

GURU KASHI UNIVERSITY



Bachelor of Physical Education and Sports

Session: 2023-24

Department of Physical Education

Graduate Outcomes of the Programme:

This Programme able to evolve solutions for complex sports related problems attributing to the practice research-based knowledge to prepare them for careers in physical education, sports coaching, fitness training, and related fields.

PROGRAMME LEARNING OUTCOMES: After completion of the program, the learner will be able to

1. Demonstrate knowledge of the basic sciences related to physical education, including an understanding of the principles, components of physical fitness programs, and rules/regulations of various games.
2. Develop solutions for complex sports-related problems and design system components or processes that meet specific needs, considering general health, common injuries, and athlete performance.
3. Apply research-based knowledge and research methods, including experimental design, data analysis, and data interpretation, to draw valid conclusions.
4. Utilize various techniques, labs, modern equipment, and scientific methods to enhance performance in a range of indoor and outdoor games.
5. Promote ethical behavior, fair play, and discourage the use of performance-enhancing drugs.
6. Effectively communicate thoughts and ideas, presenting complex information clearly and concisely to team members.

Programme Structure

Semester I						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
BBP101	Anatomy and Physiology	Core	4	0	0	4
BBP114	History and Foundation of Physical Education	Core	4	0	0	4
BBP115	General English	Core	4	0	0	4
BBP116	Officiating and Coaching-I	Ability Enhancement	1	0	0	1
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
Discipline Elective-I (Any one of the following)						
BBP106	Olympic Movement	Discipline Elective-I	3	0	0	3
BBP117	Health Education					
Total			16	0	12	22

Semester II						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
BBP201	Sports Management	Core	4	0	0	4
BBP212	Kianthropometry	Core	4	0	0	4
BBP213	Officiating and Coaching-II	Ability Enhancement	1	0	0	1
BBP209	Gymnastic-II	Technical Skills	0	0	4	2
BBP210	Mass Demonstration	Technical Skills	0	0	4	2
BBP211	Track & Field-II	Technical Skills	0	0	4	2
Value Added courses (For other discipline students)						
BBP214	Leadership Skills	Value Added Course	2	0	0	2
Discipline Elective-II (Any one of the following)						
BBP205	Adapted Physical Education	Discipline Elective-II	3	0	0	3
BBP206	Fitness Centre Management					
Total			14	0	12	20

Semester III						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
BBP301	Educational Technology	Core	4	0	0	4
BBP302	Kinesiology	Core	4	0	0	4
BBP312	Game Specialization-I	Technical Skills	0	0	4	2
BBP313	Teaching Practice-I	Technical Skills	0	0	4	2
BBP310	Track & Field-III	Technical Skills	0	0	4	2
BBP399	xxx	MOOC	--	--	--	2
Discipline Elective-III (Any one of the following)						
BBP305	Sports Sociology	Discipline Elective-III	3	0	0	3
BBP314	Sports Event Management in Physical Education					
BBP315	Sports Psychology					
Open Elective Course						
xxx	xxx	IDC	2	0	0	2
Total			13	0	12	21
Open Electives Courses (For other Departments)						
BBP304	Officiating ethics	OE	2	0	0	2

Semester IV						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
BBP401	Sports Law	Core	4	0	0	4
BBP411	Athletic Care and Rehabilitation	Core	4	0	0	4
BBP412	Officiating and Coaching III	Ability Enhancement	1	0	0	1
BBP413	Game Specialization-II	Technical Skills	0	0	4	2
BBP414	Teaching Practice-II	Technical Skills	0	0	4	2
BBP409	Track & Field-IV	Technical Skills	0	0	4	2
Value Added courses (For other discipline students)						
BBP415	Fitness Training and Nutrition	VAC	2	0	0	2
Discipline Elective-IV (Any one of the following)						
BBP405	Sports Sciences	Discipline Elective-IV	3	0	0	3
BBP416	Environmental Science (EVS)					
Total			14	0	12	20

Semester V						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
BBP501	Sports Biomechanics	Core	4	0	0	4
BBP503	Sports Training	Core	4	0	0	4
BBP513	Yogic Science	Core	4	0	0	4
BBP514	Gymnastic-III	Technical Skills	0	0	4	2
BBP511	Track &Field-V	Technical Skills	0	0	4	2
BBP515	Teaching Practice-III	Technical Skills	0	0	4	2
Discipline Elective-V (Any one of the following)						
BBP506	Professional Ethics in Physical Education	Discipline Elective-V	3	0	0	3
BBP516	Exercises Physiology					
BBP508	Computer Application					
Total			15	0	12	21

Semester VI						
Course Code	Course Title	Type of Course				
			L	T	P	Credit
BBP601	Fundamental of Research in Physical Education	Core	4	0	0	4
BBP602	Test, Measurement and Evaluation In Physical Education	Core	4	0	0	4
BBP612	Pilot study Research	Research Based Skill	2	0	0	2
BBP613	Project Meet (Athletics)	Technical Skills	0	0	8	4
BBP614	Internship (07 Week)	Internship	--	--	--	7
Discipline Elective-VI (Any one of the following)						
BBP606	Sports Medicine	Discipline Elective-VI	3	0	0	3
BBP607	Sports journalism					
Total			13	0	08	24
Grand Total			85	0	68	128

***Internship will be after 5th Semester.**

Evaluation Criteria for Theory Courses

- A. Continuous Assessment: [25 Marks]
 - CA1- Surprise Test (Two best out of three) (10 Marks)
 - CA2- Assignment(s) (10 Marks)
 - CA3- Term paper/Quiz/Presentations (5 Marks)
- B. Attendance (5 marks)
- C. Mid Semester Exam: [30 Marks]
- D. End Semester Exam: [40 Marks]

100A/C

Semester I**Course Name: Anatomy & Physiology****Course Code: BBP101**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Explain the significance and relevance of anatomy in the context of physical education.
2. Describe the fundamental structure, composition, and functions of the various organ systems in the human body.
3. Demonstrate proficiency in using the essential technical terminology and language specific to anatomy.
4. Defend the distinctive and remarkable features of the human anatomical structure..

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

Anatomy in Physical Education

Introduction: Meaning of Anatomy, need and importance of Anatomy in physical education and sports

Cell: cell division, Structure, Function of cell, Tissue and its type

UNIT II**15 Hours**

Introduction to Muscular system,

Muscular System: Meaning, types and structure of muscles and their functions

Skeletal System: Meaning, types of bones, Different parts of human Skeletal System.

Joints: Structure of the skeletal, Classification of joints and their movements

UNIT III**14 Hours**

Cardiovascular System/Circulatory System, Structure and function of the heart, Blood, blood pressure, Stroke volume, heart rate, cardiac output, and Cardiac cycle.

Respiratory System: Structure and function of the Respiratory System types of Respiration, Vital capacity, tidal volume, lung capacity, pulmonary

ventilation, Oxygen debt, second wind

UNIT IV

15 Hours

Digestive system: Structure and function of the Digestive System

Excretory system: Structure and function of the Excretory System Organs of Excretory system (Skin, kidney, lungs etc)

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: History and Foundation of Physical Education
Course Code: BBP114

L	T	P	Cr
4	0	0	4

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Compare the interplay between general education and physical education.
2. Identify and relate to the historical developments in the field of Physical Education.
3. Comprehend the connections between Philosophy, Education, and Physical Education.
4. Recognize the contributions of philosophers in the realms of Education and Physical Education.

