signals of the game.

Course Content**UNIT I****60 Hours**

1. Horizontal Bar and Vaulting Horse for Boys, Vaulting Horse for Girls

Course Name: Track & Field -III**Course Code: BBP310**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Demonstrate the starting and finishing techniques of jumping events.
2. Demonstrate the starting and finishing techniques of jumping events.
3. Understand the rules & regulations of running events.
4. Conduct the jumping events at various levels.

Course Content**UNIT I****60 Hours**

1. Jumping Events

Course Name: Teaching Practice-I (General Lesson)**Course Code: BBP311**

L	T	P	Cr
0	0	2	1

Course Outcomes

1. Understand the fundamentals of teaching practice.
2. Prepare and maintain records in the school
3. Demonstrate the assessment work done in the school
4. Participate in co-curricular and extracurricular activities organized in the schools.

Course Content**UNIT I****30 Hours**

1. 10 teaching practice lessons in institution.
2. Project: (Non Credit)Preparation and presentation of annual report, conduct of annual athletic meet /Intramural, play days, camping

Semester 4th**Course Name: Sports Law****Course Code: BBP401**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Analyze, interpret and apply Sports Laws.
2. Know the work done by sports lawyers and Recognize the issues involved in sports.
3. Understand the structure of sport governing bodies and the dispute resolution mechanism when faced with any legal issue.
4. Learn to recognize the rights of sportspersons and take appropriate action in cases when the same are violated or denied.

Course Content**UNIT I****15 Hours**

1. Introduction to the Study of Sports Law
2. Regulating Interscholastic (High School) and Youth Athletics
3. NCAA Internal Governance of Intercollegiate Athletics and Legal Limits
4. Legal Relationships Between the University and Student-Athletes

UNIT II**15 Hours**

1. Gender Equity Issues in Athletics
2. Racial Equity Issues in Athletics
3. Health, Safety, and Risk Management Issues in Sports
4. Sports Medicine, Concussions, Compensation, and Impairment in Sports

UNIT III**14 Hours**

1. Intellectual Property Issues in Sports
2. Coaches' Contracts and Related Issues

3. Professional Sports League Governance and Legal Regulation

UNIT IV

(16 Hours)

1. Representing Players and Teams: The Athlete-Agent Industry
2. Olympic and International Sports Issues
3. Professional Sports Labor Law and Labor Relations

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Platt, Jim, with Buckley, James, Jr. Sports Immortals: Stories of Inspiration and Achievement. Chicago: Triumph Books, 2002.
- Reitz, Anders Etgen. The NHL Lockout: The Trickle-Down Effect on European Hockey. 13 SPORTS LAWYERS JOURNAL 179 (2006).
- Ross, Stephen F. Player Restraints and Competition Law Throughout the World. 15 MARQUETTE SPORTS LAW REVIEW 49 (2004).
- Savarese, Kristin L. Judging the Judges: Dispute Resolution at the Olympic Games. 30 BROOKLYN JOURNAL OF INTERNATIONAL LAW 1107 (2005).
- Sherwin, Peter, & Holinstat, Steven. Federal Court Rejects Russian Team's Attempt to Prevent Hockey Sensation Ovechkin from Playing in the NHL. 23 WTR ENTERTAINMENT & SPORTS LAW 3 (2006).
- Soek, Janwillem. The Court of Arbitration for Sport (1984–2004). The Hague: Asser International Sports Law Centre.
- United States Olympic Committee. Code of Conduct, 2006. http://assets.teamusa.org/assets/documents/attached_file/filename/13521/usoc_code_of_conduct_2.1.06_IN_EFFECT_update.6.24.09.pdf.
- Yasser, Raymond L., McCurdy, James R., Goplerud, C. Peter, & W

Course Name: Officiating & Coaching

Course Code: BBP402

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Demonstrate the correct officiating techniques.
2. Participate and Collaborate in officiating scenarios and appropriate discussions.
3. Understand the concept of coaching and its contribution to maximize performance.
4. Officiate the games at national levels.

Course Content

UNIT I

15 Hours

Introduction: -

1. Meaning, Importance, Principles of Officiating. Financial and Legal aspect of officiating.
2. Quality and Qualifications of good official, Relationship of official and Players, duties of an official.
3. Personal preparation of official, preliminary preparation (Pre game, during game, after game time), improving and standard of officiating.

UNIT II

14 Hours

Coaching: -

1. Definition, Purpose, Principles, need and importance of coaching –
2. Principles of Training, Relationship between training and coaching. Characteristics of coach, Qualification and qualities of coach.
3. Role of Coach as a leader, follower, friend, counselor. Method of player's selection.

UNIT III

16 Hours

Requisites of a champion: -

1. Ability, interest, fitness, pride and determination –
2. Basic Principles and planning of training schedule,
3. Analysis of individual and team performance. The use of Psychology in coaching.

UNIT IV

15 Hours

Lay out -

1. Track and Field,
2. Football, Basketball, Volleyball, Hockey, Kho-Kho, Kabaddi, cricket, Handball, Softball, Netball, Throw ball, Badminton, table tennis, lawn tennis, ball-badminton, Swimming, Wrestling, Boxing, judo, Archery.
3. Rule and Regulation: - Athletics, Football, Basketball, Volleyball, Hockey, Kho-Kho, Kabaddi, cricket, Handball, Softball, Netball, Throw ball, Badminton, table tennis, lawn tennis, ball-badminton, Swimming, Wrestling, Boxing, judo, Archery, Weight lifting, Power lifting with score sheet and Awards.
4. History and Marking of all Ground of outdoor & indoor.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. University of London Press, London
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York.
- Brar. T. S. (2002). *Officiating techniques in Track and Field*. Bhargava Press, Gwalior

Course Name: Yoga

Course Code: BBP403

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understand the Concepts of Yogic practices and Asana.
2. Display the knowledge of Upanisadas and importance in one's life.
3. Perform various asanas with reference to physical education and sports.
4. Understand the therapeutic values of yoga.

