

# **Program Syllabus Booklet**

**Bachelor of Physical Education & Sports**

**(BPES – 703)**

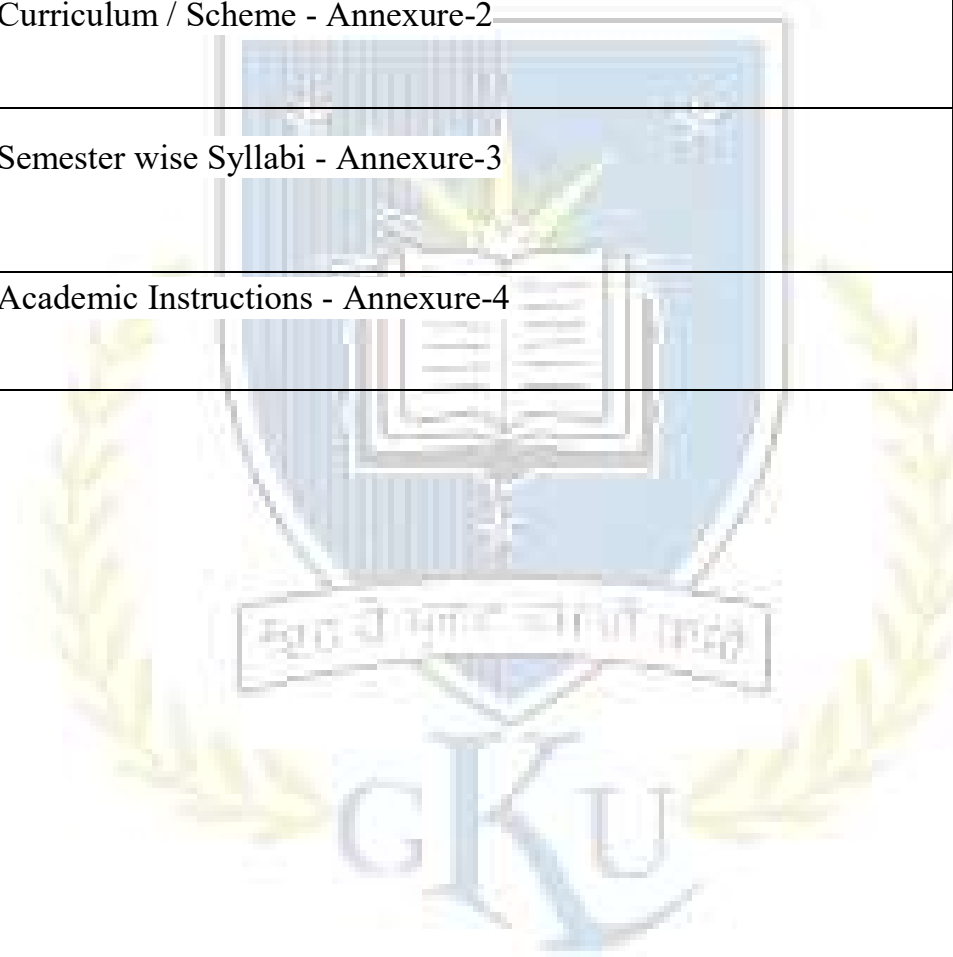


**Session: 2021-22**

**Department of Physical Education  
Guru Kashi University, Talwandi Sabo**

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**Program: Bachelor of Physical Education and Sports (BPES)**

**Program Code: 703**

**The Program outcomes for the Program Bachelor of Physical Education and Sports are as follows:**

Bachelor of Physical Education and Sports Graduates will be able to:

<b>PO1</b>	<b>Physical Education knowledge:</b> Apply the knowledge of basic sciences related to physical education, to understand the principles as well as components of physical fitness programs and rules/regulations of various games.
<b>PO2</b>	<b>Problem analysis:</b> Design solutions for complex sports problems and design system components or processes that meet the specified needs with appropriate consideration for general health , common injuries and performance of athletes.
<b>PO3</b>	<b>Design/development of solutions:</b> Ability to employ critical thinking and efficient problem solving skills through development of new strategies in the playground.
<b>PO4</b>	<b>Conduct investigations of complex problems:</b> Use research-based knowledge and research methods including design of experiments ,analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
<b>PO5</b>	<b>Modern tool usage:</b> Create, select, and apply appropriate techniques, uses of different labs and modern equipment as well as scientific techniques used for enhancing performance in various indoor and outdoor games.
<b>PO6</b>	<b>Ethics:</b> Recognize the importance of ethical behavior and promotion of fair play, and discouraging the use of drugs for performance enhancement.
<b>PO7</b>	<b>Individual and team work:</b> Function effectively with diverse teams, promote coordinated effort on the part of a team and perform efficiently as a player.
<b>PO8</b>	<b>Communication:</b> Express thoughts and ideas effectively and present complex information in a clear and concise manner to team members.

**The Program specific outcomes for Bachelor of Physical Education & Sports (BPES) are as follows:**

PSO 1	Understand the cultural and philosophical background of Physical Education.
PSO2	Adapt and improve the skills required for performing specific sporting/adventure activities under extreme environmental conditions.
PSO3	Become well-oriented with the basic concept of coaching and its contribution towards enhancing performance.





Semester: 1st										
Sr.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	B703101	Anatomy	T	4	0	0	4	50	50	100
2	A703102	General Science	T	4	0	0	4	50	50	100
3	B703103	Introduction of Physical Education	T	3	0	0	3	50	50	100
4	B703104	Social Science	T	3	0	0	3	50	50	100
5	B703105	Environment Studies	T	3	0	0	3	50	50	100
6	<b>Elective-I</b>		T	3	0	0	3	50	50	100
7	A703108	Game Specialization - I	P	0	0	4	2	60	40	100
8	A703109	Gymnastic-I	P	0	0	4	2	60	40	100
9	A703110	Mass Demonstration -I	P	0	0	4	2	60	40	100
10	A703111	Track & Field -I	P	0	0	4	2	60	40	100
Total No. of Credits				20	0	16	28	540	460	1000

<b>Elective-I (Select one of the following subject)</b>	
A703106	General Punjabi-I
B703110	Punjab History & Culture-I



Semester: 2nd										
Sr. No.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	B703201	Methods of Physical Education	T	5	0	0	5	50	50	100
2	A703202	Psychology with Special Reference to Physical Education	T	5	0	0	5	50	50	100
3	A703203	Computer Applications	T	5	0	0	5	50	50	100
4	B703204	General English -I	T	5	0	0	5	50	50	100
5	A703205	Game Specialization-II	P	0	0	4	2	60	40	100
6	A703206	Gymnastic-II	P	0	0	4	2	60	40	100
7	A703207	Mass Demonstration -II	P	0	0	4	2	60	40	100
8	A703208	Track & Field-II	P	0	0	4	2	60	40	100
Total No. of Credits				20	0	16	28	440	360	800



<b>Semester: 3rd</b>										
Sr. No.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	B703301	Educational Technology	T	5	0	0	5	50	50	100
2	A703302	Kinesiology	T	5	0	0	5	50	50	100
3	A703303	Recreation	T	5	0	0	5	50	50	100
4	<b>Elective-II</b>		T	5	0	0	5	50	50	100
5	A703306	Game Specialization-III	P	0	0	4	2	60	40	100
6	A703307	Gymnastic-III	P	0	0	4	2	60	40	100
7	A703308	Track & Field-III	P	0	0	4	2	60	40	100
8	A703309	Teaching Practice-I (General Lesson)	P	0	0	4	2	60	40	100
<b>Total No. of Credits</b>				20	0	16	28	440	360	800

<b>Elective-II (Select one of the following subject)</b>	
A703305	General Punjabi-II
B703307	Punjab History & Culture-II



Semester : 4th										
Sr.	Course Code	Course Name	Type of Cours eT/P	(Hour sPer Week )			No. of Cred it s	Interna l Marks	Externa l Marks	Total Mark s
				L	T	P				
1	B70340 1	Health Educatio n	T	5	0	0	5	50	50	10 0
2	A70340 2	Officiating and Coaching	T	5	0	0	5	50	50	10 0
3	B70340 3	Yoga	T	5	0	0	5	50	50	10 0
4	B70340 4	General English- II	T	5	0	0	5	50	50	10 0
5	A70340 5	Game Specialization -IV	P	0	0	4	2	60	40	10 0
6	A70340 6	Gymnastic-IV	P	0	0	4	2	60	40	10 0
7	A70340 7	Track & Field-IV	P	0	0	4	2	60	40	10 0
8	A70340 8	Teaching Practice-II (Game Lesson)	P	0	0	4	2	60	40	10 0
Total No. of Credits							28			





Semester: 5th										
Sr. No.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	A703501	Exercise Physiology and Fitness	T	5	0	0	5	50	50	100
2	A703502	Principles Of Foundations of Physical Education	T	5	0	0	5	50	50	100
3	A703503	Sports Training	T	5	0	0	5	50	50	100
4	<b>Elective Course-III</b>		T	5	0	0	5	50	50	100
5	A703507	Game Specialization - V	P	0	0	4	2	60	40	100
6	A703508	Gymnastic-V	P	0	0	4	2	60	40	100
7	A703509	Track & Field-V	P	0	0	4	2	60	40	100
8	A703510	Teaching Practice-III (Athletics Lesson)	P	0	0	4	2	60	40	100
Total No. of Credits				20	0	16	28	440	360	800

<b>Elective-III (Select one of the following subject)</b>	
A703504	General Punjabi-III
B703505	Punjab History & Culture-III



Semester: 6th										
Sr	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	A703601	Introduction to corrective & Rehabilitation	T	5	0	0	5	50	50	100
2	A703602	Remedial and Massage	T	5	0	0	5	50	50	100
3	A703603	Test, Measurement and Evaluation I in Physical Education	T	5	0	0	5	50	50	100
4	A703604	General English-IV	T	5	0	0	5	50	50	100
5	A703607	Game Specialization - VI	P	0	0	4	2	60	40	100
6	A703608	Gymnastic-VI	P	0	0	4	2	60	40	100
7	A703609	Track & Field-VI	P	0	0	4	2	60	40	100
8	A703610	Teaching Practice-IV(Theory Lesson)	P	0	0	4	2	60	40	100
Total No. of Credits				20	0	16	28	440	360	800

**Course Name: Anatomy**

**Course Code: A703101**

**Semester: 1<sup>st</sup>**

**Credits: 04**

L	T	P
4	0	0

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Understand the need and importance of anatomy in physical education.
CO2	Demonstrate the basic structure, composition and functions of the organ systems of the human body.
CO3	Learn the basic technical terminology and language associated with anatomy
CO4	Defend the uniqueness and adaptiveness of human structure.