Course Content

UNIT I

14 Hours

Introduction to Physical Education: Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education, Importance of Physical Education in present era, Misconceptions about Physical Education, Relationship of Physical Education with General Education, Physical Education as an Art and Science

UNIT II

16 Hours

Historical Development of Physical Education in India: Vedic Period (2500 BC – 600 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), Medieval period, Post Mughal British Period (Before 1947) Y.M.C.A. and its contributions Physical Education in India (After 1947)

The early history and significant stages in the revival and development of the modern Olympic movement, Educational and cultural values of Olympic movement

UNIT III

15 Hours

Philosophical Foundation of Physical Education: Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism Philosophy and Culture

Fitness and wellness movement in the contemporary perspectives, Sports for all and its role in the maintenance and promotion of fitness

UNIT IV

15 Hours

Foundation of Physical Education

Biological: Growth and development, Age and gender characteristics, Body Types

Psychological: Attitude, interest, Cognition, emotions and sentiments, Practical

suggestion from psychology

Sociological: Society and culture, Social acceptance and recognition, Leadership in physical education

Transaction Mode

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

Suggested Readings

- *Bucher, C. A. (n.d.) - Foundation of physical education. St. Louis: The C.V. Mosby Co*
- *Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education*
- *Dash, B.N. (2003.) -Principles of Education, Neelkamal publication, Hyderabad,*
- *Kamlesh, M.L. (2002) -Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi,*
- *Pandey, R.S.(1991) Philosophical & Sociological Foundation of Education, Vinod PustakMandir, Agra,*
- *Bhatia, K.K. &Narang, C.L. (1984)- Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana,*
- *Adams, William.C (1991.) - Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor, Philadelphia,*
- *Dr. Kamlesh M.L. (2004) - Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi.*
- *Dr. B.C.Kapri, Fundamentals of Physical Education, Friends Publication, DariyaGanj, Delhi (India)*

Course Name: General English**Course Code: BBP115**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

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: Officiating and Coaching-I**Course Code: BBP116**

L	T	P	Cr
1	0	0	1

Total Hours: 15**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Demonstrate a thorough understanding of the rules and regulations of the selected sport.
2. Skillfully lay out and mark the dimensions of a playing court for the chosen sport.
3. Organize sports events and effectively officiate during these events.
4. Acquire the skills required for coaching sports teams. Additionally, students will be capable of organizing and officiating in yogic events.

Course Content**UNIT I****04 Hours**

Introduction of Officiating and coaching: Concept of officiating and coaching, Principles of officiating & Coaching, Importance of officiating and coaching, Qualifications for Officials conducting various tournaments

UNIT II**04 Hours**

Rules and Layout: Dimensions, layouts and marking of fields of chosen Ball Game-I, Rules and their interpretations of chosen Ball Game-I, Qualification and number of officials in the chosen Ball Game-I, Coaching in the chosen Ball Game-I

UNIT III**03 Hours**

Duties of Official: Dimensions, layouts and marking of fields of chosen Ball Game-II, Rules and their interpretations of chosen Ball Game-II, Qualification and number of officials in the chosen Ball Game-II, Coaching in the chosen Ball Game-II

UNIT IV**04 Hours**

Qualities, Qualifications of Coach, and Official: Layout, dimensions and markings of Track, Rules and their interpretations of running events in Track, Yoga and its rules, coaching in Athletics and Yoga

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. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice*
- *Hall Bunn, J. W. (1972) Scientific principles of coaching*
- *Englewood cliffs N. J. Prentice Hall Dyson, G. H. (1963) The mechanics of athletics London: University of London Press Ltd*
- *Dyson, G. H. (1963). The mechanics of Athletics London: University of London Press Ltd. Lawther, J.D. (1965)*
- *Psychology of coaching New York: Pre Hall*
- *Singer, R. N. (1972). Coaching, athletic & psychology New York: M.C. Grew Hill*
- *Official Rule Book / Handbook of the concerned federation of sports*

Course Name: Olympic Movement**Course Code: BBP106**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

1. After completion of this course, the learner will be able to:
2. Acquire a fundamental understanding of the Olympic movement.
3. Recognize the importance of Olympic ideals, the Olympic rings, and the Olympic flag.
4. Gain knowledge about various Olympic games and their historical significance.
5. Study the roles and functions of the International Olympic Committee (IOC) and the Indian Olympic Association (IOA)

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

Origin of Olympic Movement: Philosophy of Olympic movement, the early history of the Olympic movement, the significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement

UNIT II**10 Hours**

Modern Olympic Games: Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Protocol for member countries, Olympic motto, Olympic Code of Ethics, Olympism in action, Sports for All.

UNIT III**14 Hours**

Different Olympic Games: Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games

UNIT IV**12 Hours**

Committees of Olympic Games: International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Olympic commission and their functions, 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 nonfictioncompanion 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: theimpact of mega-events on local politics*: Lynne Rienner

HOAC

Course Name: Health Education (Discipline Elective)

Course Code: BBP117

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Identify and synthesize the factors that influence health.
2. Recognize health-related challenges in the current time and apply preventive measures.
3. Identify the roles of peers, community, and media in health promotion and protection.
4. Demonstrate expertise in the above-stated domains in a school setup.

Course Content

UNIT I

09 Hours

Health Education and Services: Concept, Dimensions, Spectrum and determinants of Health, Health Education and Principles of Health Education, Nature and Scope of Health Education in Physical Education, Health Services in India

UNIT II

14 Hours

Global Health Issues: Communicable, Non-Communicable disease and their prevention, Malnutrition, Food Adulteration, Environmental Pollution and Sanitation, Population and their management, Physical Activity and Nutrition, Overweight and Obesity, Mental Health
Prime causes of death: cardiovascular disease, chronic respiratory disease, Diabetes, Mental Disorders, Nutritional Deficiencies and their prevention through physical activity

UNIT III

10 Hours

Health Education in Schools: Need and scope of health education in schools
Preventing alcohol, tobacco and other drugs abuses in schools
Personal Health and Wellness: Healthy eating, Mental and Emotional health, and Violence prevention, Physical activity, Safety, First Aid and Emergency procedures

UNIT IV

12 Hours

Health Supervision and Evaluation in Schools: Health Instruction and Health Supervision, assessing personal and peers' health risk taking, Analyzing the influence of family, peers, culture and media on health behavior, Consumer Health and Comprehensive Health Education

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*
- *Bensley, R. J. and Fisher, J. B (2009) Community Health Education Methods Massachusetts: Jones and Bartlett Publishers*
- *Edward, J. T. (2006). Health and Disease, New Delhi: Sports Publication*
- *Anspaugh, D. J. and Ezell, G. (2003) Teaching today's Health. USA: Allyn& Bacon*
- *McKenzie, J. F. and Smeltzer, J. L (2001) Planning, Implementing, and Evaluating Health Promotion Programs: A Primer, USA: Allyn& Bacon*
- *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: Drill & Marching (Practical)

Course Code: BBP111

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

60 Hours

Command, Class Formation, Drill and Marching
Drum Side Drum and Flute, Action song / Motion story, Dumbles and Indian club,
Exercise Table and Mass P.T, Intramural Picnic.

Course Name: Gymnastic -I (Practical)

Course Code: BBP112

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

60 Hours

Floor gymnastic for Boys and Girls

Floor Exercise: Forward Roll, Backward Roll, Cart wheel, Straddle Role, Dive and Role, Hand Stand and Role, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.