Course Content

UNIT I

14 Hours

Yoga:

1. Meaning, Concept and Misconception of yoga. Relationship between yoga and physical education.
2. Historical background of yoga. Relevance of yoga in modern life. Yoga as a discipline of life. Mode of living,
3. Culture of yoga (only centre ideas) : - Raj yog, Bhakti Yog, GyanYog, karm Yog.

UNIT II

15 Hours

Hatha Yoga Philosophy –

1. Astanga Yoga with special reference: -
2. Yam, Niyam, Asan, Pranayam. Types of asanas and Pranayamas
(1) Suryabhedhi (ii) Ujjai (iii) Bhastrika

UNIT III

15 Hours

Shat Karma:

1. Personal hygiene of yoga
2. Six Purifactory method of yoga: -Neti, Dhoti, Vastra, Nauli, Gajkarma, Kunjal,

3. Kapalbhathi. Bandhas, mudras and chakras of yoga. Recent advances in yoga education.
4. Yoga as a science.

UNIT IV**16 Hours**

Therapeutic values of Yogic practices –

1. Corrective values of yoga. Educational Values of yoga.

Practical Work:

1. Neti-Jal and Sutra
2. Dhauti-Dand and Vastra
3. Kapalbhathi
4. Nauli

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Debnath, M. (2006-2007) *Basic Core Fitness through Yoga and Naturopathy*. Sports Publication, Darya Ganj.
- Harvey, Paul., (2001) *Yoga for Everybody* Tucker Slingsby Publisher Ltd.
- Iyengar, B.K.S. (1982) *The Illustrated Light of Yoga* Great Britain.
- Osho. *A Rebel Book*. Tao Publishing, Pune.

Course Name: Sports Club Management (Discipline Elective)

Course Code: BBP404

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Comprehend the factors influencing the functioning of a sports club
2. Identify the concepts required for promotion of sports club
3. Learn the advertising strategies
4. Understand the market trend in sports

Course Content**UNIT I****14 Hours**

Basic Marketing Concept

1. Definition, Nature, Scope and Importance of Marketing.

2. Approaches to the study of Marketing. iii) Marketing Mix – its importance.
3. Environmental factors affecting marketing.
4. Market Segmentation – Basis, evaluation and selection.
5. Sports Marketing – Concept and major elements.
6. Sports Marketing Mix.
7. Factors influencing the sports market segmentation.
8. Role of event, sponsor and fan in sports marketing.
9. Future of Sports Marketing.

UNIT II**09 Hours**

Promotion of Sports

1. Promotion: need and importance.
2. Promotional Methods and its determinants.
3. Sales Promotion – concept, types, objectives, tools & techniques, advantages & disadvantages.
4. Promotion of sports – different measures and their importance.
5. Different steps taken by the Indian Government to promote sports.

UNIT III**12 Hours**

Advertisement

1. Advertising – concept & objectives.
2. Advertising copy – main steps in copy development.
3. Evaluation of advertising effectiveness.
4. Advertisement Cost.
5. Advantages and limitations of major advertising media.
6. Effect of media broadcasting on sports

UNIT IV**10 Hours**

Strategic Marketing planning for sports

1. Differentiating the market offering - tools for competitive differentiation.
2. Positioning the market offering - developing a positioning strategy.
3. Cost – effective marketing strategy.
4. Strategic marketing planning process for sports.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Marketing Management – Rajan Saxena, TMH.
- Marketing Management – Sisir Kr. Bhattacharyya, National Publishing House.

- Marketing Management – Debraj Datta & Mahua Datta, Vrinda Publication. iv) Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice Hall

Course Name: Sports Science (Discipline Elective)
Course Code: BBP405

L	T	P	Cr
3	0	0	3

Course Outcomes

1. The student would be able to understand the type of exercise
2. Students will be learn about requirement for different groups of people as per their needs.
3. Students would be able to devise effective exercise program as par the need of the individual.

Course Content

UNIT I

09 Hours

Exercises and their Types

1. Meaning and definition of exercise
2. Types of exercises- Aerobics, Anaerobic and Conditioning
3. Importance of warming up, cooling down and stretching
4. Therapeutic exercises and their principles

UNIT II

10 Hours

Weight management & Gym Exercises

1. Understanding body weight, components of body weight and ideal weight.
2. Fat burning exercises and their variations.
3. Gym training exercises for weight loss and strengthening
4. Dance, Aerobics, cycling and swimming for weight loss.

UNIT III

12 Hours

Exercises and Elderly People

1. Understanding aging and characteristics
2. Need and importance of exercises in aged people.
3. Principles and precautions while giving exercises to elderly people.
4. Type of exercises and recreational activities for elderly people.

UNIT IV

14 Hours

Exercises for special needs

1. Exercises for rehabilitations after injuries.
2. Exercise for diabetics, Exercises during & after Pregnancy

3. Exercises for casuals and weekenders.
4. Exercises for recreations and kids.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Robert A. Robergs, Steven J. Keteyian (2003), Fundamentals of Exercise Physiology: For Fitness, Performance, and Health, Volume 1- McGraw-Hill
- Dympna Pearson (2012), Weight Management: A Practitioner's Guide, ISBN- 1405185597 ASCM and Arnold Schwarzenegger (2003), ASCM Fitness Book
- David Nordmark (2015), Workout Routines- Exercise workout routines.
- Frederic Delavier (2010), Strength Training Anatomy
- Jenny Allan (2013), The Ultimate Body building Diet, Nutrition and Workout Plan for Men and Women.
- Joseph Kandel and Chritine A Adamec (2003), The Encyclopaedia of Senior Health and Wellbeing.