**Course Contents**

**Unit- I**

**Anatomy in Physical Education.**

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

**Unit- II**

**Introduction to Muscular system, Nervous system and Respiratory system.**

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

**Unit- III**

**Introduction to Digestive system, Circulatory system and excretory system.**

Digestive System: organs, assimilation of food. Circulatory System: structure, circulation of blood, cardiac cycle, blood pressure, erythrocytes (R.B.C), leukocytes (W.B.C) and Thrombocytes (Platelets), Excretory system: Organs and structure of excretory system (Skin, kidney, lungs etc.)

## Unit- IV

### Introduction to Reproductive system, Endocrine System and Sense organs

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

#### Practical Work:

- Disarticulated bones (Total Bones).
- Articulated bones (Skeleton).
- Histology: Slides are to be used for the following: Blood, Spinal Cord, Stomach, Intestine, Liver, Kidney, Ovary, Testis, and Skin.
- How to check the following: Pulse, Blood pressure, normal heart sounds, effect of exercise and posture on pulse and blood pressure, rate of recovery of pulse rate after exercise.
- Respiration: How to see and check the vital capacity and use of Spiro meter.
- Demonstration of reflex action
- Use of Models like the liver, kidney, stomach, heart, skull and brain.
- Blood test to determine Hemoglobin
- Urine test to determine Sugar.

#### Text Book

- 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*" 14<sup>th</sup> 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* 9<sup>th</sup> edition- Harcourt Publisher Ltd.
- Winwood, R.S. and Smith, J. L. (1998)*Sears Anatomy and Physiology for Nurses* 6<sup>th</sup> edition ( 1<sup>st</sup> Indian edition), London Edward Arnold.
- Gray A. Thibodean and Kelvin T. Patton (1994), *Anthony's Textbooks of Anatomy and Physiology*, 14<sup>th</sup> edition Mosby year book inc. St. Louis Times Mirror, Mosby College Publishing

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
CO 1	2	3	2	2	3	3	2	1	1	2	1
CO 2	3	1	2	1	3	2	2	1	1	2	1
CO 3	2	1	1	1	3	1	1	1	1	2	1
CO 4	3	1	2	2	3	2	2	1	1	3	1
Average	2.5	1.5	1.75	1.5	3	2	1.75	1	1	2.25	1

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.



**Course Name: General Science**

**Course Code: A703102**

**Semester: 1<sup>st</sup>**

**Credits: 03**

<b>L</b>	<b>T</b>	<b>P</b>
<b>3</b>	<b>0</b>	<b>0</b>

**Course Outcomes:**

<b>CO</b>	<b>On successful completion of this course, the students will be able to:</b>
CO1	Identify the functions of ecosystems, including the interdependence of plants and animals.
CO2	Provide specific examples of natural world related to Survival of human beings.
CO3	Comprehend and utilize the scientific concepts in day-to-day life
CO4	Apply principles of electricity and magnetism to simple electrical circuits and Devices.

**Course Contents**

**Unit- I**

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

**Unit- II**

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

**Unit- III**

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

**Unit- IV**

**Practical Work:** Preparation of the following gases: (a) Hydrogen, (b) Oxygen, (c) Carbon-Dioxide, Tests of HCl, HNO<sub>3</sub> and H<sub>2</sub>SO<sub>4</sub>, Flower and its parts, Archimedes Principle, Properties of magnetism, Electric bell, Properties of Sculpture.

**Text Books -**

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

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	3	2	2	3	3	2	1	1	2	1
C O2	3	1	2	1	3	2	2	1	1	2	1
C O3	2	1	1	1	3	1	1	1	1	2	1
C O4	3	1	2	2	3	2	2	1	1	3	1
Average	2.5	1.5	1.75	1.5	3	2	1.75	1	1	2.25	1

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.



**Course Name: Introduction to Physical Education**

**Course Code: A703103**

**Semester: 1<sup>st</sup>**

**Credits: 03**

	<b>L</b>	<b>T</b>	<b>P</b>
<b>3</b>	<b>0</b>	<b>0</b>	

**Course Outcomes:**

<b>CO</b>	<b>On successful completion of this course, the students will be able to:</b>
CO1	Acknowledge basic knowledge of physical education and its relation with other streams.
CO2	Identify knowledge about history of physical education.
CO3	Repeat history of Olympics and modern Olympics.
CO4	Differentiate role and functions of various sports councils, federations and associations.

### **Course Contents**

#### **Unit- I**

**Introduction to physical Education** - Introduction: Meaning, definition, aims and objectives and scope of Physical Education. In the modern age.

Relationship of physical education and education and other science. Importance & Principle of physical education.

Meaning and various term general content used in physical education ( Physical culture, Physical training, Drill, sports and game, gymnastic, athletic, formal activity, Rhythmic activity, yoga, hiking, picnic, camping, corrective activity).

#### **Unit- II**

**History of Physical Education** - A brief account of the history (Sweden, Denmark, Germany with special stress on educational gymnastics, USA, USSR, UK).

Physical education in India before and after Independence. History of Physical Education in Ancient Greece with special reference to the evolution of Olympics games. History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contests and the downfall of Olympics.



### Unit- III

**Introduction to major Games** - Modern Olympic Games – A comparison with ancient Olympics (IOC)&Asian Games.

S.A.F. Games. & Afro Asian game.

Indian National game.Role of the following: their function and objectives of AICS (All India Council of Sports, C.A.B. Physical Education {Central Advisory Board in Physical Education} Sports Awards In India, N.F.C. {National Fitness Corps}, N.P.E. Drive (National Physical Education Efficiency Drive), Indian Olympic Association.

### Unit- IV

**Development and achievements by various bodies** - Development and Achievement of the following organizations Movement (S.N.I.P.E.S (Society for National Institute of Physical Education and Sports), S.A.I. (Sports Authority of India), LNUPE, NSNIS, IOA (Indian Olympic Association).

Scouts and Guides, Youth Services, Punjab contribution to Sports in India, Physical Education as compulsory course in schools.

National and International Sports Federations.

#### Text Books -

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

#### The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	1	1	3	2	1	2	1	3	1
C O2	1	3	2	1	2	1	1	2	1	3	1
C O3	1	3	1	1	1	1	1	1	1	3	1
C O4	1	3	1	1	1	1	1	1	1	3	1
Average	1.25	2.75	1.25	1	1.75	1.25	1	1.5	1	3	1

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Social Science**

**Course Code: A703104**

**Semester: 1<sup>st</sup>**

**Credits:03**

L	T	P
3	0	0

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	On successful completion of this course, the students will be able to:
CO1	Recognize the meaning of social sciences with its duties and rights.
CO2	Understand that the earth as the habitat of humankind and other forms of life.
CO3	Relate various social problems with the development of country.
CO4	Distinguish between quantitative and qualitative methods of understanding human behaviour.

### Course Contents

- Introduction: Meaning of Social Sciences. Its rights and duties.
- Brief outline of the nature and scope of study of the following Social Sciences: Civics History, Political Science, Economics and Sociology.
- Physical features of India
- Climate, vegetation, soils,
- Mineral resources (Iron, Mica, Coal, Petroleum, Manganese)
- Population, Means of transport and communication.
- Indian policy – secularism, democracy,
- Social stratification, social class and caste,

### Text Books

- Navendu Thakur (2016), *An Introduction to Sociology*, Central Law Publications.
- Gisbert PS J (2010), *Fundamentals of Sociology*, Orient Longman.
- Vidya Bhushan, D.R. Sachdeva (2014), *An Introduction to Sociology*, Kitab Mahal Distributors, Delhi.
- McGee (2016), *Sociology*, Drydon Press Illinois.
- F.H. Giddings (2004), *Principles of Sociology*, Motilal UK Books of india.
- Julian – (2020), *Social Problems*, Prentice Hall.

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PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	2	2	1	1	2	1	1	2	1
C O2	2	2	1	1	1	2	1	2	1	1	2
C O3	1	1	1	1	2	2	1	1	1	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	1.5	1.5	1.25	1.5	1.5	1.75	1.5	1.5	1	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Environment Studies**

**Course Code: A703105**

**Semester: 1<sup>st</sup>**

**Credits: 03**

L	T	P
3	0	0

**Course Outcomes:**

CO	On successful completion of this course, the students will be able to:
CO1	Understand the basics of environment education and its need.
CO2	Acknowledge the uses and over uses of natural resources.
CO3	Recognize the hazards of different types of pollution and its prevention.
CO4	Identify various pollution's and their causes.

### **Course Contents**

#### **Unit- I**

**Introduction to Environmental sciences** - Definition, components and importance of environmental education. Objectives of environmental education. Needs of environmental education. Needs for public awareness. Use and over utilization of surface and ground water. Floods- Causes, effects, control, safety precautions.

#### **Unit- II**

**Healthy environment** - Meaning of Healthy EVS, Characteristics of Healthy EVS, Obstacles in the way of Healthy EVS, Effects for Healthy EVS.

#### **Unit- III**

**Various kinds of Pollution** - Pollution- Meaning, definition. Air pollution- Meaning, types, causes, effects, protection. Water pollution- Meaning, types, causes, effects, control. Soil pollution- Meaning, causes, effects, control. Noise pollution- Meaning, causes, effects, measures to stop noise pollution.

#### **Unit- IV**

**School** - Meaning and Definitions of school functions of school. Role of school in EVS conservation.

**Population** - Meaning and definitions of population related to concept, effects of population explosion on environment. Population growth and other problems. Suggestions to control population growth.

### Text Books

- Kinney. R.M.(1996). *Environmental Science System and Solution*.
- William F. (1972). *Hand Book of Sociology*. Eurasia Publishing. New Delhi.
- Rao.M.N. (1987). *Waste Water Treatment*. Oxford & IBH Publication Co. & Pvt. Ltd.

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PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	1	2	1	1	2	1	2	2	1
C O2	3	2	2	1	1	2	1	2	1	2	2
C O3	1	1	2	3	2	2	1	1	2	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	2	1.5	1.5	2	1.5	1.75	1.5	1.5	1.5	1.75	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.