Course Name: Track & Field-I (Practical)

Course Code: BBP113

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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. Paraphrase the rules & regulations of running events.
4. Conduct the annual athletic meet/intramural's

Course Content

60 Hours

Running Events – Sprints

100 Meter

200 Meter

400 Meter

100m Hurdle

110m Hurdle

400m Hurdle

Semester II**Course Name: Sports Management****Course Code: BBP201**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Paraphrase the concept of sports management.
2. Manage physical education and sports events.
3. Develop skills in financial management and budgeting for sports events.
4. Gain knowledge of various sports events Development and knowledge of various sports Events

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

Management in Physical Education and Sports: Concept, Meaning, Need and Scope of Sports Management

Functions of Management: Planning, Organizing, Staffing, Directing, Controlling and Evaluating

Management Skills: Personal Interpersonal Skills, Conceptual and Technical Skills

UNIT II**15 Hours**

Managerial Roles: Interpersonal Roles, Informational Roles, Decision Making Roles
Qualities and Qualification of a Manager: Personal Qualities, Leadership Qualities, Academic and Professional Qualities

Personal Management: Introduction, Meaning, Principle Aspects of Personal Management

UNIT III**14 Hours**

Job Analysis: Descriptions and Specifications

The Budget: Meaning, Definition and Objectives of the Budget, Principles of Planning a Sports Budget

Management of Facilities: Introduction, Administration and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Management of Sports Infrastructure - Indoor Facilities, Gymnasium and Swimming Pool.

UNIT IV**16 Hours**

Management of Equipment's and Materials: Introduction, Meaning, Need and Importance, Types, Principles of Purchase, Equipment Care, Maintenance and Disposal, Intramural and Extramural Competitions, Public Relations, Offices and

Officials

Communication: Meaning, Types of Communications and Barriers in Effective Communication

Transaction Mode

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

Suggested Readings

- *M.L. Kamlesh. Management Concepts in Physical Education and Sport (2nd revised and updated ed.); New Delhi; Khel Sahitya Kendra, (2016)*
- *P. Cherlladurai. Sport Management – Macro Perspectives; London, Ontario (Canada); Sports Dynamics (1985)*
- *Allen, L.A. Management & Organization. Kogakusha Co. Tokyo, 1988.*
- *Hert, Renis, New Patterns of Management, McGraw Hill, 1961.*
- *Sandhu, K. Sports Dynamics: Psychology, Sociology and Management Sivia, G.S. Sports Management in Universities*

Course Name: Kianthropometry**Course Code: BBP212**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Utilize memorized kinanthropometry effectively.
2. Understand the concept of development in relation to the human body, emphasizing how it changes and adapts over time for improved functionality.
3. Calculate and interpret BMI (Body Mass Index) and recognize factors influencing it.
4. Gain knowledge about the historical context and earlier classification of somatotypes, including the development of Sheldon's classification..

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

Kianthropometry: Meaning, Importance and application of kianthropometry data in sports

Anthropometry: Meaning, Classification, working and utility of anthropometric instrument, location of different land marks on the body.

Anthropometric Measurements: Measuring circumference, diameter, Skill for anthropometry measurements

UNIT II**14 Hours**

Growth: Meaning, importance, Physical Growth, normal growth in adolescence

Maturation: Meaning, importance and scope, measurement of maturity

Physique: Meaning, types and role in sports

UNIT III**16 Hours**

Body Proportion: Meaning, importance and sports specific body proportion and indices

Body Mass Index (BMI): Meaning, method of determination and importance in sports

Body composition: Meaning, importance, scope in sports

UNIT IV**15 Hours**

Somatotyping: Meaning, importance & scope in sports, Sheldon's and Heath & Carter Method of Somatotyping

Classification of somatotype, Somatochart and Somatoplot

Determination of body composition: Muscle mass, bone mass and fat mass.

Transaction Mode

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

Suggested Readings

- *H. S. Sodhi Sports Anthropometry, Nova Publication.*
- *H. S. Sodhi and L. S. Sidhu. Physique and Selection of sportsmen*
- *S. P. Singh & P. Malthotra; Kinanthropometry Luna Publication, Patiala*
- *Kinanthropometry by Roger Eston and Thomas Reilly, E. & FN SPON, London*
- *S. P. Singh, L. S. Sidhu and J. Singh; Skeletal Maturity Human Biology, Publication Society, Punjabi University, Patiala*
- *De Garry, Louis Levine & Cater; Genetic and Anthropological studies of Olympic Athletes by Academic Press, London*
- *Harrison et. al Human Biology; Oxford University Press, Oxford.*

Course Name: Officiating and Coaching-II

Course Code: BBP213

L	T	P	Cr
1	0	0	1

Total Hours: 15

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Demonstrate a thorough understanding of the rules and regulations of their chosen sport.
2. Successfully layout and mark the dimensions of the court or playing field for their chosen sport.
3. Competently organize and officiate in sports events related to their chosen sport.
4. Acquire coaching skills for their chosen sport, enabling them to effectively lead and guide sports teams. Additionally, students will be capable of organizing and officiating in yogic events.

Course Content

UNIT I

04 Hours

Officiating and coaching in Chosen ball game -III: Dimensions, layouts and marking of fields of chosen Ball Game -III, Rules and their interpretations of chosen Ball Game -III, Qualification and number of officials in the chosen Ball Game -III, Coaching in the chosen Ball Game -III

UNIT II

04 Hours

Officiating and coaching in Chosen ball game -IV: Dimensions, layouts and marking of fields of chosen Ball Game -IV, Rules and their interpretations of chosen Ball Game -IV, Qualification and number of officials in the chosen Ball Game -IV, Coaching in the chosen Ball Game -IV

UNIT III

04 Hours

Officiating and coaching in Athletics & Yoga: Layout, dimensions and marking in Field Events of Athletics, Rules and their interpretations in Field Events of Athletics

Yoga- Pranayama and Meditation, Coaching in Field events of Athletics and Practice of-Pranayama & Meditation

UNIT IV

03 Hours

Major tournaments of Athletics: Major tournaments / Trophies of chosen Ball Game -III

Major tournaments / Trophies of chosen Ball Game -IV

Major tournaments / Competitions of Athletics

Yoga and its tournament

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. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice*
- *Hall Bunn, J. W. (1972). Scientific principles of coaching*
- *Englewood cliffs N. J. Prentice Hall Dyson, G. H. (1963) The mechanics of athletics. London: University of London Press Ltd*
- *Dyson, G. H. (1963). The mechanics of Athletics London: University of London Press Ltd. Lawther, J.D. (1965)*
- *Psychology of coaching New York: Pre Hall*
- *Singer, R. N. (1972). Coaching, athletic & psychology New York: M.C. Graw Hill*
- *Official Rule Book / Handbook of the concerned federation of sports*

Course Name: Leadership Skills**Course Code: BBP214**

L	T	P	Cr
2	0	0	2

Total Hours: 30**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Develop essential leadership skills necessary to address complex sports issues.
2. Acquire the skills needed to lead effectively in the field of sports, particularly in addressing complex challenges.
3. Understand the framework, roles, and functions of leaders within sports organizations.
4. Identify and fulfill the responsibilities of a sports leader, contributing to the success and growth of sports initiatives.