**Course Name: Sports Infrastructure Development
(Discipline Elective)
Course Code: BBP406**

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Explain sports engineering, equipment and facility designing of sports related instruments in Physical Education.
2. Define the mechanical principles in general body movements.
3. Define Kinematics and Kinetics of particles and develop understanding of theoretical analysis of various components of cost and taxation.
4. Formulate the design and development, requirements, building process, and maintenance policy of the sports infrastructure

Course Content

UNIT I

09 Hours

Introduction to Sports Engineering and Technology:

1. Meaning of sports engineering.
2. Human motion detection and recording
3. Human performance, assessment, equipment and facility designing.
4. Sports related instrumentation and measurement

UNIT II**10 Hours**

Mechanics of Engineering

1. Concept of internal force, axial force, shear force, bending movement, torsion.
2. Energy method to find displacement of structure and strain energy.
3. Biomechanics of daily and common activities – Gait, Posture, Body levers and Ergonomics. Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

UNIT III**12 Hours**

Sports Dynamics and Facility life cycle costing

1. Introduction to Statics, Dynamics and Kinematics motion.
2. Introduction to particles – rectilinear and plane curvilinear motion coordinate system.
3. Kinetics of particles – Newton's laws of Motion, Work, Energy, Impulse and momentum.
4. Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation.

UNIT IV**14 Hours**

Building and Maintenance

1. Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. (Online)
2. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echofree), Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. (Online)
3. Building process: - design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurbish, demolish. (Online)
4. Maintenance staff, financial consideration, Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987). Selection of Engineering Materials. Butterworth Heiremann.

- Eric C. (2010). Sports Facility Operations Management . Routledge.
- Finn, R.A. and Trojan P.K. (1999). Engineering Materials and Their Applications. Jaico Publisher.
- Franz K. F (2007). The Impact of Technology on Sports II. Springer Science & Business Media

Course Name: Game Specialization-IV**Course Code: BBP407**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Understand the rules of any one game from volleyball, softball, boxing and yoga.
2. Demonstrate the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Demonstrate officiating signals of the game

Course Content**UNIT I****60 Hours**

1. Volleyball, Softball, Boxing, Yoga

Course Name: Gymnastic -IV**Course Code: BBP408**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Understand the rules of gymnastics.
2. Develop skills in Demonstration and assessment of various techniques of Roman ring and Uneven Bar.
3. Acknowledge the basic and advanced techniques of the game
4. Demonstrate officiating signals of the game.

Course Content**UNIT I****60 Hours**

1. Roman ring for Boys, Uneven Bar for Girls.

Course Name: Track & Field-IV**Course Code: BBP409**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Develop skills in starting and finishing techniques of Throwing events
2. Demonstrate the skills in ground marking and officiating in real game situation
3. Understand and appraise the rules & regulations of Throwing events
4. Apply Biomechanics principles during throwing events.

Course Content**UNIT I****60 Hours**

1. Throwing Events

Course Name: Teaching Practice-I (Theory Lesson)**Course Code: BBP410**

L	T	P	Cr
0	0	2	1

Course Outcomes

1. Understand the fundamentals of teaching practice.
2. Prepare and maintain records in the school.
3. Demonstrate the assessment work done in the school
4. Participate in co-curricular and extracurricular activities organized in the schools.

Course Content**UNIT I****60 Hours**

1. Theory Teaching Lesson Plans :-10 lessons 5 internal and 5 external

Course Name: Wellness Training (VAC)**Course Code: BBP417**

L	T	P	Cr
2	0	0	2

Course Outcomes

1. Understand the importance of physical and mental wellness.
2. Acknowledge the importance of wellness for professional development.
3. Design a weight management program.
4. Assess fitness level and prescribe exercises accordingly.

Course Content**UNIT I****08 Hours**

1. Introduction - Meaning and Definition Wellness
2. Components of Wellness

UNIT II**07 Hours**

1. Need and Importance of Wellness
2. Factors affecting Wellness.

UNIT III**08 Hours**

1. Fitness, Types and Components of Fitness,
2. Exercise Prescription for Anaerobic, Aerobic Capacities.

UNIT IV**07 Hours**

1. Behavioural change and wellness.
2. Recreational Games.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Michelle Sutton-Kerchner (2019) <http://fitnessandwellnessnews.com/healthystress-management/>
- Muktibodhananda Swami (1998) *Hatha Yoga Pradipika*, The Yoga Publication: Bihar.
- Nanette E. Tummers (2013) *Stress Management: A Wellness Approach*, Human Kinetics
- Rujuta Diwekar (2009) *Don't Lose Your Mind, Lose Your Weight*, Random House India: Mumbai.

Semester 5th**Course Name: Sports Biomechanics****Course Code: BBP501**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Comprehend the laws of physics and identify their role in human body locomotion.
2. Grasp the anatomical and biomechanical bases of human movement
3. Recognize the physiological bases of human movement
4. Identify role of Biomechanics in exercise and games

Course Content**UNIT I****14 Hours**

Introduction:

1. Meaning, nature, role and scope of applied kinesiology and Sports Biomechanics.
2. Meaning of axis and planes,
3. Dynamics, kinematics, kinetics, Statics.
4. Centre of gravity, Line of gravity,
5. Plane of the body and axis of motion, Vectors and Scalars.

UNIT II**15 Hours**

Muscle Action:

1. Structural classification of muscles, characteristics of muscle tissue, muscles fiber types,
2. Reciprocal innovation, all or none law,
3. Types of muscles contraction, Role of muscles,
4. Angle of pull, Two-joint muscles, Reflex-action,
5. Muscle tone. Origin, insertion and action of muscles. Pectoral is major and minor, deltoid, biceps, triceps (Anterior and Posterior).