**Course Name: Elective-I (Gen. Punjabi-I)**

**Course Code: A703106**

**Semester: 1<sup>st</sup>**

**Credits: 03**

<b>L</b>	<b>T</b>	<b>P</b>
<b>3</b>	<b>0</b>	<b>0</b>

Course Outcome

<b>CO</b>	<b>STATEMENT</b>
CO1	Develop sentence in punjabi language in efficient manner.
CO2	Understand the skills of writing official letter in punjabi.
CO3	Discuss about punjabi literature after 1960 with others.
CO4	Develop creative and literary aspects in the mind of reader.

**Course Contents**

**Unit I**

ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਵਿਤਾ ਸਿਧਾਂਤ ਤੇ ਵਿਹਾਰ (ਕਾਵਿ-ਸੰਗ੍ਰਹਿ) ਡਾ. ਜਸਵਿੰਦਰ ਕੌਰ,

- 1.1) ਭਾਈ ਵੀਰ ਸਿੰਘ
- 1.2) ਪ੍ਰੋ: ਪੂਰਨ ਸਿੰਘ
- 1.3) ਲਾਲਾ ਕਿਰਪਾ ਸਾਗਰ,
- 1.4) ਬਾਬੂ ਫੀਰੋਜ਼ ਦੀਨ ਸਰਫ,
- 1.5) ਗਿਆਨੀ ਗੁਰਮੁਖ ਸਿੰਘ
- 1.6) ਲਾਲਾ ਧਨੀਰਾਮ ਚਾੜ੍ਹਕ,
- 1.7) ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ,
- 1.8) ਮੋਹਨ ਸਿੰਘ

**Unit II**

ਕਾਲੇ ਲਿਖਨਾ ਲੇਖ (ਲੇਖ ਸੰਗ੍ਰਹਿ) ਦਲੀਪ ਕੌਰ ਟਿਵਾਣਾ

- 2.1) ਵਤਨ ਦਾ ਪਿਆਰ,
- 2.2) ਪੈਰ ਦੀ ਜੁੱਤੀ,
- 2.3) ਮੁਲਾਕਾਤੀ,
- 2.4) ਵਿਹਲੀਆਂ ਗੱਲਾਂ,
- 2.5) ਜੀਵਨ ਤੇ ਕਲਾਂ,
- 2.6) ਮੇਰਾ ਨਿਸਫਲ ਪਿਆਰ,
- 2.7) ਕਹਾਣੀਆਂ ਦੇ ਪਾਤਰ,
- 2.8) ਫੂਕ ਵਿੱਦਿਆ।



**Unit III**

ਪੈਰਾਚਰਨਾਂ ਤੇ ਸੰਖੇਪ ਰਚਨਾ

**Unit IV**

ਵਿਆਕਰਨ

- 4.1) ਮੁਹਾਵਰੇ ਤੇ ਅਖੌਤਾ
- 4.2) ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇਕ ਸ਼ਬਦ
- 4.3) ਸਮਾਨਆਰਥਕ ਸ਼ਬਦ

ਸਹਾਇਕ ਪੁਸਤਕਾਂ:-

- ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਵਿਤਾ ਕਾਵਿ ਸੰਗ੍ਰਹਿ”, ਡਾ: ਜਸਵੀਰ ਸਿੰਘ ਆਹਲੂਵਾਲੀਆ
- ਤਿੰਦਰ ਸਿੰਘ ਨੂਰ ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਾਵਿ ਸਿਧਾਂਤ ਕਪਰਿਪੇਖ” ਆਰਸ਼ੀ ਪਬਲੀਕੇਸ਼ਨਜ, ਦਿੱਲੀ
- ਸਤਿੰਦਰ ਸਿੰਘ: ਭਾਈ ਵੀਰ ਸਿੰਘ ਜੀਵਨ ਤੇ ਰਚਨਾ”, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ

**The mapping of PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	2	2	1	1	2	1	1	2	1
C O2	2	2	1	1	1	2	1	2	1	1	2
C O3	1	1	1	1	2	2	1	1	1	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	1.5	1.5	1.25	1.5	1.5	1.75	1.5	1.5	1	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

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

**Course Code: A703107**

**Semester: 1<sup>st</sup>**

**Credits: 03**

L	T	P
3	0	0

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statements
CO1	Develop efficient sentence building skill in punjabi language.
CO2	Demonstrate the skills of writing official letter in punjabi.
CO3	Discuss about punjabi literature after 1960
CO4	Develop creative and literary aspects in the mind of reader

### Course Contents

#### UNIT I

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

#### UNIT II

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

#### UNIT III

**Buddhism & Jainism:** Teaching and impact of Buddhism in the Punjab. Teaching and impact of Jainism in the Punjab.



## UNIT IV

**Punjab & its rulers:** Punjab under Chandra Gupta Maurya and Ashoka. The Punjab under the Gupta Emperors.

**Text Book: -**

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	1	2	1	1	1	1	2	2	2
C O2	1	3	2	1	1	2	1	2	2	2	2
C O3	2	1	3	3	2	1	1	1	2	1	2
C O4	1	1	1	2	3	2	2	2	1	1	2
Average	1.75	1.5	1.75	2	1.75	1.5	1.25	1.5	1.75	1.5	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Game Specialization-I (Any One)**

**Course Code: A703108**

**Semester: 1<sup>st</sup>**

**Credits:02**

**L      T      P**  
**0      0      4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of any one game from football, badminton, kabaddi, Swimming.
CO2	Demonstrate the measurements for these games.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

### Course Contents

#### Games

Football, Badminton , Kabaddi, Swimming

**The mapping of PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	3	3	2	1	2	2	2	2	2
C O2	1	2	1	3	1	2	2	2	2	2	2
C O3	1	3	2	3	1	2	2	2	2	2	2
C O4	1	1	1	3	2	2	2	3	1	1	2
Average	1.5	2	1.75	3	1.5	1.25	2	2.25	1.75	1.75	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Gymnastic -I**

**Course Code: A703109**

**Semester: 1<sup>st</sup>**

**Credits: 02**

L	T	P
0	0	2

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of gymnastics.
CO2	Develop skills in athletic events and gymnastics.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

### Course Contents

- Floor gymnastic for Boys and Girls

**The mapping of PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	3	3	2	1	1	2	2	2	2
C O2	3	3	1	3	1	2	1	2	1	1	1
C O3	1	2	2	3	1	2	1	2	1	1	3
C O4	1	2	1	1	1	1	3	3	3	2	1
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.7	1.5	1.75

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Mass Demonstration-I (Any one)**

**Course Code: A703110**

**Semester: 1st**

**Credits: 02**

**L      T      P**  
**0      0      4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Develop fundamental skills to participate in various demonstrative activities.
CO2	Gain expertise in coordinating movements with fellow peers while performing.
CO3	Acquire the skill of teaching these activities on certain rhythm and/or beats.
CO4	Modify and innovate new techniques to enhance the poise of the performance.

**Course Contents**

**Command, Class Formation, Drill and Marching**

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	3	3	2	2	1	2	2	2	2
C O2	1	2	1	3	1	2	2	2	1	1	2
C O3	2	2	2	3	1	2	2	2	2	1	2
C O4	1	1	1	3	2	2	1	3	2	1	2
Average	1.5	1.75	1.75	3	1.5	2	1.5	2.25	1.75	1.25	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Track & Field-I (Any one)**

**Course Code: A703111**

**Semester: 1<sup>st</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Demonstrate the starting and finishing techniques of running events (sprints)
CO2	Implement the skills of ground marking and officiating in real game situation.
CO3	Understand the rules & regulations of running events.
CO4	Conduct the annual athletic meet/intramural.

### **Course Contents**

**Running Events - Sprints**

Project: (non credit)

Preparation and presentation of annual report, conduct of annual athletic meet/intramural, play days, camping.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	3	3	2	1	1	2	1	1	2
C O2	2	2	1	3	1	2	1	2	1	1	1
C O3	2	2	2	3	1	1	1	2	1	1	1
C O4	1	2	1	1	1	2	2	3	3	2	2
Average	1.75	2	1.75	2.5	1.25	1.5	1.25	2.25	1.5	1.25	1.5



**Course Name: Methods of Physical Education**

**Course Code: A703201**

**Semester: 2<sup>nd</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Describe the basic skills of teaching practice.
CO2	Recognize the methods, forms and means required for the proper implementation
CO3	Demonstrate skills in class management and class formation.
CO4	Conduct classes for teaching games using different methods.

**Course Contents**

**Unit- I**

**Introduction to Methods of Physical Education** - Meaning, scope and importance of methods of physical education. Factors for determining methods of teaching: Types Of Command (beginners-Children, advanced group, large groups, complicated exercises, commands, order and directions)

Teaching of commanding and leading: (Counting, Continuous counting, counting the beat, Rhythmic counting, counting aloud, Use of Whistle, Use of precessions instrument and music)

**Unit- II**

**Presentation Techniques:** (Personal preparation, Technical preparation, Steps of preparation, Situation which requires different words of command).

Class management and formation: meaning of types of class formation and class management. Principal of class management.

Lesson Planning: Types of lessons and their values, Objectives of different lessons, plans and parts of the lessons, introductory and developments, Skill Practice/group work, Class activity/Recreation Part (Reassembly, Revision and dismissal)

**Unit- III**

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

### Unit- IV

**Competition: meaning and their types, fixture of different competition. Intramural and Extramural**

**Track: Layout and marking of athletics track and field events.**

#### Text Books

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	3	3	2	1	1	2	1	1	2
C O2	2	2	1	3	1	2	1	2	1	1	1
C O3	2	2	2	3	1	1	1	2	1	1	1
C O4	1	2	1	1	1	2	2	3	3	2	2
Average	1.75	2	1.75	2.5	1.25	1.5	1.25	2.25	1.5	1.25	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Psychology with Special Reference to Physical Education**

**Course Code: A703202**

**Semester: 2<sup>nd</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the importance of psychology in physical education.
CO2	Acknowledge the Importance of psychology in the development of student's self-
CO3	Implement the knowledge of heredity and environment on Childs development.
CO4	Recognize the intelligence trait in humans and its developmental factors.

### Course Contents

#### Unit- I

**Psychology in Physical Education** - Meaning of psychology, Psychology as science and its usefulness in physical education. Personality, definition characteristics and types. Emotion-meaning definition, characteristics and their training.

#### Unit- II

**Motivation, definition, kinds of motivation, Importance and Methods** - Learning-meaning, and nature of learning, laws of learning and learning curve, Transfer of training, types and its role in Physical Education.