Course Contents**UNIT I****05 Hours**

Leadership: Introduction of leadership, Types of leadership, Theories of leadership, Qualities of an effective leader, Difference between leader & manager, How to develop leadership

UNIT II**10 Hours**

Leadership Positions in Sports and Physical Education
Role and Contribution of Leader in Development and Promotion of Sports
Meetings: Notice of Meeting, The Agenda, Conducting a Meeting, Tips for a good Meeting, Minutes of Meeting, Report Writing

UNIT III**10 Hours**

Communication:
Introduction of Communication, Types of communication, Methods of communication, Network of communication, Barriers to effecting communication, Press release, press conference, media coverage, Annual reports of individual and organization a performance

UNIT IV**05 Hours**

Decision Making: Introduction of Decision Making Sports, Types of managerial decisions, Models of decision-making, Fair Play in 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

- *Fair Play in Sport Sigmund Loland: 2006*
- *Effective Leadership in Adventure Programming, Simon Priest, Michael A. Gass: 2005*
- *Outdoor Leadership Theory and Practice Bruce Martin, Christine Cashel, Mark Wagstaff, May Breuning: 2006*
- *Performance Leadership Frank Buytendijk: 2009*
- *Brilliant Leader Simon Cooper: 2010*
- *Sport Administration Manual International Olympic Committee*

IOA/C

Course Name: Adapted Physical Education (Discipline Elective)**Course Code: BBP205**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Understand the activity requirements of physically challenged individuals at different levels of ability.
2. Prepare and organize effective activity programs tailored to the needs of physically challenged individuals.
3. Gain knowledge about Para sports and other opportunities available for physically challenged individuals.
4. Recognize the role of games and sports in Adapted Physical Education, promoting inclusivity and physical activity for all.

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

Introduction: Meaning, Definition and Importance of Adapted Physical Education and Sports, Purpose, Aims and Objectives of Adapted Physical Education and Sports, Program organization of Adapted Physical Education and Sports, 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), the student with a disability, Components and Development of IEP, Principles of Adapted Physical Education and Sports, Role of Physical Education teacher

UNIT III**12 Hours**

Developmental Considerations of an Individual, Motor development, Perceptual Motor development, Early childhood and Adapted Physical Education, Teaching style, method and approach in teaching Adapted Physical Education

UNIT IV**14 Hours**

Individual with unique need and activities, Behavioral and Special learning disability, Visual Impaired and Deafness, Health Impaired students and Physical Education, Health Related Physical Fitness (HRPF) and its development for Individual with unique need, Role of games and sports in Adapted Physical Education

Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

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**Course Code: BBP206**

L	T	P	Cr
3	0	0	3

Total Hours: 4**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Become professionals in Personal Fitness Training.
2. Enhance the quality of Physical Education Teachers through the value added course.
3. Summarize the basic concept of Management.
4. Comprehend the basic Fitness Management.

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

Introduction to Fitness Centre Management, Concept and definitions of Fitness Centre Management, Purpose and Scope of Fitness Centre Management, Basic Skills and of Fitness Centre Management, Different level in Fitness Centre Management of physical Education

UNIT II**10 Hours**

Process of Management, Planning, Administration and Supervision, Personal Management/Staffing, Directing, Controlling

UNIT III**12 Hours**

Office Management, Concept, Meaning and Definition of Office Management, Element of Office Management, Function of Office Management, Layout and Principle of Office Management

UNIT IV**14 Hours**

Practical Aspects, Medicine ball and Resistance Band Training, 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 : McGraw Hill Co.

- *Chakraborti, S.(2007). Sports Management. New Delhi : Friends Publication.*
- *Frosdick, S., & Walley, L. (2003). Sports and Safety Management*
- *USA: A division of Reed Education and Professional Publishing Ltd*

IOAFC

Course Name: Gymnastic –II (Practical)

Course Code: BBP209

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

60 Hours

Parallel bar for Boys
Balancing Beam for Girl

Course Name: Mass Demonstration (Practical)

Course Code: BBP210

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

60 Hours

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 (Practical)

Course Code: BBP211

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

60 Hours

Running Events: Middle and Long Distance Races

800 meter

1500 meter

5000 meter

10000 meter

4X100m Relay

4X400m Relay

Semester III**Course Name: Educational Technology****Course Code: BBP301**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Interpret 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: Meaning, definition, Scope, characteristics, types and importance educational technology

Communication: Types of Communication, Characteristics of Communication, and Communication in the Class room, Barriers of Communication.

Teaching Aids: Importance of Teaching Aids, Criteria for selecting teaching Aids, Broad classification of Teaching Aids

UNIT II**15 Hours**

Audio-Visual Aids: Advantage and suggestions for effective use of selected teaching Aids, Verbal, Chalk Board, Bulletin Board, Charts, Models, Slide Projector, Over Head Projector and smart board.

New Teaching Techniques and Innovations – I, Art of questioning and answering, Purpose of Questioning, Classification of Questioning and Characteristics of Questions

UNIT III**15 Hours**

Classroom Problems: New Teaching Techniques and Innovations – II, Meaning of classroom problems, nature of classroom problems, Types and solution of classroom problems

UNIT IV**16 Hours**

Micro Teaching: Micro Teaching, Concept and Features of Micro Teaching, Micro Teaching Verses Traditional Teaching, Steps in Micro Teaching, 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

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Interpret 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, Skeleton system and human body movements, skeleton muscles and structural classification, directional terminology for muscles attachment

Types of muscular contraction: (isotonic, isometric, isokinetic), 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

Shoulder Girdle and Hip Joint: Movement and description of muscles

Elbow Joint and Knee Joint: Movement and description of muscles

UNIT III**15 Hours**

Wrist Joint and Ankle Joint: Movement and description of muscles Structural Classification of Muscles

UNIT IV**15 Hours**

Origin, insertion and action of the following muscles:

Sterno Mastoid, Trapezies, Serratus, Anterior Deltoid, Biceps, Pectoralis Major, latissimus-dorsi, Triceps, gluteus, Quardiceps, Hamstrings and gastrocnemius

Practical Work:

Examination of body joints-degree of Movement, type of movement, abnormal movement and deformities

Various efficiencies tests: vital capacity, breath holding test, expiratory force test and persistence test.

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

IOAFC

Course Name: Sports Sociology**Course Code: BBP305**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Develop a sociological perspective on sport by learning basic sociological theories, concepts, and research methods.
2. Display how sport influences our values, attitudes, beliefs, perceptions, behavior, culture, and society.
3. Solve the basic principles and theories of sociology to analyze the role of sports in our everyday social lives
4. Understand the concept of social mobility-sports, and general career in sports

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

Sports Sociology: Meaning and definition, Sports socialization of individual, sports as social institution

National integration through sports, fans and spectators: Meaning and definition, advantages and disadvantages on sports performance

Leadership: Meaning, definition and types, Leadership and sports performance

UNIT II**13 Hours**

Socialization through sports: Sports and integration

Sports and Violence: Is sports a cause or cure to violence Sports, Gender and Race

UNIT III**10 Hours**

Sports and Economy: Commercialization of sports

Sports and the Media: Influence on each other Sports, social mobility-sports, and general career Success

UNIT IV**08 Hours**

Sports and educational opportunities

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: Sports Event Management in Physical Education**Course Code: BBP314**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

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**

Meaning, Definition and importance of Sports Management, Scope of Sports Event Management, Principles of Sports Event Management

UNIT II**08 Hours**

Major and Minor Sports Events, Traditional Games Management, Organization of Indoor Sports and Games Events

UNIT III**13 Hours**

Project on Outdoor Sports and Games Events, Visits to Sports Clubs, Sports Stadiums, IPL, KPL, HPL and Large Tournaments

UNIT IV**10 Hours**

Organization of Intramural - Sports Events, Sports Fests and Traditional Games Fest, 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 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: Sports Psychology**Course Code: BBP315**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Counsel athletes effectively in dealing with success and failure, providing guidance on managing both outcomes.
2. Orient athletes towards future opportunities, helping them set and achieve their goals.
3. Develop skills in managing stress and anxiety among athletes, enhancing their mental well-being and performance.
4. Provide counseling on injuries and rehabilitation, supporting athletes in their physical recovery and return to sport.

