



BENGALURU CITY UNIVERSITY

CHOICE BASED CREDIT SYSTEM

**(Semester Scheme with Multiple Entry and Exit Options for
Under Graduate Course)**

**Syllabus for B.A. Physical Education
(V & VI Semester)**

2023-24 onwards

2023



Bengaluru City University Bengaluru

Regulations & Syllabus for Fifth & Sixth Semesters

Physical Education, Sports &
Yoga

Discipline Specific Core Papers

Discipline Specific Elective Papers

*Framed as per
Karnataka State Higher Education
Council Guidelines*



PREFACE

“Education is the manifestation of the Perfection Already existing in Man” said Swami Vivekananda. The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education, Sports and Yoga are integrated UG Curriculum. Physical Education, Sports and Yoga professionals, will contribute in bringing Health and Wellness at every aspect of one’s personality. Thus, developing and proposing the syllabus framework for Physical Education, Sports and Yoga was an interesting assignment for the committee.

We had to keep in mind the broad guidelines given by the UGC about making the citizens of 21st Century equipped with Critical Thinking, Problem Solving, Analytic Reasoning, Cognitive Skills, and Self-Directed Learning etc. The committee had several meetings to develop the curriculum framework and we have come out with a broad outline for the Colleges and Universities to take up the framework for Physical Education, Sports and Yoga.

The broad aim of this framework is to make Physical Education, Sports and Yoga accessible and available to masses by creation of professions in Physical Education, Sports and Yoga through the Higher Education Institutions. This will thereby help every citizen of India to be Healthy, Fit and Stay well.

It was my pleasure and honor to chair this committee of eminent professionals and educationists in the field of Physical Education, Sports and Yoga, who have contributed significantly for the development of the curriculum frame work.

I, on behalf of all the committee members, take this opportunity to thank Higher Education Department, Government of Karnataka and Karnataka State Higher Education Council for providing us an opportunity to work for this noble cause.

Dr. B R Ramakrishna,

Chairman,
Subject Expert Committee: Physical Education, Sports and Yoga
& Vice Chancellor
SVYASA, Deemed - to be - University, Bengaluru

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BENGALURU CITY UNIVERSITY BOARD OF STUDIES
In
PHYSICAL EDUCATION, SPORTS AND YOGA
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Sl. No.	Name	Designation and Address	Position
1	Dr. K.K. Amarnath	Professor University College of Physical Education Bangalore University, Bangalore.	Chairman
2	Dr. P.C. Krishnaswamy	Principal & Chairman University College of Physical Education Bangalore University, Bangalore.	Member
3	Dr. R Venkatesh	Principal Sri. K.V College of Physical Education, Chikkabalapur.	Member
4	Sri. K.N Ashoka	Associate Professor, Sri. K.V College of Physical Education, Chikkabalapur.	Member
5	Dr. Rani Sandhu	College Director of Physical Education & Sports, MLA FGCW, Malleswaram, Bengaluru	Member
6	Dr. Jagadeshaiah I C	College Director of Physical Education & Sports, GFGC, Rajajinagar, Bengaluru	Member
7	Smt. Usha Nandini	College Director of Physical Education & Sports, GFGC, Yelahanka, Bengaluru	Member
8	Dr. Anand	College Director of Physical Education & Sports, Govt. Arts College, Bengaluru	Member
9	Dr. Sreenivasalu	College Director of Physical Education & Sports, Govt. RC College, Bengaluru	Member
10	Dr. Mahadev Swamy	College Director of Physical Education & Sports, GFGC, Malleshwaram, Bengaluru	Member
11	Smt. Nirmala Gowda	College Director of Physical Education & Sports, Bishop Cotton Women's College, Bengaluru	Member

PREAMBLE

India is growing rapidly as a global super-power. To face the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Government insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched various initiatives that have given impetus and awareness among general public, professional and academicians. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. Thus, Physical Education, Sports and Yoga have been included as a key area in the Under Graduate Curriculum.

The Government of Karnataka, through the Karnataka State Higher Education Council constituted an expert committee to draft the curriculum framework for creating professionals in the area of Physical Education, Sports and Yoga at the Higher Education Institutions. Several meetings were conducted in both online and offline modes to discuss and prepare the Curriculum Framework. The curriculum framework is drafted for enhancing the skill development, value addition, overall personality development, entrepreneurship and employability. The courses proposed are Discipline Core, Elective and Skill Enhancement in nature and can be offered through HEIs.