#### Unit- III

**Growth and development at different stages with special reference to adolescence** -Heredity and environment and their influence on child's development. Intelligence its nature and development.

#### Unit- IV

**Fatigue** - Physiology and psychological aspect of fatigue, Individual Differences. Body types. Child psychology



**Text Books:**

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

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	3	3	2	2	1	2	2	2	2
C O2	1	2	1	3	1	2	2	2	1	1	2
C O3	2	2	2	3	1	2	2	2	2	1	2
C O4	1	1	1	3	2	2	1	3	2	1	2
Average	1.5	1.75	1.75	3	1.5	2	1.5	2.25	1.75	1.25	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Computer Application**

**Course Code: A703203**

**Semester: 2<sup>nd</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the basics of computer hardware and software.
CO2	Implement the knowledge about the applications of computers in physical education.
CO3	Apply logical skills to Programming in a variety of languages.
CO4	Demonstrate the skills in utilizing web technologies.

### **Course Contents**

#### **Unit- I**

**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 a computer system. Memory- RAM, ROM, and other types of memory.

#### **Unit- II**

**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.

**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.

#### **Unit- III**

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

#### **Unit- IV**

**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.

### Text Books

- 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

### The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	3	3	2	1	1	2	2	2	2
C O2	3	3	1	3	1	2	1	2	1	1	1
C O3	1	2	2	3	1	2	1	2	1	1	3
C O4	1	2	1	1	1	1	3	3	3	2	1
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.7	1.5	1.75

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: General English-I**

**Course Code:A703204**

**Semester: 2<sup>nd</sup>**

**Credits: 05**

<b>L</b>	<b>T</b>	<b>P</b>
<b>5</b>	<b>0</b>	<b>0</b>

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Understand the importance of language as a course in life.
CO2	Develop and improve core English skills for work, study or pleasure
CO3	Demonstrate the skills of reading, writing, speaking and listening
CO4	Implement the skills of spoken accuracy and pronunciation in day-to-day life.

**Course Contents**

**Unit- I**

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

**Unit- II**

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

**Unit- III**

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

**Unit- IV**

**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.

**Text Books**

- 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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
-----------	------	------	------	------	------	------	------	------	-------	-------	-------



			3	3	2	1	2	2	2	2	2
C O2	1	2	1	3	1	2	2	2	2	2	2
C O3	1	3	2	3	1	2	2	2	2	2	2
C O4	1	1	1	3	2	2	2	3	1	1	2
Average	1.5	2	1.75	3	1.5	1.25	2	2.25	1.75	1.75	2

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Game Specialization-II (Any One)**

**Course Code: A703205**

**Semester: 2nd**

**Credits: 02**

**L T P**  
**0 0 2**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of any one game from Cricket, Table Tennis, Kho-Kho and ball badminton.
CO2	Demonstrate the measurements for these games.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

**Course Contents**

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	1	2	1	1	1	1	2	2	2
C O2	1	3	2	1	1	2	1	2	2	2	2



			3	3	2	1	1	1	2	1	2
C O4	1	1	1	2	3	2	2	2	1	1	2
Average	1.75	1.5	1.75	2	1.75	1.5	1.25	1.5	1.75	1.5	2

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Gymnastic -II**

**Course Code: A703206**

**Semester: 2nd**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Understand the rules of gymnastics.
CO2	Develop skills in Parallel bar and Balancing beam.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

**Course Contents**

Parallel bar for Boys Balancing Beam for Girl

**The mapping of the PO/PSO/CO attainment is as follows:**

:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	1	3	3	2	1	1	2	2	2	2
C O2	3	3	1	3	1	2	1	2	1	1	1
C O3	2	3	2	3	1	2	1	2	1	1	2
C O4	1	1	1	1	1	1	3	3	3	2	1
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.75	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Mass Demonstration-II (Any one)**

**Course Code: A703207**

**Semester: 2<sup>nd</sup>**

**Credits: 02**

**L      T      P**  
**0      0      4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Develop fundamental skills to participate in various demonstrative activities.
CO2	Gain expertise in coordinating movements with fellow peers while performing.
CO3	Acquire the skill of teaching these activities on certain rhythm and/or beats.
CO4	Modify and innovate new techniques to enhance the poise of the performance.

### Course Contents

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	3	3	2	1	1	2	2	2	2



			1	3	1	2	1	2	1	1	1
C O3	1	2	2	3	1	2	1	2	1	1	3
C O4	1	2	1	1	1	1	3	3	3	2	1
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.7	1.5	1.75

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Track & Field-II (Any one)**

**Course Code: A703208**

**Semester: 2<sup>nd</sup>**

**Credits: 02**

**L      T      P**  
**0      0      4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Demonstrate the starting and finishing techniques of running events (sprints)
CO2	Implement the skillsof ground marking and officiating in real game situation.
CO3	Understand the rules & regulations of running events.
CO4	Conduct the track and field events.

### Course Contents

**Running Events:** Middle and Long Distance Races

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	3	3	2	1	1	2	1	1	2
C O2	3	2	1	3	1	2	1	2	1	1	1
C O3	1	2	2	3	1	1	1	2	1	1	1





			1	1	1	2	2	3	3	2	2
Average	2.25	2	1.75	2.5	1.25	1.5	1.25	2.25	1.5	1.25	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Educational Technology**

**Course Code: A703301**

**Semester: 3<sup>rd</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to::**

<b>CO</b>	<b>Statement</b>
CO1	Understand the importance of Educational Technology for Teaching lessons of physical education.
CO2	Develop skills in teaching various aspects of Physical education.
CO3	Discuss current directions in special Teaching Aids.
CO4	Construct Lesson Plans for various physical education activities.

**Course Contents**

**Unit- I**

**Educational Technology:** Meaning, definition, Scope, characteristics, types, importance.  
**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**

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

**Unit- III**

**Meaning of Classroom Problems, Nature of Classroom Problems, Types and Solution of C.P.** - New Teaching Techniques and INNOVATIONS – II.

**Unit- IV**

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

**Text Books**



- 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.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	3	2	2	3	3	2	1	1	2	1
C O2	3	1	2	1	3	2	2	1	1	2	1
C O3	2	1	1	1	3	1	1	1	1	2	1
C O4	3	1	2	2	3	2	2	1	1	3	1
Average	2.5	1.5	1.75	1.5	3	2	1.75	1	1	2.25	1

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Kinesiology**

**Course code: A703302**

**Semester: 3<sup>rd</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the need of kinesiology in Physical education and sports.
CO2	Implement mechanical principles to analyze and improve human movement.
CO3	Analyze the degrees of movement possible at major joints of human body.
CO4	Assess and analyze abnormal movement at joints or any joint deformities.

**Course Contents**



**Unit- I**

**Introduction; Definition of Kinesiology, need in physical education and sports.** Skeleton system and human movement, skeleton muscles and structural classification, directional terminology for muscles attachment. Types of muscular contraction: (isotonic, isometric, is kinetic). Axis and planes of movement, line of pull. Role of Muscles (Agonists, Antagonist, stabilizer, Neutralizer).

**Unit- II**

**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**

**Wrist Joint and Ankle Joint:** Movement and description of muscles. Structural classification of Muscles.

**Unit- IV**

**Origin insertion and action of the following muscles:** Sterno Mastoid, Trapezies, Serratus, Another Deltocel, Biceps, Pectoralis, Majorlatissimus–dorsi, Triceps, gluteus, Quardriceps, Hamstrings gastrocnemus.

**Practical Work:**

- Examination of body joints-degree of Movement, type of movement, abnormal movement, deformities.
- Examination of urine, physical, chemical, microscopic.
- Marking of bones for insertion and origin of skeletal muscle.
- 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.

**Text Books**

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	3	1	3	1	1	2	1	2	2
C O2	3	2	3	2	3	2	1	2	2	2	1
C O3	3	1	3	2	2	1	3	1	2	2	1
C O4	3	1	3	3	2	1	3	1	1	2	2



Average	3	1.5	3	2	2.5	1.25	2	1.5	1.5	2	1.5
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The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**CourseName: Recreation**

**Course code: A703303**

**Semester: 3rd**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Understand the need and objectives of recreation.
CO2	Organize and officiate recreational camps.
CO3	Demonstrate professional leadership for intramural and recreational activities of the students.
CO4	Plan the recreational activities according to age of participants.

**Course Contents**

**Unit- I**

**Recreation and its History** - Meaning, Definition, need, scope, objectives, Factors and types of recreation. History of early and modern recreation. Historical development of recreation of India, UK, USSR.

**Unit- II**

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

**Unit- III**

**Recreational leadership, Types of leadership, quality of good leader** - Recreational Facilities Programme Planning in Major area recreation equipment. Camping, meaning, types and importance Principles of Camp. Organization of Camp. Staff needed for Camp. Facilities required for Camp. Different types of Camp.

**Unit- IV**

**Agencies Promoting Recreation** - Relation of recreation with culture. Factors Recent Changes Responsible for affecting the need for recreation.

**Text Books**

- Dubey.C.H. (2006). *Recreation*. A.P Publisher. Jalandhar.
- Dutta, A.K. (2004). *Games and Sports for Children*. JanvaniPrakashan Vishwas Nagar



- Deol. N.S. (2008) *An introduction to health & physical education*. Twenty first century publications, Patiala.