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

Sports Psychology in Physical Education and Sports: Meaning, definition and scope of sports psychology in physical education and sports, Aims and Objective of sports psychology in sports, Principles of sports psychology, Need and importance of sports psychology.

UNIT II**10 Hours**

Stress & Anxiety in Sports: Meaning and definition of stress and anxiety, Types of stress and anxiety, Causes, Symptoms and effects of stress, anxiety and competition anxiety, Management of stress and anxiety.

UNIT III**12 Hours**

Motivation and Sports Performance, Meaning and definition of Motivation, Types and techniques of motivation, Principles and Importance of motivation, Role of coach / teacher / government in motivation

UNIT IV**09 Hours**

Counseling to Athletes, Counseling on injuries and rehabilitation, Counseling on handling success and failure in sports, Counseling on drugs in sports, 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

- *Rechard 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*

10A1C

Course Name: Officiating Ethics**Course Code: BBP304**

L	T	P	Cr
2	0	0	2

Total Hours: 30**Learning Outcomes:**

After completion of this course, the learner will be able to:

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

Course Content**UNIT I****05 Hours**

Introduction to Ethics and Guidelines, Groups who deserve care by officials

UNIT II**09 Hours**

Ethics and Guidelines for Athletics Officials, Benefit and Cause No Harm, Accurate and Responsible, Supportive of other participants and loyal to our

UNIT III**09 Hours**

Act with integrity, Act with Fairness, Show Respect for Participants' Rights and Dignity, Exhibit Professionalism

UNIT IV**07 Hours**

Model Appropriate Health Habits, Adhere to Legal Standards, 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*

IOAFC

Course Name: Game Specialization-I (Practical)**Course Code: BBP312**

L	T	P	Cr
0	0	4	2

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Contrast 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. Display officiating signals of the game

Course Content**60 Hours**

Basketball,
Lawn Tennis,
Wrestling,
Archery

Course Name: Teaching Practice-I (Practical)

Course Code: BBP313

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

60 Hours

10 teaching practice lessons (General Lesson) in institution.

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

Course Name: Track & Field –III (Practical)

Course Code: BBP310

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

60 Hours

Jumping Events

Long Jump

Triple Jump

High Jump

Pole Vault

Semester IV**Course Name: Sports Law****Course Code: BBP401**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

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

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

Introduction to the study of Sports Law, Regulating Interscholastic (High School) and Youth Athletics, NCAA Internal Governance of Intercollegiate Athletics and Legal Limits, Legal Relationships between the University and Student-Athletes

UNIT II**15 Hours**

Gender Equity Issues in Athletics, Racial Equity Issues in Athletics, Health, Safety, and Risk Management Issues in Sports, Sports Medicine, Concussions, Compensation, and Impairment in Sports

UNIT III**14 Hours**

Intellectual Property Issues in Sports, Coaches' Contracts and Related Issues, Professional Sports League Governance and Legal Regulation

UNIT IV**16 Hours**

Representing Players and Teams: The Athlete-Agent Industry, Olympic and International Sports Issues, 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/us_oc_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: Athletic Care and Rehabilitation**Course Code: BBP411**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Interpret and apply prevention strategies for athletic injuries effectively.
2. Interpret and implement appropriate treatment protocols for various types of athletic injuries.
3. Demonstrate proficiency in massage techniques for injury management and recovery.
4. Interpret and develop rehabilitation programs for athletes recovering from injuries, facilitating their return to optimal performance.

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

Corrective Physical Education: Definition and Objectives of Corrective Physical Education, Posture and Body Mechanics, Standards of Standing Posture, Value of Good Posture, Drawbacks and Causes of Bad Posture
Posture Test: Examination of the Spine

UNIT II**14 Hours**

Posture and Rehabilitation Exercises: Normal Curve of the Spine and its Utility
Deviations in Posture- Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot
Causes for Deviations and Treatment Including Exercises: Passive, Active, Assisted, Resisted Exercise for Rehabilitation

UNIT III**16 Hours**

Massage: Brief History of Massage, Massage as an Aid for Relaxation, Points to be considered in giving Massage, Physiological, Chemical, Psychological Effects of Massage, Indication /Contra Indication of Massage, Classification of the Manipulation used Massage and their Specific Uses in the Human Body, Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage

UNIT IV**15 Hours**

Sports Injuries Care, Treatment and Support: Principles Pertaining to the Prevention of Sports Injuries, Care and Treatment of Exposed and Unexposed Injuries in Sports,, Principles of apply Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy, Principles and Techniques of Strapping

and Bandages

Transaction Mode

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

Suggested Readings

- *Doherty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc*
- *Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd*
- *Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century*
- *.Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.*
- *Rathbome, J.l. (1965) Corrective Physical education, London: W.B. Saunders & Co.*
- *Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York*

Course Name: Officiating and Coaching III**Course Code: BBP412**

L	T	P	Cr
1	0	0	1

Total Hours: 15**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Gain a thorough understanding of the rules and regulations of the selected sport.
2. Demonstrate the ability to layout and mark the dimensions of the sports court or field accurately.
3. Organize and officiate sports events effectively, ensuring fair play and adherence to the rules.
4. Acquire coaching skills and knowledge to lead and train sports teams, including the ability to organize and officiate in yogie events.

Course Contents**UNIT I****04 Hours**

Officiating and coaching in chosen Racket game- I: Dimensions, layouts and marking of fields of chosen Racket Game -I, Rules and their interpretations of chosen Racket Game -I, Qualification and number of officials in the chosen Racket Game -I, Coaching in the chosen Racket Game -I

UNIT II**04 Hours**

Officiating and coaching in chosen Racket game- II: Dimensions, layouts and marking of fields of chosen Racket Game -II, Rules and their interpretations of chosen Racket Game -II, Qualification and number of officials in the chosen Racket Game -II, Coaching in the chosen Racket Game -II

UNIT III**04 Hours**

Officiating and coaching in chosen Racket game- II: Dimensions, layouts and marking of fields of chosen Racket Game -II, Rules and their interpretations of chosen Racket Game -II, Qualification and number of officials in the chosen Racket Game -II, Coaching in the chosen Racket Game -II

UNIT IV**03 Hours**

Officiating and coaching in chosen Racket game- II: Dimensions, layouts and marking of fields of chosen Racket Game -II
 Rules and their interpretations of chosen Racket Game -II
 Qualification and number of officials in the chosen Racket Game -II
 Coaching in the chosen Racket Game -II

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. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice*
- *Hall. Bunn, J. W. (1972). Scientific principles of coaching*
- *Englewood cliffs N. J. Prentice Hall, Dyson, G. H. (1963) The mechanics of athletics London, University of London Press Ltd*
- *Dyson, G. H. (1963). The mechanics of Athletics London: University of London Press Ltd. Lawther, J.D. (1965), Psychology of coaching. New York: Pre. Hall*
- *Singer, R. N. (1972). Coaching, athletic & psychology New York: M.C. Graw Hill*
- *Official Rule Book / Handbook of the concerned federation of sports*

Course Name: Fitness Training and Nutrition**Course Code: BBP415**

L	T	P	Cr
2	0	0	2

Total Hours: 30**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Develop the skills to calculate an individual's daily caloric requirements and design a suitable diet plan.
2. Gain a comprehensive understanding of the principles of sports nutrition.
3. Recognize the significant impact of food on physical performance.
4. Be capable of understanding and creating weight management plans for individuals.