UNIT III**15 Hours**

Motion and Force:

1. Meaning and definition of motion.
2. Types of motion: Linear motion, angular motion, circular motion, uniform motion.

3. Principals related to the law of Inertia, law of acceleration and law of counter force.
4. Meaning and definition of force, sources of force, force components. Force applied at an angle pressure.
5. Centripetal force centrifugal force. Friction: Buoyancy. Spin.

UNIT IV**16****Hours**

Projectile and Lever:

1. Freely falling bodies: Projectiles, equation of projectiles,
2. Stability, factors influencing equilibrium, guiding principles for stability, static and dynamic stability.
3. Meaning of work, power, energy, kinetic energy and potential energy.
4. Lever age, classes of lever, practical application. Water resistance, Air resistance, aero dynamics.

Movement Analysis:

1. Analysis of movement: Types of analysis, Kinesiological, Biomechanical.
2. Cinematographic .Methods of analysis–qualitative, quantitative, predictive.
3. Principles and Analysis of following movement (Throwing, Striking, Jumping Squat, Dead Lift).

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Deshpande, S.H. (2002). *ManavKriyaVigyan–Kinesiology* (Hindi Edition). Amravati.
- Hanuman VyayamPrasarakMandal.
- Hoffman, S.J. (2005). *Introduction to Kinesiology*. Human Kinesiology publication In..
- Steven Roy, & Richard Irvin. (1983). *Sports Medicine*. Prentice Hall Inc., New Jersery.
- Thomas. (2001). *Manual of structural Kinesiology*. McGraw Hill, New York.
- Uppal, A. K. & Lawrence, Mamta. (2004). *MP Kinesiology*. Friends Publication, India.
- Uppal, A. (2004). *Kinesiology in Physical Education and Exercise Science*. Friends publications, Delhi.
- Williams, M. (1982). *Biomechanics of Human Motion*. Saunders Co, Philadelphia.

Course Name: Introduction of Sports Schemes**Course Code: BBP502**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Exploring various career paths in sports, such as professional athletes, coaches, sports management, sports medicine, and sports journalism.
2. Inviting guest speakers from the sports industry to share their experiences and provide insights into different career options.
3. Guiding students on resume building, college applications, and scholarship opportunities related to sports.
4. Offering subject credits based on exceptional individual performances or leadership roles in sports teams.

Course Content**UNIT I****16 Hours****Introduction to the Sports Scheme Subject Credit Program:**

- Overview of the program's objectives, guidelines, and benefits.
- Explanation of the process for earning subject credits through sports achievements.
- Introduction to the evaluation and credit allocation process.

UNIT II**14 Hours****Sports Activities and Participation:**

- Introduction to various sports disciplines and fitness programs.
- Students' active participation in selected sports activities.
- Emphasis on skill development, technique, and rules of the chosen sports.
- Structured practice sessions and drills to enhance proficiency.

UNIT III**15 Hours****Sports Performance Evaluation:**

- Evaluation criteria for sports achievements, such as tournaments, competitions, and leadership roles.
- Methods of assessing individual and team performances, including scoring, timing, and qualitative assessments.
- Providing constructive feedback to help students improve their skills and performance.
- Emphasizing the importance of fair play, sportsmanship, and ethical conduct.

UNIT IV**15 Hours****Academic Integration:**

- Recognition of subject credits and their contribution to the academic transcript.

- Explanation of how sports achievements can positively impact the overall GPA or academic evaluation.
- Guidelines for credit transferability to other educational institutions.
- Incorporating sports-related topics into academic assignments or projects to foster interdisciplinary learning.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

Course Name: Sports Training

Course Code: BBP503

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Design and implement sports training Programmes.
2. Identify the skills and fitness specific to a particular sport.
3. Appreciate and execute strategic play.
4. Demonstrate leadership skills.

Course Content

UNIT I

16 Hours

Introduction to sports training –

1. Definition, Meaning, Aims and need of sports training,
2. Characteristics and Principles of sports training.
3. Planning: - Meaning, principals and types of training plan.

UNIT II

14 Hours

Training Load, Over Load and Conditioning.

1. Training load: - factors affecting of load frequency, intensity, density, frequency.
2. Over load: - concept, types, causes, Symptoms, and Tackling of overload.
3. Conditioning: - Meaning, definition, and importance.

UNIT III

15 Hours

Training for important motor component: -

1. Strength, speed, endurance, flexibility coordinative ability. Their definition, types and specific training methods.

2. Methods of Training: Weight training, Circuit training, Interval training, Fartlek training. Periodization: Meaning, Types, Aims, Training cycle.

UNIT IV

15 Hours

Technical preparation: -

1. Fundamental and method for the development of technique.
2. Tactical preparation: - concept, methods of Tactical training.
3. Warming up and cooling down: meaning, types, method and importance

Practical Work:

1. Endurance Training(12 Min Run Walk Test)
2. Strength Training (Standing Broad Jump, sergeant Jump)
3. Speed Training & Agility (50 Meter Dash, Shuttle Run, Dodging Run Test)
4. Flexibility training (Sit and Reach, Floor Touch, Bridge test)

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Haff, G.G and Triplett.N.(2016).*Essential of Strength Training and Conditioning Human Kinetic*. USA.
- Beachle. Thomas. R. Roger. W.(2008). *Essentials of Strength Training and Conditioning*.NSCA. USA
- Bompa,and Tudor. O.(1990). *Theory and methodology of training: The key to Athletic performance*,Kendall/Hunt, USA
- Bompa, Tudor. O. and Buzzichelli.C. (2015).*Periodization Training for sports*. USA.