**The mapping of the PO/PSO/CO attainment is as follows:**

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	1	2	2	1	1	2	1	1	2	1
C O2	1	2	2	1	1	2	1	1	1	2	2
C O3	1	1	1	1	3	1	1	1	1	2	2
C O4	2	1	1	2	3	2	2	1	1	3	1
Average	1.5	1	1.5	1.5	2	1.5	1.5	1	1	2.25	1.5



**CourseName: Elective-II (Gen. Punjabi-II)**

**Course code: A703304**

**Semester: 3<sup>rd</sup>**

**Credits: 05**

<b>L</b>	<b>T</b>	<b>P</b>
<b>5</b>	<b>0</b>	<b>0</b>

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Display skills of sentence formation in punjabi language in efficient manner.
CO2	Develop skills of writing official letter in punjabi.
CO3	Gaining knowledge about punjabi literature
CO4	Develop creative and literary aspects in the mind of reader

**Course Contents**

1. ਸਿਮਘਜਤਝਪਵਜੀ 'ਸੁਮਗਝਪ' (ਤਝਬਮਦਾਡਜਗਮਠਤਝਣਉਖਮਿ.ਲ;ਦਖਡਜਤਝਭਫਜਠਮ)
  - 1.1. ਠਚਤਜਡਣਡਮ
  - 1.2. ਬਠਿਮਘਦਜ ਠਜ
  - 1.3. ਜ੍ਵਫਅਮ
  - 1.4. ਭੇਦ ਡਮ;ਜਪ!;
  - 1.5. ਜਕਾਲਮ;ਤਜ ਦਰ ਬ੍ਰਮਤਖ
  - 1.6. ਲਠਿ;ਠਫਜਠਮਗੁ
2. 1960 ਰੁਟਜਬ!ਫਰਦਖਜਕਾਮਪਜਰੁਦਮਤਝਪਵਜੀ ਸੰਪਾਦਕਮਿ। ਠਅਹਜ਼ਾ+ਗੁਖਮਿ।  
ਹਤਜਡਝਦਗਜਤਝਭਤਝਘਜ਼
  - 2.1 ਪ੍ਰਘਦਜਲਖਤਜ
  - 2.2 ਬੰਦਾਠਗਖ
  - 2.3 ਉਤਜਡਮ;ਮਾਰਠਿਮ
  - 2.4 ਜਫਤਜਮ
  - 2.5 ਲਝਣਅੁਖਤਗਮਬ
  - 2.6 ਪ;ਜਜਾ!ੁਖਹਮਡਖੁ
3. ਦਸ੍ਰਗਜਜਫ!ਠਜਬ੍ਰਗ
4. ਜਡਮਾਗਅ
- 4।1। ਬਝਹਮਲਜ਼ਰੰਝਪਗਖਹਜ਼ਅਚਡਮਦੁ
- 4।2। ਡਮਾਦਜਰੁਜਾਤਠਰੁ
  - 4।3। ਪਖੁਗੁਖਜਬਝਖੁਗੁ
  - 4।4। ਅਰੁਫੁਖਬਝਅਰੁਫਦਜਰੁਜਾਤਠਰੁ



### ਤੀਮਜਕਾਜਮਲਰੁਯੁ

- ਮਿ। ਹਰਜਪਝਦਗਜਤਝਭਬਚਮਗੁੰਘੀਰਗ, “ਬਝਹਮਲਜਨਮਤਮਦਮਜਡਮਾਗਅਨਮਪ- ਜਜ”, ਪੰਜਾਬੀਭਾਸ਼ਾਅਕਾਦਮੀਜਲੰਧਰ, 1991
- ਰੋਸ਼ਨਲਾਲਆਹੂਜਾ, “ਇਕਾਂਗੀਕਲਾ”, ਪੰਜਾਬ ਸਟੇਟ ਯੂਨੀਵਰਸਿਟੀ, ਟੈਕਸਟ ਬੁੱਕਬੋਰਡ, ਚੰਡੀਗੜ
- ਡਾ. ਗੁਰਦਿਆਨਸਿੰਘ ਫੁੱਲ, “ਪੰਜਾਬੀਇਕਾਂਗੀ”, ਸਿਧਾਂਤ, ਇਤਿਹਾਸ ਤੇ ਪ੍ਰਵਿਰਤੀਆਂ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀਪਟਿਆਲਾ
- tfonkwf;zx ;zX{ “e[btzsf;zxftoedhejkDh ;z;ko”, bkj"o p[ZePkg, b[fXnkDk, 1979
- ;ftzdof;zx T[Zgb, “gzikphejkDh d/ bZSD ns/ gfotosB” g[Pg, gqekPBfdZbh, 1991

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	1	2	2	1	1	2	1	1	2	1
C O2	1	2	2	1	1	2	1	1	1	2	2
C O3	1	1	1	1	3	1	1	1	1	2	2
C O4	2	1	1	2	3	2	2	1	1	3	1
Average	1.5	1	1.5	1.5	2	1.5	1.5	1	1	2.25	1.5

The correlation levels are: “1” - Low Correlation, “2” - Medium Correlation, “3” - High Correlation and “-” indicates there is no correlation.



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

**Course code: A703305**

**Semester: 3<sup>rd</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	On successful completion of this course, the students will be able to:
CO1	Understand the significance of Punjab history.
CO2	Understand the vast culture of Punjab.
CO3	Crticially analyse Punjab History.
CO4	Appreciate the contribution of Punjab people for independence.

### Course Contents

#### Unit- I

The Punjab under Turko-Afghan Sultans, The Punjab under the Great Mughals. Silent features of the Bhakti Movement and Sufism in the Punjab.

#### Unit-II

**Guru Nanak Dev's teachings and impact on society** - Development of Sikhism( 1539-1606) with special Text Books to Sangat, Masand, system, Compilation of AdiGranth and Martyrdom of Guru ArjanDev.Martyrdom of Guru TegBahadur: Foundation of Khalsa by Guru Gobind Singh.

#### Unit- III

**Banda Bahadur and his achievements** - Sikh Struggle for sovereignty in the Punjab, 1716 to 1799, Ranjit Singh's Rise to power; Civil and Military administration of Ranjit Singh.

#### Unit- IV

**The Anglo-Sikh Wars and Annexation of the Punjab** - Social life with special reference to position of women, fairs, festival, folk music, Dance and games in the Punjab. Salient features for the Bhakti Movement and Sufism in the Punjab.

#### Text Books

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





The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	2	2	1	1	2	1	1	2	1
C O2	2	2	1	1	1	2	1	2	1	1	2
C O3	1	1	1	1	2	2	1	1	1	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	1.5	1.5	1.25	1.5	1.5	1.75	1.5	1.5	1	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Game Specialization-III (Any One)**

**Course Code: A703306**

**Semester: 3<sup>rd</sup>**

**Credits: 2**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of any one game from Basketball, Lawn tennis, Archery and Wrestling.
CO2	Demonstrate the measurements for these games.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

**Course Contents**

Basketball, Lawn Tennis, Wrestling, Archery

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
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				2	1	1	2	1	2	2	1
C O2	3	2	2	1	1	2	1	2	1	2	2
C O3	1	1	2	3	2	2	1	1	2	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	2	1.5	1.5	2	1.5	1.75	1.5	1.5	1.5	1.75	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Gymnastic-III**

**Course Code: A703307**

**Semester: 3<sup>rd</sup>**

**Credits: 02**

<b>L</b>	<b>T</b>	<b>P</b>
<b>0</b>	<b>0</b>	<b>4</b>

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of gymnastics.
CO2	Develop skills in demonstration and assessment of various techniques of Horizontal Bar and Vaulting Horse.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

### Course Contents

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	1	3	3	2	1	1	2	2	3	2
C O2	2	3	1	3	1	2	1	2	1	2	1



	3	1	2	1	2	1	1	3			
C O4	2	2	1	1	1	1	3	3	3	2	1
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.75	2	1.75

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Track & Field –III (Any one)**

**Course Code: A703308**

**Semester: 3<sup>rd</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Demonstrate the starting and finishing techniques of Jumping events.
CO2	Implement the skills of ground marking and officiating in real game situation.
CO3	Understand the rules & regulations of running events.
CO4	Conduct the jumping events at various levels.

### Course Contents

Jumping Events

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
-----------	------	------	------	------	------	------	------	------	-------	-------	-------

	3	2	1	1	2	1	1	2	1	1	2
C O2	3	1	1	3	1	2	1	2	1	1	1
C O3	3	1	2	3	1	1	1	2	1	2	1
C O4	1	1	1	1	1	2	2	3	3	2	2
Average	2.5	1.25	1.75	2.5	1.25	1.5	1.25	2.25	1.5	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

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

**Course Code: A703309**

**Semester: 3<sup>rd</sup>**

**Credits: 02**

<b>L</b>	<b>T</b>	<b>P</b>
<b>0</b>	<b>0</b>	<b>4</b>

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the fundamentals of teaching practice.
CO2	Prepare and maintain records in the school.
CO3	Demonstrate the assessment work done in the school.
CO4	Participate in co-curricular and extracurricular activities organized in the schools.

### Course Contents

10 teaching practice lessons in institution.

**Project:** (Non Credit)Preparation and presentation of annual report, conduct of annual athletic meet /Intramural, playdays, camping

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	3	3	2	1	2	2	2	2	2
C O2	1	2	1	3	1	2	2	2	2	2	2

	3	1	2	2	2	2	2	2	2	2	
C O4	1	1	1	3	2	2	2	3	1	1	2
Average	1.5	2	1.75	3	1.5	1.25	2	2.25	1.75	1.75	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Health Education**

**Course code: A703401**

**Semester: 4<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Effectively plan, implement and evaluate health promotion Programmes.
CO2	Discuss about general infections and their immunization Programmes.
CO3	Implement the health instructions.
CO4	Demonstrate first aid management for sports injuries.

### Course Contents

#### Unit- I

**Health Education:** Definition, Meaning and scope of health education. Factors influencing health, (personal health/hygiene) and characteristics of a healthy individual. **Maintaining Health:** Health and fitness, dental health, vision and hearing, elimination of body wastes. Postural fitness, fatigue, rest, sleep, relaxation and recreation. **School Health Programmes:** School Health Service, health supervision, Health instructions.

#### Unit- II

**Health Programmes -** Physico Medical Examination and its follow-up, Health Inspection of pupils, Centers of communicable Diseases (Malaria, Typhoid, Cholera, Dysentery, leprosy, T.B., SDT, Polio). Healthful Buildings and facilities for Healthful living.

#### Unit- III



**Unit- IV**

Community Health Services: The Voluntary Agencies, The Professional Health Organizations, The Local Public Health Department, The State Department of Public Health, World Health Organization.

**First Aid:** -Meaning, Definition, Scope, Importance and Principles of First Aid.

**Text Books**

- Irwin. L. (1960).*The Curriculum in Health Physical Education*, Iowa Co. Publisher
- Ebster. J.S.(1958)*Health for Affective Living*. McGraw Hill Book Co. New York.
- Smito. T.S.(1961).*School Health and Education*. Mosby & Smith Co
- Degort.L.J. (1969) *Nutrition and Physical*. W. B. Saunders Co.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	3	3	2	1	1	2	1	1	2
C O2	3	2	1	3	1	2	1	2	1	1	1
C O3	1	2	2	3	1	1	1	2	1	1	1
C O4	2	2	1	1	1	2	2	3	3	2	2
Average	2.25	2	1.75	2.5	1.25	1.5	1.25	2.25	1.5	1.25	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Officiating & Coaching**

**Course code: A703402**

**Semester: 4<sup>th</sup>**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Demonstrate the correct officiating techniques.
CO2	Participate and Collaborate in officiating scenarios and appropriate discussions.
CO3	Understand the concept of coaching and its contribution to maximize performance.
CO4	Officiate the games at national levels.