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

Introduction to Sports Nutrition: Meaning and Definition of Sports Nutrition, Basic components of Nutrition, Factor to consider for developing nutrition plan

UNIT II**08 Hours**

Nutrients: Ingestion to energy metabolism: Carbohydrates, Protein, Fat – Meaning, classification and its function, Role of carbohydrates, Fat and protein during exercise

Vitamins, Minerals, Water: Meaning, classification and its function, Role of hydration during exercise, Establishing daily caloric requirement and expenditure

UNIT III**07 Hours**

Nutrition and Weight Management

Obesity: Definition, meaning, types and causes of obesity, Health risks associated with Obesity and Solutions for Common Myths about Weight Loss, Concept of weight management in modern era, Factor affecting weight management

UNIT IV**07 Hours**

Steps of planning of Weight Management: Determination of desirable body weight

Daily calorie intake and expenditure in weight management, Role of diet and exercise in weight management

Transaction Mode

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

Suggested Readings

- *Bessesen, D. H. (2008) Update on obesity. J Clin Endocrinol Metab*
- *2027-2034 Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091- 3096*
- *Chu, S.Y. & Kim, L. J. (2007) Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3), 223-228*
- *DeMaria, E. J. (2007). Bariatric surgery for morbid obesity N Engl J Med, 356(21), 2176- 2183*
- *Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial JAMA 299(3), 316-323*
- *Bates M. (2008) Health Fitness Management (2nd Ed.) USA: Human Kinetics 101*
- *Fink, H.H., Burgoon, L.A., & Mikesky, A.E. (2006). Practical Applications in Sports Nutrition Canada : Jones and Bartlett Publishers*
- *Lancaster S. & Teodoroessu, R. (2008). Athletic Fitness for Kids USA: Human Kinetics Martin Estwood (2005) – Principle of human nutrition, Atlantic publication, New Delhi*
- *Michael J. Gibney (2002) – Human Nutrition, Atlantic publication, New Delhi*

Course Name: Sports Science**Course Code: BBP405**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Understand and interpret the various aspects of sports sciences.
2. Learn about the specific dietary requirements for different groups of people based on their individual needs.
3. Develop the skills to create effective exercise programs tailored to individual needs.
4. Apply the knowledge gained in the field of physical education and movement activities.

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

Meaning, nature, need and scope of sports sciences, Basic Sports Sciences: Names, Definition, Aims and Objectives, Introduction to the study of physical education Allied Fields: Education, Health Education, Recreation and Dance, Sports Sciences and Physical Education as a Discipline and Profession Relationship of education, physical education and Sports Sciences

UNIT II**10 Hours**

Weight management & Gym Exercises, understanding body weight, components of body weight and ideal weight, Fat burning exercises and their variations, Gym training exercises for weight loss and strengthening, Dance, Aerobics, cycling and swimming for weight loss

UNIT III**12 Hours**

Exercises for Elderly People, understanding aging and characteristics, Need and importance of exercises to aged people, Principles and precautions while giving exercises to elderly people, Type of exercises and recreational activities for elderly people

UNIT IV**14 Hours**

Exercises for special needs, Exercises for rehabilitations after injuries, Exercise for diabetics, Exercises during & after Pregnancy, Exercises for casuals and weekenders, 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

- *Bucher, C.A.: Foundation of Physical Education, St. Louis: The C.V. Mosby company, 1983*
- *Wilgoose, C.E.: The curriculum in Physical Education, Engle Wood Cliff N.J. The Prentice Hall Inc*
- *Irwin Lasial, W: Curriculum in Health and Physical Education, Stlouis : The C.V. Mosby Company, 1984.*
- *Synder and Geoh: Professional preparation in Health Education, Physical Education and Recreation*
- *Aggarwal: Education Administration, School Organisation and Supervision*
- *Zeigler, E.F. and Bowie Gray: Management competency Development in Sports and Physical Education: Leand and Fabiger, 1983.*
- *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*

Course Name: Environmental Science (EVS)

Course Code: BBP416

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop a scientific understanding of how the Earth functions and the role of human beings within it.
2. Explain the dietary needs of individuals from various age groups, animals, and birds, taking into account food availability and water usage in domestic and environmental contexts.
3. Identify and analyze environmental issues and associated risks by the end of the course.
4. Record observations, experiences, and information about objects, activities, and places in various formats and predict patterns based on gathered data.

Course Content

UNIT I

09 Hours

Multidisciplinary Nature of Environmental studies Descriptors/Topics: Introduction to environmental studies with their importance, Need for public awareness, Sensitization and participation, Swatch Bharat Abhiyan

UNIT II

10 Hours

Natural Resources Descriptors/Topics: Types of natural resources and their importance

Food resources: World food problems and related aspects, Land resources, Water resources, Forest resources- use and overuse, Minerals and Energy resources- importance of renewable and sustainable energy, Equitable use of resources for sustainable lifestyles, Role of an individual in conservation of natural resources

UNIT III

12 Hours

Ecosystems Descriptors/Topics: Concept of an ecosystem, Types of ecosystem, Structure and function of an ecosystem, Producers, consumers and decomposers Energy flow in the ecosystem, Food chains, food webs and ecological pyramids, Ecological succession

Introduction: types, characteristic features, structure and function of Forest ecosystem, Grassland ecosystem and Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

UNIT IV**14 Hours**

Biodiversity Descriptors/Topics:

Introduction - Definition: genetic, species and ecosystem diversity, Bio-geographical classification of India

Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values, Bio-diversity at global, national and local levels, India as a mega diversity nation, Hot spots of biodiversity

Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts, Endangered and endemic species of India

Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

Transaction Mode

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

Suggested Readings

- *Khaushik & Khaushik, "Fundamentals of Environmental Studies"*
- *Somwanshi & Dhupper "Fundamentals of Environmental Studies"*
- *Gauga & Bisht "Environmental Studies, Challenges & Solutions A quick Compendium"*
- *Asthana & Asthana "A textbook of Environmental Studies"*

Course Name: Game Specialization-II (Practical)

Course Code: BBP413

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

Volleyball
Softball
Boxing
Yoga

60 Hours

Course Name: Teaching Practice-II (Practical)

Course Code: BBP414

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

60 Hours

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

Course Name: Track & Field-IV (Practical)

Course Code: BBP409

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

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

Course Content

Throwing Events
 Shot put
 Discus Throw
 Hammer Throw
 Javelin Throw

60 Hours

Semester V**Course Name: Sports Biomechanics****Course Code: BBP501**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

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: Meaning, nature, role and scope of applied kinesiology and Sports Biomechanics, Meaning of axis and planes, Types and movements in axis and planes, Dynamics, kinematics, kinetics, Statics, Centre of gravity, Line of gravity, Vectors and Scalars

UNIT II**15 Hours**

Muscle Action: Structural classification of muscles, characteristics of muscle tissue, muscles fibre types, Reciprocal innervation, all or none law, Types of muscles contraction, Role of muscles, Angle of pull, Two-joint muscles, Reflex-action, Muscle tone, Origin, insertion and action of muscles, Pectoralis major and minor, deltoid, biceps, triceps (Anterior and Posterior).

UNIT III**15 Hours**

Motion: Meaning and definition of motion, Types of motion, linear motion, angular motion, general motion, uniform motion, Principles related to the law of Inertia, law of acceleration and law of counter force.

Force: Meaning and definition of force, sources of force, force components, Force applied at an angle pressure, Centripetal force centrifugal force

Friction: Buoyancy, Spin

UNIT IV**16 Hours**

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

Analysis of movement: Types of analysis, Kinesiological, Biomechanical, Cinematographic, Methods of analysis, qualitative, quantitative, predictive, 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 Jersey.*
- *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: Sports Training**Course Code: BBP503**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Design and execute sports training programs effectively.
2. Recognize and develop the skills and fitness necessary for a specific sport.
3. Understand and implement strategic gameplay strategies.
4. Demonstrate leadership skills in a sports context..