Course Name: General Punjabi-II (Open Elective)

Course Code: BBP504

L	T	P	Cr
2	0	0	2

Course Outcomes

1. Display skills of sentence formation in Punjabi language in efficient manner.
2. Develop skills of writing official letter in Punjabi.
3. Gaining knowledge about Punjabi literature
4. Creative and literary aspects in the mind of reader

Course Contents

UNIT I**10 Hours**

1. 1960 s' fgZS'A dh eftskdk ;zrqfj ;zgddeirdhPf;zxg'qLnB[g ftoe.
 - 1H1) vk a jfoGiBf;zx,
 - 1H2) ;H;H whPk,
 - 1H3) irsko,
 - 1H4) fP;t e[wkopNkbth,
 - 1H5) ;zsokw T[dk;h,
 - 1H6) i'rkf;zx,
 - 1H7) bkb;zxfdb,
 - 1H8) ;[oihsgkso,
 - 1H9) doP;B p[ZNo,
 - 1H10) pbd/t f;zxuhwk
 - 1H11) i;tzsico.

UNIT II**10 Hours**

1. Bktb (jkDh)i;tzsf;zxzbtb.

UNIT III**03 Hours**

1. b/youBk

UNIT IV**07 Hours**

1. ftnkeoB
 - 4H1) nzro/ihs'AgzikphftunB[tkd
 - 4H2) ;pd dh gfoGk;kfby'
 - 4H3) ftekoh ns/ nfttekohPpd
 - 4H4) ft;/;D, fefonk ns/ T[; d/ G/d

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Course Name: Punjab History & Culture-II (Open Elective)

Course Code: BBP505

L	T	P	Cr
2	0	0	2

Course Outcomes

1. Understand the significance of Punjab history.
2. Understand the vast culture of Punjab
3. Critically analyze Punjab History.
4. Appreciate the contribution of Punjab people for independence.

Course Contents

UNIT I

10 Hours

Guru Nanak Dev's teaching and impact on society –

1. Developments of Sikhism (1539-1606) with special reference to Sangat, Masand System, Compilation of AdiGranth and Martyrdom of Guru ArjanDev.
2. Martyrdom of Guru TegBahadur; Foundation of Khalsa by Guru Gobind Singh.

UNIT II

10 Hours

Banda Bahadur and his achievements,

1. Ranjit Singh's rise to power, his civil and military administration.
2. Relationship between military administration of Ranjeet Singh and British
3. Society and Economy of the Punjab under Ranjit Singh.

UNIT III

05 Hours

Development of Punjabi Language and Literature –

1. Classical writing and famous legends of the Punjab.
2. Social life with special reference to position of women, fairs, festivals, folk music, dances and games in the Punjab.
3. Sikh Struggle for sovereignty in the Punjab, 1716 to 1799.

UNIT IV

05 Hours

The Anglo-Sikh Wars and Annexation of the Punjab –

1. The Development of Punjabi Language and Literature, classical writings and famous legends of the Punjab.
2. Social life with special reference to position of women, fairs, festival, folk music, dance and games in the Punjab.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Singh.K.(1990).*History and Culture of the Punjab, Part-II*. Patiala,
- Singh.F.(1972).*History of the Punjab.Vol. I*. Patiala
- Chhabra.G.S.(1970).*The Advanced History of the Punjab. Vol.I*.New Delhi
- Grewal.J.S.(1990).*The new Cambridge History of India.The Sikhs of Punjab*. Hyderabad
- Singh.K.(1469-1839).*A History of the Sikhs*. New Delhi
- Narang .G.C.(1960).*Transformation of Sikhism*, New Delhi

**Course Name: Professional Ethics in Physical Education
(Discipline Elective)
Course Code: BBP506**

L	T	P	Cr
3	0	0	3

Course Outcomes

1. To develop an understanding of ethical principles and values in physical education.
2. To enhance decision-making skills in ethical dilemmas related to sports and physical education.
3. To promote professional conduct and responsible coaching practices.
4. To cultivate sportsmanship, fair play, and integrity in sports.

Course Content

Unit I

14 Hours

Introduction to Professional Ethics in Physical Education

1. Overview of the course objectives and significance of ethics in physical education.
2. Introduction to ethical principles and their application in sports and physical education contexts.

Unit II

13 Hours

Ethical Principles in Sports and Physical Education

1. Examination of ethical principles such as fairness, integrity, respect, and responsibility.
2. Analysis of case studies highlighting ethical issues in sports and physical education.
3. Discussions on the importance of ethical behaviour and its impact on the learning environment.

Unit III

10 Hours

Sportsmanship and Fair Play

1. Understanding the concepts of sportsmanship and fair play.
2. Exploring the role of sportsmanship in promoting respect, teamwork, and healthy competition.
3. Analysis of real-life examples of sportsmanship and fair play in various sports contexts.

Unit IV**08 Hours****Ethical Decision-Making in Physical Education**

1. Introduction to the decision-making process and ethical frameworks.
2. Analysis of ethical dilemmas in physical education and sports.
3. Practice in applying ethical reasoning and making informed decisions in challenging situations.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

Course Name: Cardio Pulmonary Resuscitation (Discipline Elective)

Course Code: BBP507

L	T	P	Cr
3	0	0	3

Course Outcomes

1. This course will teach the student how to recognize an emergency and how to respond.
2. The student will be prepared to make appropriate decisions regarding first aid care
3. How to provide care for injuries or sudden illness until professional medical help arrives.
4. Upon completion of this course, student will be eligible for National Safety Council Certification in Advanced First Aid, CPR and AED.

Course Content**UNIT I****14 Hours****Cardiopulmonary Resuscitation (CPR)**

1. Meaning and definition of cardiopulmonary resuscitation
2. Importance of cardiopulmonary resuscitation in the field of physical education
3. The Human Body
4. Acting in an Emergency

UNIT II**08 Hours**

1. Airway Obstructions

2. Controlling Bleeding
3. Wounds and Soft Tissue Injuries

UNIT III**13 Hours**

1. Burns
2. Sudden Illness
3. Poisoning

UNIT IV**10 Hours**

1. Acting in an Emergency
2. Shock
3. Cold and Heat Emergencies

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Bachelor of Sports Management Syllabus(Revised)'2008 2. Chandan, JS : Management – Concepts and Strategies, Vikas Publishing
- Daft, RL : Management, Thomson 4. Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201,
- Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.4. David Nordmark (2015), Workout Routines- Exercise workout routines.