**Course Contents**

**Unit- I**

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

**Unit- II**

**Coaching: - Definition, Purpose, Principles, need and importance of coaching -** Principles of Training, Relationship between training and coaching. Characteristics of coach, Qualification and qualities of coach. Role of Coach as a leader, follower, friend, counselor. Method of player's selection.

**Unit- III**

**Requisites of a champion: - ability, interest, fitness, pride and determination -** Basic Principles and planning of training schedule, Analysis of individual and team performance. The use of Psychology in coaching.

**Unit- IV**

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

**Text Books**

- 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.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	3	3	2	1	1	2	2	2	2
C O2	3	3	1	3	1	2	1	2	1	1	1
C O3	1	2	2	3	1	2	1	2	1	1	3
C O4	1	2	1	1	1	1	3	3	3	2	1
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.7	1.5	1.75

The correlation levels are: "1" - Low Correlation, "2" - Medium

Correlation, "3" - High Correlation and "-" indicates there is no correlation.

**Course Name: Yoga**  
**Course code: A703403**  
**Semester: 4<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the Concepts of Yogic practices and Asana.
CO2	Display the knowledge of Upanisadas and importance in one's life.





Course Contents

Unit- I

Yoga: Meaning, Concept and Misconception of yoga. Relationship between yoga and physical education. Historical background of yoga. Relevance of yoga in modern life. Yoga as a discipline of life. Mode of leaving, culture of yoga (only centre ideas) : - Raj yog, Bhakti Yog, GyanYog, karuYog.

Unit- II

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

Unit- III

Shat Karma: -Personal hygiene of yoga (six Purifactory method of yoga: -Neti, Dhoti, Vastra, Nauli, Gajkarma, Kunjal,) And Kapalbhati. Bandhas, mundras and chakras of yoga. Recent advances in yoga education. Yoga as a science.

Unit- IV

Therapeutic values of Yogic practices - Corrective values of yoga. Educational Values of yoga.

Practical Work:

- (i) Neti-Jal and Sutra (ii) Dhauti-Dand and Vastra
- (iii) Kapalbhati (iv) Nauli

Text Books

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

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	1	3	3	2	1	1	2	2	2	2
C O2	3	3	1	3	1	2	1	2	1	1	1
C O3	2	3	2	3	1	2	1	2	1	1	2
C O4	1	1	1	1	1	1	3	3	3	2	1
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.75	1.5	1.5



**Course Name: General English-II**

**Course code: A703404**

**Semester: 4<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Understand the importance of language as a course in life.
CO2	Develop and improve core English skills for work, study or pleasure
CO3	Demonstrate the skills of reading, writing, speaking and listening
CO4	Implement the skills of spoken accuracy and pronunciation in day-to-day life.

**Course Contents**

**Unit- I**

**Vocabulary:** - Synonyms. Antonyms. Homonyms and homophones Common abbreviation in use.

**Unit- II**

**Common Error & Transformations** - Common errors in sentences especially regarding number, gender, pronoun/ proposition. Kinds of Sentences – Assertive, interrogative, exclamatory, imperative. Kinds of sentences- simple, compound, complex Tenses: - Indefinite/ continuous.

**Unit- III**

**Reading writing of Unseen Passage:** Comprehension of unseen passage. Application for leave, scholarship, job, complaint, Formal letters,

**Unit- IV**

**Text book aspects of English Prose, edited by O.P.Mohan.** - The Following topics are included this : Dusk, The ant and grass hopper.& Mr. Collins, Ulysses and the Cyclops.& The faithful friends.

**Text Books**

- 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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	1	2	1	1	1	1	2	2	2
C O2	1	3	2	1	1	2	1	2	2	2	2
C O3	2	1	3	3	2	1	1	1	2	1	2
C O4	1	1	1	2	3	2	2	2	1	1	2
Average	1.75	1.5	1.75	2	1.75	1.5	1.25	1.5	1.75	1.5	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Game Specialization-IV (Any One)**

**Course Code: A703405**

**Semester: 4<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of any one game from volleyball, softball, boxing and yoga.
CO2	Demonstrate the measurements for these games.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

### **Course Contents**

Volleyball, Softball, Boxing, Yoga

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	3	3	2	1	2	2	2	2	2
C O2	1	2	1	3	1	2	2	2	2	2	2
C O3	1	3	2	3	1	2	2	2	2	2	2
C O4	1	1	1	3	2	2	2	3	1	1	2
Average	1.5	2	1.75	3	1.5	1.25	2	2.25	1.75	1.75	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Gymnastic-IV**

**Course Code: A703406**

**Semester: 4<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of gymnastics.
CO2	Develop skills in Demonstration and assessment of various techniques of Roman ring and Uneven Bar.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

### Course Contents

Roman ring for Boys, Uneven Bar for Girls

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
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	3	2	1	1	2	2	2	2	2	2
C O2	3	3	1	3	1	2	1	2	1	1
C O3	1	2	2	3	1	2	1	2	1	1
C O4	1	2	1	1	1	1	3	3	3	2
Average	2	2	1.75	2.5	1.25	1.5	1.5	2.25	1.7	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Track & Field-IV (Any One)**

**Course Code: A703407**

**Semester: 4<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Develop skills in starting and finishing techniques of Throwing events
CO2	Demonstrate the skills in ground marking and officiating in real game situation.
CO3	Understand and appraise the rules & regulations of Throwing events.
CO4	Apply Biomechanic principles during throwing events.

### Course Contents

Throwing Events

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
-----------	------	------	------	------	------	------	------	------	-------	-------	-------

				2	1	1	2	1	2	2	1
C O2	3	2	2	1	1	2	1	2	1	2	2
C O3	1	1	2	3	2	2	1	1	2	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	2	1.5	1.5	2	1.5	1.75	1.5	1.5	1.5	1.75	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Teaching Practice-II (Game Lesson)**

**Course Code: A703408**

**Semester: 4<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the fundamentals of teaching practice.
CO2	Prepare and maintain records in the school.
CO3	Demonstrate the assessment work done in the school.
CO4	Participate in co-curricular and extracurricular activities organized in the schools.

### Course Contents

Teaching Lesson Plans for any game (out of 10 lessons 5 internal and 5 external at practicing school).

Project: (Non Credit) Preparation and presentation of annual report, conduct of annual athletic meet / intramural, playdays, camping.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	3	3	2	2	1	2	2	2	2

				3	1	2	2	2	1	1	2
C O3	2	2	2	3	1	2	2	2	2	1	2
C O4	1	1	1	3	2	2	1	3	2	1	2
Average	1.5	1.75	1.75	3	1.5	2	1.5	2.25	1.75	1.25	2

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Exercise Physiology and Fitness**

**Course Code: A703501**

**Semester: 5<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Understand the physiological systems stimulated during exercise
CO2	Acknowledge the role of regular physical activity in the maintenance of health and physical fitness
CO3	Apply the principles of exercise training in different environmental conditions.
CO4	Design exercise Programmes for people with different health problems

### **Course Contents**

#### **Unit- I**

**Introduction: - Meaning, definition and scope of exercise physiology.** Need and Importance of exercise physiology in physical education and sports. Effect of exercise on circulatory and respiratory system.

#### **Unit- II**

**Effect on exercise on muscular and digestive system,** Carbohydrate metabolism and fat's metabolism. Exercise during heat: Precaution, physiological changes. Symptoms of heat.

#### **Unit- III**

**Exercise during cold: Precaution, physiological changes. Symptoms of cold - Altitude training: Precaution, physiological changes. Microscopic structure of muscle.**



**Unit- IV**

**Terminology:** - warm up, Training, conditioning, cool down, Temperature regulation, oxygen debt, second wind, stitch and cramp. Obesity, Diabetes, and preventive exercise. Weight management. Meaning, need, impotence and components of fitness.

**Text Books**

- Miller. L. E.(1976).*Physiology of Exercise*. Mousby Company
- Karpovich.P.V.and Wayne.E.(1971). *Physiology of Muscular Activity*.Philadelphia W.B. Saunders Company.
- Bourne, Geoffery H.(1973)*The Structure and Function of Muscles* London Academic Press
- Astrand, P.O.(1979). *Text Book of work Physiology*. Hill Xogakusha, Ltd. Tokyo
- Mathew. D.K. (1976).*Physiological Basis of Physical Education and Athletics*.Philadelphia W.B. Saunders Company

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	3	2	2	3	3	2	1	1	2
C O2	3	3	1	2	1	3	2	2	1	1	2
C O3	3	2	1	1	1	3	1	1	1	1	2
C O4	2	3	1	2	2	3	2	2	1	1	3
Average	2.75	2.5	1.5	1.75	1.5	3	2	1.75	1	1	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Principles and foundations of Physical Education**

**Course Code: A703502**

**Semester: 5<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the philosophy of physical education.





CO1	Implement the knowledge of psychological principles of learning.
CO3	Discuss the Sociological implications of physical education and sports
CO4	Identify the qualification and qualities of leaders in Physical Education

**Course Contents**

**Unit- I**

**Introduction: Definition, Meaning, Scope, Importance, Aims and objectives, Principal of physical education.** Philosophy and a brief review of Physical Education, in the country Leadership in Physical Education, need and selection of leaders in Physical Education, their training facilities in the country. Qualification and qualities of leaders in Physical Education of various levels.Utilization of student leadership.

**Unit- II**

**Biological Foundations:**Principles of use, disuse and overuse.Effects of exercise.Fatigue, stress, healthful living, tensions. Sex and age difference, anxiety. Effects of heredity and environment.Chronological, physiological, anatomical and mental age.

**Unit- III**

**Psychological Principles:**Psycho–Physical unity of man. Laws of learning and their application to situation in play field, social learning theories.

Learning curves its use in the field of physical education. Transfer of training its role in teaching physical education.

Theories of play and, their implication in teaching physical education.

**Unit- IV**

**Sociological Principles:**Physical education and sports as a need of the society.Sociological implications of physical education and sports.Physical activities and sports as a man’s cultural heritage.Physical education and sports as a social institution and their influence on society.