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

Introduction to sports training: Definition, Meaning, Aims and need of sports training, Characteristics and Principles of sports training
 Planning: Meaning, principals and types of training plan

UNIT II**14 Hours**

Training load: Factors affecting of training load, intensity, density, frequency
 Over load: Concept, types, causes, Symptoms, and Tackling of overload
 Conditioning: Meaning, definition, and importance

UNIT III**15 Hours**

Training for important motor component: Strength, speed, endurance, flexibility coordinative ability/agility, their definition, types and specific training methods
 Methods of Training: Weight training, Circuit Training, Interval training, Fartlek training
 Periodization: Meaning, Types, Aims, Training cycle

UNIT IV**15 Hours**

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

Practical Work:

Endurance Training: (12 Min Run/Walk Test)

Strength Training: (Standing Broad Jump, sergeant Jump)

Speed Training: (50 Meter Dash)

Agility: Shuttle Run, Dodging Run Test

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: Yogic Science**Course Code: BBP513**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Critical articulate of the Evolution of Yoga based on the classical texts
2. Yogic Concepts in various hatha yogic texts
3. Develop articulate of Prana and Pranayama.
4. Develop articulate of different yogic techniques.

Course Contents**UNIT I****14 Hours**

Introduction & Defination of Hatha, Hatha Pradipika, Gheranda Sanhita, Shiva Sanhita, Asanas Hatha Pradipika, Gheranda Sanhita, Shiva Sanhita
Asanas: Classification of Asanas by Swami Kuvalyananda, Aim of Meditative Asanas, Cultural Asanas and Relaxative Asanas, its benefits

UNIT II**15 Hours**

Pranayama - General features of pranayama - Sanhita and Kevala Kumbhaka, Technical aspect of Pranayama - asana, Asanasthairya-Asanajaya, Three phases of Pranayama- puraka-kumbhaka-Rechaka, Swatmarama's eight verities of Kumbhaka-technique of each in details, Effects of Pranayama, Importance of time, choice of pranayama, use of Kumbhaka

UNIT III**16 Hours**

Nadishodhan Kriyas - General features & Importance, Classification and Techniques of each Dhauti, Basti, Neti, Tratak, Nauli, Kapalbhathi, According to Hatha Pradipika , Gheranda Sanhita, Yogic concepts of body function, Mudra, Bandh: Introduction of 25 Mudra according to Gherenda Sanhita, Expalaination with reference of hatha Pradipika & Shiv Sanhita, Tribandha & Jivha Bandha

UNIT IV**15 Hours**

Prana Introduction meaning: Prana, Apana, Saman, Vyan, Udan, Prana -Place in body & its function, Pancha kosha Introduction & important in yogic sadhna, Nada, Bindu, Nadies: Introduction, name of Major Nadies, Nadi shodhan

Transaction Mode

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

Suggested Readings

- *Hatha Pradipka* edited by Swami Digambar, Kaivalyadham Lonawala.
- *Gherand Sahita* edited by Swami Digambar, Kaivalyadham Lonawala.
- *Sidha Sidhant Padati* - Gorakhnath Mandir, Gorakhpur (U.P.)
- *Nath Darshan* - Gorakhnath Mandir, Gorakhpur (U.P)

IOAIC

Course Name: Professional Ethics in Physical Education
Course Code: BBP506

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop a deep understanding of ethical principles and values within the context of physical education.
2. Enhance decision-making skills when faced with ethical dilemmas in sports and physical education.
3. Promote professional conduct and responsible coaching practices that align with ethical standards.
4. Cultivate a culture of sportsmanship, fair play, and integrity in sports and physical activities.

Course Content

UNIT I

14 Hours

Introduction to Professional Ethics in Physical Education, Overview of the course objectives and significance of ethics in physical education, Introduction to ethical principles and their application in sports and physical education contexts

UNIT II

13 Hours

Ethical Principles in Sports and Physical Education, Examination of ethical principles such as fairness, integrity, respect, and responsibility, Analysis of case studies highlighting ethical issues in sports and physical education, Discussions on the importance of ethical behavior and its impact on the learning environment

UNIT III

10 Hours

Sportsmanship and Fair Play: Understanding the concepts of sportsmanship and fair play, exploring the role of sportsmanship in promoting respect, teamwork, and healthy competition, Analysis of real-life examples of sportsmanship and fair play in various sports contexts

UNIT IV

08 Hours

Ethical Decision Making in Physical Education: Introduction to the decision-making process and ethical frameworks, Analysis of ethical dilemmas in physical education and sports, 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

- *Authors: Claude Scheuer and Jean-Luc Thill - Luxembourg Editor: Charlot Cassar
Last edition: October, 2015*
- *Authors : R.S. Naagarazan July 2006, Professional Ethics in human Value*

10AAC

Course Name: Exercise Physiology

Course Code: BBP516

L	T	P	Cr
3	0	0	3

Total Hours: 45

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Approximate the basic principles of physiology and Exercise Physiology
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Illustrate of physiology and co-relate the principles of physiology. Appraise the effects during the training and practical sessions.

Course Content

UNIT I

14 Hours

Functional Adaptations to Exercise: Hormonal control during exercise, Exercise and neuromuscular system, metabolic adaptations to exercise, Cardio-respiratory changes, Effects of exercise and training on health and fitness

UNIT II

08 Hours

Energy Continuum and Recovery Process: Metabolism and exercise Recovery from exercise, Replenishment of energy stores during recovery process, Removal of excess lactic acid produced during exercise, Restoration of myoglobin oxygen stores

UNIT III

13 Hours

Exercise in hot and cold environment: Body temperature regulations, Physiological responses to exercise in the heat, Acclimatization to exercise in heat, Physiological responses to exercise in cold, Health risks during exercise in the cold

UNIT IV

10 Hours

Altitude and physiology: Exercise performance at altitude, Physiological responses to acute altitude exposure, chronic altitude exposure and acclimatization
Aging process and Ergogenic: Age related changes and exercise, Ergogenic aids and physical activity

Transaction Mode

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

Suggested Readings

- *W. Larry Kenney, Jack H. Wilmore, David L. Costill, 2012, Physiology of Sports and Exercises*
- *Robert A. Robergs, Scott O. Roberts, 2000, Fundamental Principles of Exercise Physiology for Fitness, Performance, and Health*
- *Larry G. Shaver, 1982, Essentials of Exercise Physiology*
- *Dr. Sandhya Tiwari, 2006, Exercise Physiology*
- *M. Dena Gardiner, 1985, The Principles of Exercise Therapy*
- *Edward L. Fox, Richard W. Bowers, Merle L. Foss, 1981, The Physiological Basis of Physical Education and Athletics*
- *Michael S. Bahrke, Charles E. Yesalis, 2002, Performance – Enhancing Substances in Sport and Exercises.*

Course Name: Computer Application**Course Code: BBP508**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

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

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

History and Basics of Computer: Brief history of development of computers, Generations of computers, Types of PCs-Desktop, Laptop, Notebook, Laptop, Workstations etc

Basic components of computer system Memory: RAM, ROM, and other types of memory

UNIT II**14 Hours**

Computer Software & hardware: Using Mouse and moving icons on the screen, My Computer, Recycle Bin, Status Bar, Start-menu selection, running an application, 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.