Course Name: Computer Application (Discipline Elective)

Course Code: BBP508

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Understand the basics of computer hardware and software.
2. Implement the knowledge about the applications of computers in physical education.
3. Apply logical skills to Programming in a variety of languages.
4. Demonstrate the skills in utilizing web technologies.

Course Content**UNIT I****10 Hours**

History and Basics of Computer –

1. Brief history of development of computers.
2. Generations of computers.Types of PCs-Desktop, Laptop, Notebook, Laptop, Workstations etc.
3. Basic components of a computer system.Memory- RAM, ROM, and other types of memory.

UNIT II**12 Hours**

Computer Software & hardware –

1. Using Mouse and moving icons on the screen. My Computer, Recycle Bin, Status Bar.Start-menu selection, running an application.
2. Window Explorer to view files, folders and directories, creating and Renaming of files and folders. Operating and Closing of different Windows, Minimize, Restore and Maximize forms of windows.

Basic components of a window:

1. Desktop, Frame, Title Bar, Menu, Bar, Status Bar, Scroll Bars, Using right button of the Mouse. Creating shortcut, Basic Windows Accessories: Power Point, Presentation, Notepad, Paint, Calculator, Word pad, using Clipboard.

UNIT III**09 Hours**

MS excel, Mail, Internet –

1. Introduction of MS Excel.Internet- Create account on any mail,
2. Uses of Internet.
3. Types of Word Processor

UNIT-IV**14 Hours**

Creating and Saving a documents, Editing and Formatting –

1. **C**hanging color, Size Font, alignment of text, Formatting paragraphs with line or paragraph spacing, adding,
2. Headers and footers, numbering pages. Using grammar and spell check utilities, etc., printing a document.
3. Inserting Word Art, Clipart and Pictures, Page Setting, Bullet and Numbering, Borders, shading Format Painter find and replace.

Practical Work:

1. Visit to Computer lab: Identification and familiarization of computer components and peripherals.
2. Demonstration of computer operation. Familiarization with keyboard and switches. Demonstration of Printer Controls.
3. Practical of MS-Office(word, PowerPoint, excel) : Loading of papers of printer, creating a document, editing, copy, move, sentence/blocks, tab setting, search formatting of output and printing. Use of continuous stationary and loose sheets.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Sinha, P.K. (1980). *Introduction to Computer*
- Subramanian.(1890). *Introduction to Computers*, Tata McGraw Hill.
- Kumar, S.K. (2004)*Computer Education Patiala: Twenty First Century Publishers*

Course Name: Game Specialization-V

Course Code: BBP509

L	T	P	Cr
0	0	4	2

Course Outcome

1. Understand the rules of any one game from hockey, netball, judo and weight lifting
2. Demonstrate the measurements for these games.
3. Acknowledge the basic and advanced techniques of the game.
4. Demonstrate officiating signals of the game.

Course Content

UNIT I

60 Hours

1. Hockey, Netball, Judo, Weight lifting

Course Name: Gymnastic-V

Course Code: BBP510

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Understand the rules of gymnastics.
2. Develop skills in demonstration and assessment of various techniques of Uneven Bar and horizontal bar.
3. Acknowledge the basic and advanced techniques of the game.
4. Demonstrate officiating signals of the game.

Course Content

UNIT I

60 Hours

Uneven Bar, Pommel horse for Boys, Horizontal Bar for Girls

Course Name: Track & Field -V

L	T	P	Cr

Course Code: BBP511

0	0	4	2
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Course Outcomes

1. Develop skills in starting and finishing techniques of Decathlon, Heptathlon, Pentathlon events.
2. Demonstrate the skills in ground marking and officiating in real game situation.
3. Understand and appraise the rules & regulations of Throwing events.
4. Successfully conduct these events

Course Content**UNIT I****60 Hours**

1. Competitive walk & Steeple Chase, Decathlon, Heptathlon, Pentathlon (Any One)

Course Name: Teaching Practice-II (General Lesson)**Course Code: BBP512**

L	T	P	Cr
0	0	2	1

Course Outcomes

1. Understand the fundamentals of teaching practice.
2. Prepare and maintain records in the school
3. Demonstrate the assessment work done in the school
4. Participate in co-curricular and extracurricular activities organized in the schools

Course Content**UNIT I****60 Hours**

1. 10 teaching practice lessons in institution.
2. Project: (Non Credit)Preparation and presentation of annual report, conduct of annual athletic meet /Intramural, play days, camping

Semester 6th**Course Name: Fundamental of Research in Phy. Edu.****Course Code: BBP601**

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Apply the knowledge of phy edu that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.
2. Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.
3. Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.
4. Recognition of the need for and an ability to engage in continuing professional development.

Course Content

UNIT I

15 Hours

Introduction to Research

1. Definition of Research.
2. Need and importance of Research in Physical Education and Sports.
3. Scope of Research in Physical Education & Sports.

UNIT II

15 Hours

Survey of Related Literature

1. Need for surveying related literature.
2. Literature Sources, Library Reading.
3. Research Proposal, Meaning and Significance of Research Proposal.

UNIT III

14 Hours

Basics of Research Problems

1. Classification of Research.
2. Research Problem, Meaning of the term, Location and
3. Criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

UNIT IV

16 Hours

Research proposal

1. Preparation of project.
2. Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc.
3. Submit the report to the institution.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
- Bompa, T. O. & Haff, G. G. (2009).
- Periodization: theory and methodology of training, 5th ed. Champaign, IL: Human Kinetics. Brown, L. E., & Ferrigno, V. A. (2005).
- Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics. Brown, L.E. & Miller, J., (2005).
- How the training work. In: Training Speed, Agility, and Quickness. Brown, L.E. & Ferrigno, V.A. & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics. Carl, E. K., & Daniel, D. A. (1969).
- Modern principles of athletes training. St. Louis: St. Louis's Mosby Company. Clark, H. H., & Clark, D. H. (1975).