**Text Books**

- Charles A. B. *Foundations of Physical Education.*
- Harold M. B. *Man and His Movement :Principles of Physical Education.*
- J. F. Williams *.Principles of Physical Education.*
- Cowel& France *.Philosophy and Principles of Physical Education.*
- Updyke& Johnson *.Principles of Modern Physical Education, Health and Recreation.*
- Karniesh.M.L. (1977).*Principles and History of Physical M.S. SangralEducation.*

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	3	2	2	3	1	2	2	2	2	2
C O2	2	3	2	2	2	3	2	2	2	2	3

				1	3	1	1	2	1	2	2
C O4	1	3	1	1	3	3	3	1	1	1	2
Average	1.5	3	1.75	1.5	2.75	2	2	1.75	1.5	1.75	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Sports Training**

**Course Code: A703503**

**Semester: 5<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Design and implement sports training Programmes.
CO2	Identify the skills and fitness specific to a particular sport.
CO3	Appreciate and execute strategic play.
CO4	Demonstrate leadership skills.

### **Course Contents**

#### **Unit- I**

**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**

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

#### **Unit- III**



**Training for important motor component:** - Strength, speed, endurance, flexibility  
coordinative ability. 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**

**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 & Agility (50 Meter Dash, Shuttle Run, Dodging Run Test)
- Flexibility training (Sit and Reach, Floor Touch, Bridge test)

**Text Books**

- 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.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	3	2	2	3	3	2	1	1	2	1
C O2	3	1	2	1	3	2	2	1	1	2	1
C O3	2	1	1	1	3	1	1	1	1	2	1
C O4	3	1	2	2	3	2	2	1	1	3	1
Average	2.5	1.5	1.75	1.5	3	2	1.75	1	1	2.25	1

The correlation levels are: "1" - Low Correlation, "2" - Medium Correlation, "3" - High Correlation and "-" indicates there is no correlation.



**Course Name: Elective-III (General Punjabi-III)**

**Course Code: A703504**

**Semester: 5<sup>th</sup>**

**Credits: 05**

<b>L</b>	<b>T</b>	<b>P</b>
<b>5</b>	<b>0</b>	<b>0</b>

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Display skills of sentence formation in punjabi language in efficient manner.
CO2	Develop skills of writing official letter in punjabi.
CO3	Gaining knowledge about punjabi literature
CO4	Develop creative and literary aspects in the mind of reader

**Course Contents**

- 1) 1960 ਤੋਂ ਪਿੱਛੋਂ ਦੀ ਕਵਿਤਾ ਦਾ ਸੰਗ੍ਰਹਿ ਸੰਪਾਦਕ ਜਗਦੀਸ਼ ਸਿੰਘ ਪ੍ਰੋ: ਅਨੁਪ ਵਿਰਕ।
  - 1.1) ਡਾ. ਹਰਿਭਜਨ ਸਿੰਘ,
  - 1.2) ਸ.ਸ. ਮੀਸ਼ਾ,
  - 1.3) ਜਗਤਾਰ,
  - 1.4) ਸ਼ਿਸਵ ਕੁਮਾਰ ਬਟਾਲਵੀ,
  - 1.5) ਸੰਤਰਾਮ ਉਦਾਸੀ,
  - 1.6) ਜੋਗਾ ਸਿੰਘ,
  - 1.7) ਲਾਲ ਸਿੰਘ ਦਿਲ,
  - 1.8) ਸੁਰਜੀਤ ਪਾਤਰ,
  - 1.9) ਦਰਸ਼ਨ ਬੁੱਟਰ,
  - 1.10) ਬਲਦੇਵ ਸਿੰਘ ਚੀਮਾ
  - 1.11) ਜਸਵੰਤ ਜਫਰ।
- 2) ਨਾਵਲ (ਹਾਠੀ) ਜਸਵੰਤ ਸਿੰਘ ਕੰਵਲ।
- 3) ਲੇਖਰਚਨਾ।
- 4) ਵਿਆਕਰਨ
  - 4.1) ਅੰਗਰੇਜੀ ਤੋਂ ਪੰਜਾਬੀ ਵਿਚ ਅਨੁਵਾਦ
  - 4.2) ਸਬਦ ਦੀ ਪਰਿਭਾਸ਼ਾ ਲਿਖੋ
  - 4.3) ਵਿਕਾਰੀ ਅਤੇ ਅਵਿਕਾਰੀ ਸ਼ਬਦ
  - 4.4) ਵਿਸੇਸਣ, ਕਿਰਿਆ ਅਤੇ ਉਸ ਦੇ ਭੇਦ

### ਸਹਾਇਕ ਪੁਸਤਕਾਂ

- ਬੂਟਾਸਿੰਘਬਰਾੜ, ਪੰਜਾਬੀਵਿਆਕਰਨਸਿਧਾਂਤ ਤੇ ਵਿਹਾਰ”, ਚੇਤਨਾਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ 2008
- ਜੋਗਿੰਦਰਸਿੰਘ ਪੁਆਰ ਅਤੇ ਹੋਰ, ਪੰਜਾਬੀਭਾਸ਼ਾਵਿਗਿਆਨ”, ਪੰਜਾਬੀਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ 1991
- ਕਰਨੈਲਸਿੰਘਬਿੰਦ (ਸੰਪਾਦਕ), ਪੰਜਾਬੀਨਾਵਲ ਸਰਵੇਖਣ ਅਤੇ ਮੁਲਾਂਕਣ”, ਗੁਰੂ ਨਾਨਕ ਦੇਵ :{Bhftof;Nhnzfws;o, 1974

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	1	1	3	2	1	2	1	3	1
C O2	1	3	2	1	2	1	1	2	1	3	1
C O3	1	3	1	1	1	1	1	1	1	3	1
C O4	1	3	1	1	1	1	1	1	1	3	1
Average	1.25	2.75	1.25	1	1.75	1.25	1	1.5	1	3	1

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Elective –III (Punjab History & Culture -III)**

**Course Code: A703505**

**Semester: 5<sup>th</sup>**

**Credits: 05**

L	T	P
5	0	0

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	On successful completion of this course, the students will be able to:
CO1	Understand the significance of Punjab history.
CO2	Understand the vast culture of Punjab.
CO3	Crticially analyse Punjab History.
CO4	Appreciate the contribution of Punjab people for independence.

### Course Contents

#### Unit- I

**Guru Nanak Dev's teaching and impact on society -** Developments of Sikhism (1539-1606) with special reference to Sangat, Masand System, Compilation of AdiGranth and Martyrdom of Guru ArjanDev.Martyrdom of Guru TegBahadur; Foundation of Khalsa by Guru Gobind Singh.

#### Unit- II

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

#### Unit- III

**Development of Punjabi Language and Literature -** Classical writing and famous legends of the Punjab. Social life with special reference to position of women, fairs, festivals, folkmusic, dances and games in the Punjab. Sikh Struggle for sovereignty in the Punjab, 1716 to 1799.

#### Unit- IV

**The Anglo-Sikh Wars and Annexation of the Punjab -** The Development of Punjabi Language and Literature, classical writings and famous legends of the Punjab. Social life with special reference to position of women, fairs, festival, folk music, dance and games in the Punjab.

#### Text Books

- Singh.K.(1990).*History and Culture of the Punjab, Part-II*. Patiala,
- Singh.F.(1972).*History of the Punjab. Vol. I*. Patiala



**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	2	1	2	1	1	2	1	2	2	1
C O2	3	2	2	1	1	2	1	2	1	2	2
C O3	1	1	2	3	2	2	1	1	2	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	2	1.5	1.5	2	1.5	1.75	1.5	1.5	1.5	1.75	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Game Specialization-V (Any One)**

**Course Code: A703507**

**Semester: 5<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of any one game from hockey, netball, judo and weight lifting.
CO2	Demonstrate the measurements for these games.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

**Course Contents**

Hockey, Netball, Judo, Weight lifting

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
-----------	------	------	------	------	------	------	------	------	-------	-------	-------



	2	1	1	2	1	1	2	1	1	2	1
C O2	2	2	1	1	1	2	1	2	1	1	2
C O3	1	1	1	1	2	2	1	1	1	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	1.5	1.5	1.25	1.5	1.5	1.75	1.5	1.5	1	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Gymnastic-V**

**Course Code: A703508**

**Semester: 5<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of gymnastics.
CO2	Develop skills indemonstration and assessment of various techniques of Uneven Bar and horizontal bar.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

### Course Contents

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	1	2	1	1	1	1	2	2	2
C O2	1	3	2	1	1	2	1	2	2	2	2



			3	2	1	1	1	2	1	2	
C O4	1	1	1	2	3	2	2	2	1	1	2
Average	1.75	1.5	1.75	2	1.75	1.5	1.25	1.5	1.75	1.5	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Track & Field-V (Any One)**

**Course Code: A703509**

**Semester: 5<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Develop skills in starting and finishing techniques of Decathlon, Heptathlon, Pentathlon events.
CO2	Demonstrate the skills in ground marking and officiating in real game situation.
CO3	Understand and appraise the rules & regulations of Throwing events.
CO4	Successfully conduct these events.

### Course Contents

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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	3	3	3	2	2	1	2	1	1	2
C O2	2	3	1	3	1	1	1	2	1	1	1
C O3	2	3	2	3	1	1	1	2	1	2	1
C O4	3	1	1	1	1	2	2	3	3	2	2
Average	2.25	2.5	1.75	2.5	1.25	1.5	1.25	2.25	1.5	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Teaching Practice –III (Athletics Lesson)**

**Course Code: A703510**

**Semester: 5<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the fundamentals of teaching practice.
CO2	Prepare and maintain records in the school.
CO3	Demonstrate the assessment work done in the school.
CO4	Participate in co-curricular and extracurricular activities organized in the schools.

**Course Contents**

Teaching Lesson Plans for Athletics events (out of 10 lessons 5 internal and 5 external at practicing school).

Project: (Non Credit) Preparation and presentation of annual report, conduct of annual athletic meet / intramural, playdays, camping.

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
-----------	------	------	------	------	------	------	------	------	-------	-------	-------

	1	2	2	2	3	1	2	2			
C O2	3	2	1	3	1	1	2	3	3	2	1
C O3	3	2	2	1	1	1	2	3	1	2	1
C O4	1	3	1	3	1	2	3	3	3	3	2
Average	2.5	2.25	1.75	2	1.25	1.5	2.25	3	2	2.25	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Introduction to Correctives and Rehabilitation Education**

**Course Code: A703601**

**Semester: 6<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understanding the Meaning, objectives and scope & Importance of corrective Physical Education.
CO2	Knowledge about the importance and techniques of good posture.
CO3	Rehabilitation and corrective treatment for postural deformities.
CO4	Developing skills in rehabilitation techniques for sports injuries.