The Under Graduate level course in Physical Education, Sports and Yoga contains subjects varying from Foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & Coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teachings, History, Principles and Practices of Yoga, Application of Yoga etc. which are aimed to give thorough knowledge and skills to the students.

Students perusing physical education, sports and yoga courses are fit to join the jobs as physical and yoga trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers, yoga therapist etc. During their course of education the students also develop the expertise to establish their own business as entrepreneurs in the field of Fitness, Sports, Yoga, Recreation, Adventure Sports, Camping, Event Management etc. The graduates who are interested can also pursue research in the field of Physical Education, Sports and Yoga.

The first meeting of the expert committee was held on 22nd August 2021 in online mode. This was followed by Offline meetings at S-VYASA Deemed to be University headquarters on 27th and 28th August, and 8th and 9th September at KSHEC. Another Online meeting was conducted on 13th September and Offline meeting at KSHEC on 16th September to finalize the First & Second Semester Curriculum Framework. 17th August and 29th September. Further as per the KSHEC's instructions the revised Framework was submitted on 16-10- 2021 and further few online meetings were held to prepare the Third and Fourth semester Framework and the offline meetings were held on 17th August & 29th September- 2022. Further the Committee meeting for framing the Curriculum Framework for 5th & 6th Semester was held at KSHEC on 23rd & 24th April 2023.

Model Curriculum and Program Outcome

Name of the Degree Program: BA/BSc/ BCom/BBA/BCA & all other UG Courses

- 1. Discipline Specific Core (DSC): Physical Education Sports & Yoga BA/BSc Total Credits for the Program (V & VI Semesters): 2 Papers Each Discipline Core: 06+06 Credits per Semester**
- 2. Discipline Specific Elective (DSE) : 1 Paper per Semester – 3 Credits each**

Year of Implementation: 2021-22 Onwards

Program Outcomes:

By the end of the program the students will be able to:

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
4. As this curriculum framework is aligned with the National Skill Qualification Framework (NSQF), the students will be benefited with better career opportunities.
5. The student learns to plan, organize and execute sports events.
6. Students will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
7. Students acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
8. Students will learn to apply the knowledge of managing the fitness equipments.
9. Students will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
10. The students will learn and contribute on fitness management.
11. Students will understand and learn different dimension of active life style.
12. The students will gain knowledge of professional preparation in Physical Education, Sports and Yoga.

13. Students will learn the knowledge of fitness diet.
14. Students will be able to assess the Physical Fitness in Scientific way.
15. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
16. The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the physically/ Visually Challenged students.

Assessment

Weightage for Assessments

Semester-V BA/BSc				
Discipline Specific Core-5 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS	4	4	100 (60+40)
DSC-1 Practical	PRACTICAL APPROACH IN TEST, MEASUREMENT AND EVALUATION OF PHYSICAL EDUCATION & SPORTS ACTIVITIES	2	4	50 (25+25)
Total		6	8	150
Discipline Specific Elective (3 Credits) (2-0-1)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	SPORTS JOURNALISM	3	2	60
OE-1 Practical			2	40 (20+20) Practical + IA
Total			3	4
Discipline Specific Core-6 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	SPORTS PSYCHOLOGY & SOCIOLOGY	4	4	100 (60+40)
DSC-1 Practical	PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS	2	4	50 (25+25)
Total		6	8	150

Assessment

Weightage for Assessments

Semester-VI BA/BSc				
Discipline Specific Core-7 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	SPORTS MANAGEMENT	4	4	100 (60+40)
DSC-1 Practical	ORGANISATION AND ADMINISTRATION OF SPORTS EVENTS	2	4	50 (25+25)
Total		6	8	150
Discipline Specific Elective (3 Credits) (2-0-1)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	SPORTS NUTRITION	3	2	60
OE-1 Practical			2	40 (20+20) Practical + IA
Total			3	4
Discipline Specific Core-8 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	APPLICATION OF TECHNOLOGY IN SPORTS	4	4	100 (60+40)
DSC-1 Practical	PRACTICALS – TECHNOLOGY AND SPORTS	2	4	50 (25+25)
Total		6	8	150

**Curriculum Structure for
Undergraduate Degree Program
BA / BSc in Physical Education, Sports & Yoga**

Total Credits for the Program (For V & VI Semesters): 6 Credits each

Year of implementation: 2021-22 onwards

Name of the Degree Program: BA/B.Sc Discipline/Subject:

Physical Education, Sports and Yoga

Program Articulation Matrix:

This matrix lists only the core courses. Core courses are essential to earn the degree in that discipline/subject. They include courses such as theory, laboratory, project, internships etc. Elective courses may be listed separately

Semester	Title / Name of the course	Program outcome that the course address (not more than 3 per course)	Pre requisite course(s)	Pedagogy	Assessments
1	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS (6 Credits)	<ol style="list-style-type: none"> To understand the basic principles and practices of Test, Measurement and Evaluation in Physical Education Sports and Yoga. To be able to apply tests in Physical Activities Sports and Yoga Practices 	Students with Arts/Science/ Commerce streams at 12 th /+2 level preferable with Sports Background	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural	Theory 100 (60+40)
2	SPORTS PSYCHOLOGY & SOCIOLOGY (6 Credits)	<ol style="list-style-type: none"> To learn and apply the knowledge of Sports Psychology and Sociology for better performance To understand and learn its application in present sports scenario 		The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural & Extramural	Theory 100 (60+40)
3	SPORTS MANAGEMENT (6 Credits)	<ol style="list-style-type: none"> To learn the theoretical and practical aspects Sports Management To apply Sports Management aspects for appropriate functioning during major sports events 		The course shall be taught through Lecture, Practical, Interactive Sessions, Materials Assignments Seminars, Intramural & Extramural	Theory 100 (60+40) Practical 50 (25+25)

BCU Physical Education, Sports and Yoga- Syllabus

Semester	Title / Name of the course	Program outcome that the course address (not more than 3 per course)	Pre requisite course(s)	Pedagogy	Assessments
4	APPLICATION OF TECHNOLOGY IN SPORTS (6 Credits)	<ol style="list-style-type: none"> 1. To learn the need of application of technology in sports 2. To understand the use of modern gadgets for enhancing performance 		The course shall be taught through Lecture, Practical, Interactive Sessions, Materials Assignments Seminars, Intramural & Extramural	Theory 100 (60+40) Practical 50 (25+25)

BA / BSc Semester V & VI

Aim of the Course

The course aims at creating awareness about the fundamentals of Physical Education, Sports, Yoga and its effectiveness to promote Health and wellness through Healthy Lifestyle.

Objectives of the Course

- To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth & development
- To create a foundation for the professionals in Physical Education, Sports and Yoga.
- To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and community level.
- Students studying this course shall be eligible to do B.P.Ed Course, along with other Sports Coaches Training Programs.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & Officiate Physical Education, Sports and Yoga related events or activities.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.

BA / BSc Semester-V
 Title of the Course: DSC-5
**TEST, MEASUREMENT & EVALUATION IN
 PHYSICAL EDUCATION, SPORTS AND YOGA**

Course outcomes:

- Understand the need & importance of test, measurement and evaluation in Physical Education.
- Describe the criteria, classification and administration of test.
- Develop concepts related to test, measurement & evaluation.
- Construct a strong basis in the evaluation techniques through the various test and measurements method used in Physical Education.
- Explain different physical fitness and skill tests.

Number of Theory Credits	Number of lecture hours/ semester	Number of Practical Credits	Number of practical hours/ semesters
4	60	2	60
Content of Theory Course-1 (4-0-2)			Hours
Unit- I Introduction <ul style="list-style-type: none"> • Meaning & Definition of Test, Measurement and Evaluation in Physical Education, Sports and Yoga. • Need, Importance and Uses of Test, Measurement and Evaluation in Physical Education. • Application of Test and Measurement. • Types and Classification of Test. 			15
Unit- II Fitness Tests <ul style="list-style-type: none"> • Meaning and definition of Physical Fitness. • Motor fitness test • Strength Test • Cardiovascular fitness test • Social fitness • Emotional intelligence 			15
Unit- III Tests, Measurement and Evaluation <ul style="list-style-type: none"> • Harvard Step Test, Cooper 12m Run /walk test. • JCR Test, Sit and reach test. • Health related Physical Fitness Test. • Anthropometric Measurements: Methods of Measuring Height, Weight & circumference of Lower & Upper extremity of the human body. • Fitness test for Children with special needs • Computing Basal Metabolic Rate (BMR) • Rikli & Jones – Senior Citizen Fitness Test 			15

<p>Unit- IV Sports Skill Tests</p> <ul style="list-style-type: none"> • Purpose and administration of sports Skill Tests. • McDonald Soccer Test. • Russell Lange Volleyball Test. • Lockhart and McPherson Badminton Test. • Johnson Basketball Ability Test. • Harbans Hockey Test. • Dyer Tennis Test. 	15
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Content of Practical Course 1: Practical (2 credits/30 hours)