UNIT III**05 Hours**

Basic components of a window: 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

MS excel, Mail, Internet: Introduction of MS Excel, Internet- Create account on any mail, Uses of Internet, Types of Word Processor

UNIT IV**16 Hours**

Creating and Saving a documents, Editing and Formatting – Changing color, Size Font, alignment of text, Formatting paragraphs with line or paragraph spacing, adding, Headers and footers, numbering pages Using grammar and spell check utilities, etc., printing a document.

Inserting Word Art, Clipart and Pictures, Page Setting, Bullet and Numbering, Borders, shading Format Painter find and replace.

Practical Work:

Visit to Computer lab: Identification and familiarization of computer components and peripherals.

Demonstration of computer operation

Familiarization with keyboard and switches

Demonstration of Printer Controls

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: Gymnastic-III (Practical)

Course Code: BBP514

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Indicate 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. Exhibit officiating signals of the game

Course Content

Uneven Bar
 Pommel horse for Boys
 Horizontal Bar for Girls

60 Hours

Course Name: Track & Field –V (Practical)

Course Code: BBP511

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop skills in starting and finishing techniques of Decathlon, Heptathlon, Pentathlon events.
2. Display the skills in ground marking and officiating in real game situation.
3. Indicate and appraise the rules & regulations of throwing events.
4. Examine the Track and Field documentation and report.

Course Content

60 Hours

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

Course Name: Teaching Practice-III (Practical)

Course Code: BBP515

L	T	P	Cr
0	0	4	2

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Summarize the fundamental principles of effective teaching practice.
2. Prepare and maintain records related to their work in the school.
3. Demonstrate their assessment skills through the work they perform in the school.
4. Actively participate in co-curricular and extracurricular activities organized by the school.

Course Content

60 Hours

10 teaching practice lessons in institution.

Preparation and presentation of annual report, conduct of Intramural, play days, camping

Semester VI**Course Name: Fundamental of Research in Physical Education****Course Code: BBP601**

L	T	P	Cr
4	0	0	4

Total Hours: 60**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Solve the Memorize of Physical Education 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, Definition of Research, Need and importance of Research in Physical Education and Sports, Scope of Research in Physical Education & Sports

UNIT II**15 Hours**

Survey of Related Literature, Need for surveying related literature, Literature Sources, Library Reading, Research Proposal, Meaning and Significance of Research Proposal

UNIT III**14 Hours**

Basics of Research Problems, Classification of Research, Research Problem, Meaning of the term, Location and Criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations

UNIT IV**16 Hours**

Research proposal, Preparation of project

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.

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.* Bompal, 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

Total Hours: 60

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Recognize the need and importance of tests, measurement, and evaluation in physical education.
2. Acquire knowledge about the administration of different motor fitness and physical fitness tests.
3. Memorize anthropometric measurements.
4. Develop skills in interpreting the results of the above tests.

Course Content

UNIT I

16 Hours

Introduction: Meaning & definition of test, measurement and evaluation, Importance of test, measurement and evaluation in physical education, Organization and administration of tests results, Presentation and interpretation of tests results

Construction & Characteristics of an effective test: validity, reliability, objectivity, subjectivity, economy, standard norms

UNIT II

14 Hours

Physical (General) Fitness Test: Sergeant Test, Kraus Webber test, Rogers strength test, Motor fitness test: J.C. R. test, AAPHER's youth fitness test

Cardio-vascular test: Harvard step test, 12-minute walk and Run test

UNIT III

15 Hours

Test for motor fitness: Indiana motor fitness test (for elementary and high school boys, girls and college men), Oregon motor fitness Test

Motor ability test: Newton test, Barrow test, Cozantest

Motor Educability test: Metheny Johnson test, Iowa brace test

UNIT IV

15 Hours

Sports skill test, Basketball: Johnson basketball test, Harrison Basketball battery Mc-Donald volley soccer test. Badminton: Lockhart and McPherson Badminton test, Hockey: Schmithals-French Achievement test, Soccer: Warner test of soccer skills, Volleyball: Helmen Volley ball test, Lawn Tennis: Sherman united consecutive Rally 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: Pilot study Research
Course Code: BBP612

L	T	P	Cr
2	0	0	2

Total Hours: 30

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Conduct a substantial research-based project.
2. Demonstrate the ability to improve student achievement, engagement, and retention.
3. Show the ability to lead and manage change through collaboration with others.
4. Articulate the ethical issues associated with practitioner research..

Course Content

30 Hours

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 more specifically, in large-scale clinical studies, the pilot or small-scale study often precedes the main trial to analyze its validity.

Students are advised to prepare any pilot research.

Course Name: Sports Medicine**Course Code: BBP606**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

1. Demonstrate a breadth of knowledge across the spectrum of the exercise sciences and a deeper understanding in the areas of physiology, motor behavior, and biomechanics.
2. Apply the scientific method to understand, evaluate, and solve problems in the exercise sciences.
3. Utilize the central components of a liberal education, including critical thinking, information literacy, oral and written communication, and quantitative reasoning skills, in analyzing problems in the exercise sciences.
4. Understand the concept of Upper limb and thorax injuries

Course Content**UNIT I****12 Hours**

Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance

Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches, Need and Importance of the study of sports injuries in the field of Physical Education

Prevention of injuries in sports: Common sports injuries, Diagnosis, 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: Basic Rehabilitation, Strapping/tapping, definition, principles precautions contraindications

Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions

Show reversal technique exercises: Isotonic, Isokinetic, Isometric, Stretching Definition, types of stretching, advantages, dangers of stretching, manual muscle grading

UNIT III**09 Hours**

Upper limb and thorax injuries: Shoulder- sprain, strain, dislocation, and strapping,

Elbow: Sprain, strain, strapping

Wrist and Fingers: Sprain strain, strapping

Thorax, Rib fracture: Breathing exercises, relaxation techniques, Freeh and exercise, stretching and strengthening exercise for shoulder, elbow, wrist and

hand, Supporting and aiding techniques and equipment for upper limb and thorax injuries

UNIT IV

14 Hours

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

Practical lab:

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**Course Code: BBP607**

L	T	P	Cr
3	0	0	3

Total Hours: 45**Learning Outcomes:**

After completion of this course, the learner will be able to:

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

Course Content**UNIT I****11 Hours**

Introduction: Meaning and definition of journalism, ethics of journalism, canons of journalism, Sports ethics and sportsmanship, reporting sports events, National and International sports news agencies

UNIT II**10 Hours**

Concept of sports bulletin: Journalism and sports education, structure of sports bulletin, compiling a bulletin, types of bulletin, Role of journalism in the field of physical education, 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 in journalism: Radio and T.V. commentary, running commentary on the radio, Sports expert's comments, role of advertisement in journalism, Sports photography, equipment, editing, publishing

UNIT IV**15 Hours**

Report Writing on Sports, Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games, Preparing report of an annual sports meet for publication in newspaper, Organizations of press meet

Note:

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: Project Meet (Athletics)

Course Code: BBP613

L	T	P	Cr
0	0	8	4

Total Hours: 120

Learning Outcomes:

After completion of this course, the learner will be able to:

1. Develop effective project management skills, including project planning, scheduling, resource allocation, and risk assessment, to successfully execute Project Meet initiatives.
2. Analyze and apply advanced tools and techniques for project monitoring and control, ensuring that Project Meet stays on track, within scope, and on budget.
3. Demonstrate leadership and teamwork abilities by collaborating with diverse stakeholders, managing conflicts, and fostering a positive project environment during Project Meet execution.
4. Evaluate the outcomes and impact of Project Meet on the targeted audience or community, and prepare comprehensive reports and presentations to communicate project results effectively.

Course Content

120 Hours

Students will organize project meet