### Course Contents

#### Unit- I

**Introduction of Corrective Physical Education:** Meaning, Objectives, Scope & Importance of corrective exercises in Physical Education Posture: Meaning, Objective, Scope, Importance and Techniques of good Posture. Common Postural Deformities -Kyphosis, Lordosis, Kypho-Lordosis, Scoliosis, Knock knee, Bow Legs, Flat foot etc., its corrective/ remedial exercise.

#### Unit- II

**Definitions and scope of Therapeutic modalities and exercises** - Therapeutic modalities and their classification-Hydrotherapy, Diathermy, Ultra Sound, Cryo therapy, Cold Spray, Contrast Bath, Paraffin Bath, Infrared Lamp etc. Therapeutic Exercise: - Isotonic, Isometric, Isokinetic.



**Unit- III**

**Sports Injuries** - Definition and different types of injuries, Introduction to Sports injuries. Common Sports Injuries : their cause, immediate treatment and Brief explanation of Sprain, Strain, Contusion, Fracture, Dislocation, Abrasion, Hematoma.

**Unit- IV**

**Active Exercise** - (Free, Assisted and Resisted exercises and Passive exercise, Relaxed and Forced exercises.

**Text Books**

- 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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	1	2	1	2	2	1	1	2	2
C O2	2	2	2	1	1	3	2	1	3	2	3
C O3	3	2	2	1	1	2	2	1	1	2	3
C O4	3	3	1	1	1	1	1	1	3	3	3
Average	2	2.25	1	1.25	1	2	2	1	2	2.25	2

The correlation levels are: “1” - Low Correlation, “2” - Medium Correlation, “3” - High Correlation and “-” indicates there is no correlation.

**Course Name: Remedial and Massage**

**Course Code: A703602**

**Semester: 6<sup>th</sup>**

**Credits: 05**

**L T P**  
**4 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Study about the introduction and history of remedial massage.
CO2	Understanding the role of massage in games and sports.
CO3	Gaining skill in different techniques of massage and their effects on human body.



Course Contents

Unit- I

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

Unit- II

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

Unit- III

Indications and contraindications of massage movement - The Effleurage Movement ,its application and benefits.

Techniques of Massage: - Classification of Techniques of Massage (Stroking, Pressure, Percussion and Vibratory etc.). And their importance and application on human body.

Unit- IV

Practical Work:

Practical Work:

- Massage Movement on the different Parts of body.
• Rehabilitation Exercises

Text Books

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

The mapping of the PO/PSO/CO attainment is as follows:

Table with 12 columns (PO/PSO/CO, PO 1, PO 2, PO 3, PO 4, PO 5, PO 6, PO 7, PO 8, PS O1, PS O2, PS O3) and 4 rows (C O1, C O2, C O3, C O4) showing attainment values.



1.5	1.75	2	1.75	1.75	2	2	2.25
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The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Test, Measurement and Evaluation in Physical**

**Course Code: A703603**

**Semester: 6<sup>th</sup>**

**Credits: 05**

<b>L</b>	<b>T</b>	<b>P</b>
<b>5</b>	<b>0</b>	<b>0</b>

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Understanding the need & importance of test, measurement and evaluation in physical education
CO2	Acquiring the knowledge about administration of different motor fitness and physical fitness tests.
CO3	Knowledge of anthropometric measurements.
CO4	Skilled in interpretation of the results of above tests.

**Course Contents**

**Unit- I**

**Introduction:** - Meaning & definition of test, measurement and evaluation. Importance of 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, economy, standard norms. Test for motor fitness: Indiana motor fitness test (for elementary and high school boys, girls and college men), Oregon motor fitness Test

**Unit- II**

**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**

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

**Unit- IV**

**Hockey (Schmithals-French Achievement test).** Soccer (Warner test of soccer skills). Volleyball (Helmen Volley ball test). Lawn Tennis (Sherman united consecutive Rally test). Basketball: Johnson basketball test. Mc-Donald volley soccer test. Tennis: Dyer tennis test.

**Text Books**

- Vijayalaksmi, M.(2006).*Evaluation in Physical Education*. Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar
- Madhuri T .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

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	3	2	2	3	3	2	1	1	2	1
C O2	3	1	2	1	3	2	2	1	1	2	1
C O3	2	1	1	1	3	1	1	1	1	2	1
C O4	3	1	2	2	3	2	2	1	1	3	1
Average	2.5	1.5	1.75	1.5	3	2	1.75	1	1	2.25	1

The correlation levels are: “1” - Low Correlation, “2” - Medium Correlation, “3” - High Correlation and “-” indicates there is no correlation.

**Course Name: General English-IV**

**Course Code: A703604**

**Semester: 6<sup>th</sup>**

**Credits: 05**

**L T P**  
**5 0 0**

**Course Outcomes: On successful completion of this course, the students will be able to:**



CO1	Understanding the importance of language as a course in life.
CO2	Develop and improve core English skills for work, study and pleasure.
CO3	Acquiring the skills of reading, writing, speaking and listening
CO4	knowledge of spoken accuracy and pronunciation

**Course Contents**

**Unit- I**

**Vocabulary:** - Course and Predicate, Object and complement, Proverb, One word Substitution

**Unit- II**

**Grammar and Usage:**Voices (Active/Passive) ,Tense, Direct/ Indirect Speech, Syntax: course verb agreement

**Unit- III**

**Correspondence/ Composition** - Resume, Curriculum Vitae, Bio-data.Notice Writing, Paragraph Writing

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

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

]

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	1	2	1	2	2	1	1	2	2
C O2	2	2	2	1	1	3	2	1	3	2	3
C O3	3	2	2	1	1	2	2	1	1	2	3
C O4	3	3	1	1	1	1	1	1	3	3	3



1.25	1	2	2	1	2	2.25	2
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The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Game Specialization-VI (Any One)**

**Course Code: A703607**

**Semester: 6<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of any one game from Handball, Throw ball, Power lifting and Yoga
CO2	Demonstrate the measurements for these games.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

### Course Contents

Handball, Throw ball, Power lifting, Yoga

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	2	2	1	1	2	1	1	2	1
C O2	2	2	1	1	1	2	1	2	1	1	2



	1	1	1	2	2	1	1	1	1	2	
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	1.5	1.5	1.25	1.5	1.5	1.75	1.5	1.5	1	1.5	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Gymnastic-VI (Any one)**

**Course Code: A703608**

**Semester: 6<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Understand the rules of gymnastics.
CO2	Develop skills in athletic events and gymnastics.
CO3	Acknowledge the basic and advanced techniques of the game.
CO4	Demonstrate officiating signals of the game.

**Course Contents**

Artistic Gymnastic, Rhythmic gymnastic

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	2	2	2	2	1	1	2	1	1	2	1

				1	1	2	1	2	1	1	2
C O3	1	1	1	1	2	2	1	1	1	1	2
C O4	1	1	1	2	2	2	2	2	1	2	1
Average	1.5	1.5	1.25	1.5	1.5	1.75	1.5	1.5	1	1.5	1.5

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

**Course Name: Track & Field-VI (Any one)**

**Course Code: A703609**

**Semester: 6<sup>th</sup>**

**Credits: 02**

**L T P**  
**0 0 4**

**Course Outcomes: On successful completion of this course, the students will be able to:**

CO	Statement
CO1	Conduct sports events smoothly.
CO2	Demonstrate the skills in ground marking and officiating in real game situation.
CO3	Understand and appraise the rules & regulations of track marking.
CO4	Conduct the events according to the IAAF rules and regulations.

### Course Contents

Track Marking and Event Specialization

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
-----------	------	------	------	------	------	------	------	------	-------	-------	-------



	3	2	2	1	2	1	1	2			
C O2	3	1	1	3	1	1	1	2	1	1	1
C O3	3	1	2	3	1	1	1	2	1	1	1
C O4	1	1	1	1	1	2	2	3	3	2	2
Average	2.5	1.25	1.75	2.5	1.25	1.5	1.25	2.25	1.5	1.252	1.5

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Teaching Practice –IV (Theory Lesson)**

**Course Code: A703610**

**Semester: 6<sup>th</sup>**

**Credits: 02**

<b>L</b>	<b>T</b>	<b>P</b>
<b>0</b>	<b>0</b>	<b>4</b>

**Course Outcomes: On successful completion of this course, the students will be able to:**

<b>CO</b>	<b>Statement</b>
CO1	Understand the fundamentals of teaching practice.
CO2	Prepare and maintain records in the school.
CO3	Demonstrate the assessment work done in the school.
CO4	Participate in co-curricular and extracurricular activities organized in the schools.

### **Course Contents**

10 teaching practice theory lessons in class-room

**The mapping of the PO/PSO/CO attainment is as follows:**

PO/PSO/CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PS O1	PS O2	PS O3
C O1	3	1	1	2	1	1	1	1	2	2	2
C O2	1	3	2	1	1	2	1	2	2	2	2
C O3	2	1	3	3	2	1	1	1	2	1	2
C O4	1	1	1	2	3	2	2	2	1	1	2
Average	1.75	1.5	1.75	2	1.75	1.5	1.25	1.5	1.75	1.5	2

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.



Total Number of Course	53
Number of Theory Course	29
Number of Practical Course	24
<b>Total Number of Credits</b>	<b>168</b>

#### Annexure-4

### ACADEMIC INSTURCTIONS

#### Attendance Requirements

A student shall have to attend 75% of the scheduled periods in each course in a semester; otherwise he / she shall not be allowed to appear in that course in the University examination and shall be detained in the course(s). The University may condone attendance shortage in special circumstances (as specified by the Guru Kashi University authorities). A student detained in the course(s) would be allowed to appear in the subsequent university examination(s) only on having completed the attendance in the program, when the program is offered in a regular semester(s) or otherwise as per the rules.

#### Assessment of a course

Each course shall be assessed out of 100 marks. The distribution of these 100 marks is given in subsequent sub sections (as applicable).

Components	Attendance	Internal (50)				External (50)	Total
		Assignment		MST1	MST2	ETE	
		A1	A2				
Weightage	10	10	10	30	30	50	
Average Weightage	10	10		30		50	100

#### Passing Criteria

The students have to pass both in internal and external examinations. The minimum passing marks to clear in examination is 40% of the total marks.