Course Name: Test, Measurement and Evaluation in Physical

Course Code: BBP602

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Understanding the need & importance of test, measurement and evaluation in physical education
2. Acquiring the knowledge about administration of different motor fitness and physical fitness tests
3. Knowledge of anthropometric measurements.
4. Skilled in interpretation of the results of above tests.

Course Content

UNIT I

16 Hours

Introduction: -

1. Meaning & definition of test, measurement and evaluation. Importance of measurement and evaluation in physical education.
2. Organization and administration of tests results. Presentation and interpretation of tests results. Construction & Characteristics of an effective test: validity, reliability, objectivity, economy, standard norms.
3. Test for motor fitness: Indiana motor fitness test (for elementary and high school boys, girls and college men), Oregon motor fitness Test

UNIT II

14 Hours

Physical (General) Fitness Test: -

1. Sergeant Test, Kraus Webber test, Rogers strength test.
2. Motor fitness test: - J.C. R. test,
3. AAPHER's youth fitness test. Cardio-vascular test: - Harvard step test, 12 minute walk and Run test.

UNIT III

15 Hours

Motor ability test: -

1. Newton test, Barrow test, Cozantest.
2. Motor Educability test: - Metheny Johnson test. Iowa brace test.
3. Sports skill test: - Basketball (Harrison Basketball battery). Badminton (/Lockhart and McPherson Badminton test).

UNIT IV

15 Hours

Hockey (Schmithals-French Achievement test).

1. Soccer (Warner test of soccer skills).
2. Volleyball (Helmen Volley ball test).
3. Lawn Tennis (Sherman united consecutive Rally test).
4. Basketball: Johnson basketball test. Mc-Donald volley soccer test. Tennis: Dyer tennis test.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Vijayalaksmi, M.(2006).*Evaluation in Physical Education*. Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar
- MadhuriT .W. (2006).*Measurement and Evaluation in Physical Education*. Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar
- Mishra, S.C. (2005). *Test and Measurement in Physical Education*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj
- McCloy, C.H.(2004) . *Test and Measurement in Physical Education*. Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar

Course Name: General English-II

Course Code: BBP603

L	T	P	Cr
4	0	0	4

Course Outcomes

1. Acquiring the skills of reading, writing, speaking and listening
2. Develop and improve core English skills for work, study and pleasure
3. Understanding the importance of language as a course in life
4. knowledge of spoken accuracy and pronunciation

Course Content

UNIT I

20 Hours

Vocabulary: -

1. Course and Predicate,
2. Object and complement,
3. Proverb,
4. One word Substitution

UNIT II

20 Hours

Grammar and Usage:

1. Voices (Active/Passive) ,
2. Tense,
3. Direct/ Indirect Speech,
4. Syntax: course verb agreement

UNIT III

20 Hours

Correspondence/ Composition –

1. Resume, Curriculum Vitae,
2. Bio-data.
3. Notice Writing,
4. Paragraph Writing

The following poems are refer from book “FLIGHT OF FANCY”

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Fort.R. *William word worth.& Stopping by Woods on a snowy- evening*
- Milton. J. *Native land- sir Walter Scott.& on his Blindness*
- Crowbell. T. *The River of life*

Course Name: Pilot study/Research

L	T	P	Cr
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Course Code: BBP604

2	0	0	2
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Course Outcomes

1. Carry out a substantial research-based project.
2. Demonstrate capacity to improve student achievement, engagement and retention.
3. Demonstrate capacity to lead and manage change through collaboration with others.
4. Demonstrate an understanding of the ethical issues associated with practitioner research.

Course Content**UNIT I****30 Hours**

1. A pilot study is the first step of the entire research protocol and is often a smaller-sized study assisting in planning and modification of the main study
2. More specifically, in large-scale clinical studies, the pilot or small-scale study often precedes the main trial to analyze its validity.
3. Students are advised to prepare any pilot research.

Course Name: Remedial and Massage (Discipline Elective)**Course Code: BBP605**

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Knowledge of Physiological, Chemical and Psychological effects of massage on human body
2. Gaining skill in different techniques of massage and their effects on human body.
3. Understanding the role of massage in games and sports.
4. Study about the introduction and history of remedial massage

Course Content**UNIT I****09 Hours**

Introduction of Massage –

1. Meaning, definition, Importance of Remedial and Massage.
2. Brief history of massage exercise and Principles of application of Massage.
3. Role of massage in game & sports.

UNIT II**10 Hours**

Manipulation and movement: -

1. Classification of the manipulations and movements used in massage effects of each & type of manipulation of the different system of the human body
2. Classification of Movements (active movements, passive movements) and their effective use.
3. Manipulations and movement of Massage : - Classification of the manipulations and movements used in massage and their effects on human body.

UNIT III

12 Hours

Indications and contraindications of massage movement –

1. The Effleurage Movement ,its application and benefits.
2. Techniques of Massage: - Classification of Techniques of Massage
3. Stroking, Pressure, Percussion and Vibratory etc.. And their importance and application on human body.

UNIT IV

14 Hours

Practical Work:

1. Massage Movement on the different Parts of body.
2. Rehabilitation Exercises

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Mary V. L. (1956). *Massage and Medical Gymnastics*
- Tidy (1976). *Massage and Remedial Gymnastics*
- Joke Ernest. *Scope of Exercises in Rehabilitations.*
- Joke Ernest. *Philosophy of Exercises.*
- Horns Kans. *Therapeutic Exercises.*

Course Name: Sports Medicine (Discipline Elective)

Course Code: BBP606

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Demonstrate a breadth of knowledge across the spectrum of the exercise sciences and a deeper understanding in the areas of physiology, motor behaviour and biomechanics.

2. Apply the scientific method in order to understand, evaluate, and/or solve problems in the exercise sciences
3. Use the central components of a liberal education, including critical thinking, information literacy, oral and written communication,
4. Quantitative reasoning skills in analysing problems in the exercise sciences

Course Content

UNIT I

12 Hours

Sports Medicine

1. Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
2. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
3. Need and Importance of the study of sports injuries in the field of Physical Education.
4. Prevention of injuries in sports – Common sports injuries – Diagnosis.
5. First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

UNIT II

10 Hours

Basic Rehabilitation

1. Basic Rehabilitation, Strapping/tapping, definition, principles precautions contraindications.
2. Proprioceptive neuro muscular facilitation: Definition hold, relax, repeated contractions.
3. Show reversal technique exercises. Isotonic, Isokinetic, Isometric.
4. Stretching: Definition, types of stretching, advantages, dangers of stretching, manual muscle grading.

UNIT III

09 Hours

Upper Extremity Injuries and Exercise

1. Upper limb and thorax injuries: Shoulder- sprain, strain, dislocation, and strapping. Elbow- sprain, strain, strapping. Wrist and Fingers- sprain strain, strapping. Thorax, Rib fracture.
2. Breathing exercises, relaxation techniques, freeh and exercise, stretching and strengthening exercise for shoulder, elbow, wrist and hand.
3. Supporting and aiding techniques and equipment for upper limb and thorax injuries.

UNIT IV

14 Hours

Lower Extremity Injuries and Exercise

1. Lower limb and abdomen injuries: Hip- adductor strain, dislocation, strapping. Knee- sprain, strain, strain, strapping. Ankle- sprain, train, strapping. Abdomen- Abdominal wall, contusion, abdominal muscle strain. Free exercises–Stretching and strengthening.

2. Exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for lower limb and abdomen injures.

Practical lab:

1. Practical and visit to physiotherapy centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, visit to TV centre etc. should be planned internally.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
- James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C.V. Mosby Company.
- Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
- Pande.(1998).Sports Medicine. New Delhi: Khel Shitya Kendra
- The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.
- Practical: Anthropometric Measurements,

Course Name: Sports Journalism (Discipline Elective)

Course Code: BBP607

L	T	P	Cr
3	0	0	3

Course Outcomes

1. Comprehend the history and development of communication at various levels of the society and its role with respect to modern day technology.
2. Understand and apply the principles and laws of freedom of speech and incorporate this fundamental right when functioning at different political structures.
3. Understand the basics of journalism and recognize the contributions of the renowned journalists to the field of print media
4. Demonstrate an elementary knowledge of the role and importance of communication at media platforms

Course Content

UNIT I

12 Hours

Introduction

1. Meaning and definition of journalism, ethics of journalism, canons of journalism.
2. Sports ethics and sportsmanship, reporting sports events.
3. National and International sports news agencies.

UNIT II

10 Hours

Sports Bulletin

1. Concept of sports bulletin: Journalism and sports education, structure of sports bulletin, compiling a bulletin, types of bulletin.
2. Role of journalism in the field of physical education.
3. Sports as an integral part of physical education, sports organization and sports journalism, general news reporting and sports reporting.

UNIT III

09 Hours

Mass Media

1. Mass media in journalism: Radio and T.V. commentary, running commentary on the radio.
2. Sports expert's comments, role of advertisement in journalism.
3. Sports photography, equipment, editing, publishing.

UNIT IV

14 Hours

Report Writing on Sports

1. Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games.
2. Preparing report of an annual sports meet for publication in news paper.
3. Organizations of press meet.

Note:

1. Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Album collection of sports news.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning

Suggested Readings

- Ahiya B.N. (1988) Theory and Practice of Journalism: Setto Indian context Ed3. Delhi: Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New

Delhi: Surjeet Publication

- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haran and Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K(2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K.(1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
- Venkataiah. N(2009)ValueEducation,-
NewDelhi:APHPublishingCorporation.43

Course Name: Game Specialization-V

Course Code: BBP608

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Demonstrate officiating signals of the game.
2. Acknowledge the basic and advanced techniques of the game.
3. Demonstrate the measurements for these games
4. Understand the rules of any one game from Handball, Throw ball, Power lifting and Yoga

Course Content

UNIT I

60 Hours

1. Handball, Throw ball, Power lifting, Yoga

Course Name: Gymnastic -V

Course Code: BBP609

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Develop skills in athletic events and gymnastics.
2. Acknowledge the basic and advanced techniques of the game.
3. Demonstrate officiating signals of the game.
4. Understand the rules of gymnastics.

Course Content**UNIT I****60 Hours**

1. Artistic Gymnastic, Rhythmic gymnastic

Course Name: Track & Field-V**Course Code: BBP610**

L	T	P	Cr
0	0	4	2

Course Outcomes

1. Conduct the events according to the IAAF rules and regulations.
2. Understand and appraise the rules & regulations of track marking.
3. Demonstrate the skills in ground marking and officiating in real game situation.
4. Conduct sports events smoothly

Course Content**UNIT I****60 Hours**

1. Track Marking and Event Specialization

Course Name: Teaching Practice-II (Athletics)**Course Code: BBP611**

L	T	P	Cr
0	0	2	1

Course Outcomes

1. Understand the fundamentals of teaching practice.
2. Prepare and maintain records.
3. Demonstrate the assessment work done.
4. Participate in co-curricular and extracurricular activities organized.

Course Content**UNIT I****60 Hours**

1. Teaching Practice Lesson Plans:-10 lessons 5 internal and 5 external