Practical Approach in Test, Measurement and Evaluation of Physical Education & Sports Activities

- Physical Fitness Tests: Speed, Strength, Endurance, Flexibility and Agility.
- Motor Ability Test
- Weight Training/ Yogasanas / Aerobics
- Sports Specific Skill tests
- Project/ Seminar/ Paper Presentation / Assignments

Pedagogy: The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Reference:

1. Chakraborty, P and Bhattacharya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall
3. Fahey, T.D, Basic Weight Training for Men and Women. Mayfield Publishing Company
4. Kirtani, R: Physical Fitness. Khel Sahitya Kendra, Delhi
5. Raghunathan, P.P; Volleyball A Guide to Playing and Coaching. Friends Publication, Delhi
6. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B.Saunders Company
7. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
8. Phillips, D.A, & HornaK, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
9. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia: - Lea and Fibiger Publisher.
10. Johnson, B.L and Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi
11. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication
12. Ananda Nadagir (2014) Evaluation in Physical Education. Mallasajjana Prakashana Dharwad.

BA / BSc Semester-V
 Title of the Course: DSC-6
SPORTS PSYCHOLOGY & SOCIOLOGY

Course Outcomes:

- Understanding the concept of psychology
- Understanding the concept of personality, motivation and sports performance.
- Understanding the meaning and importance of sociology.
- Understanding values and ethics in sports.

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours / semesters
4	60	2	60
Content of Theory Course 2 (4-0-2)			Hours
Unit – 1 Introduction <ul style="list-style-type: none"> • Definition, Meaning, Need and Importance of Psychology. • Importance of Sports Psychology in Physical Education and Yoga. • Evolution of Sports Psychology. • Scope and Issues of Sports Psychology. 			13
Unit - 2 Psychology and Sports <ul style="list-style-type: none"> • Goal setting • Visualization • Pressure and anxiety • Rehabilitation • Attention and focus • Team work and motivation • Yoga and mental health 			17
Unit - 3 Sports and Personality <ul style="list-style-type: none"> • Sport and personality type • Body types • Choose the type of sport of their preference based on their personality. • Personality and environment • Personality, inherent traits and learned experience • Personality and sporting behavior • Sports and Senior population • Motivation and personality 			18

Unit - 4 Sports Sociology <ul style="list-style-type: none"> • Understanding Sports Sociology • Meaning, Definition, Need and Scope • Concepts of society and sports • Sports as a Social Phenomenon – Sports Socialization • Leadership in Sports • Gender difference in sports • Values and Ethics in Sports 	12
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Content of Practical Course 2: Practical (2 credits/30 hours)

PRACTICALS FOR PSYCHOLOGICAL AND SOCIOLOGICAL PREPARATION IN SPORTS

BASIC SPORTS PSYCHOLOGICAL AND SOCIOLOGICAL TESTS:

- **Sports Anxiety Tests**
- **Personality Tests, IQ Tests**
- **Mental Toughness Tests, Aptitude Tests**
- **Emotional Intelligence Tests,**
- **Self Confidence Tests**
- **Cognitive Ability Tests**

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramural

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Reference:

1. Authors Guide, 2013, National Library of Educational and Psychological Test (NLEPT)
2. Dr.Agyajit Singh, (2013), Sports Psychology for Coaches, New Delhi, Khel Sahitya Kendra
3. Dharam.V.R., (1989), Sports and Society: Readings in the Sociology of Sports, New Delhi, Classical Publishing Co.,
4. Dr.Bhupinder Singh, Mrs.Madalsa Mittal, (2004), Psychological Implications in Physical Education and Sports, New Delhi, Friends Pucations (India)
5. Dr,R.Sendhil, (2014), Sports Psychology, New Delhi, Sports Publication
6. Jitendra Mohan, (1996), Recent Advances in Sports Psychology, Delhi, Friends Publications (India)
7. John D.Lauthor, (1998), Sports Psychology, Englewood, Prentice Hall Inc,
8. John D.Lauthor, (2000), Psychology of Coaching, New Jersey Prentice HallInc.,
9. Kuppuswamy.B, (1982), An Introduction to Social Psychology, Bombay, Media Promoters and Publishers Pvt. Ltd.,

BA / BSc Semester-VI
 Title of the Course: DSC-7
SPORTS MANAGEMENT

Course Outcomes

- To Identify and understanding various types of contemporary sporting events
- Understand the leadership and financial management of sports events.
- To understand the misconnect and the negligence affect to event management

Number of Theory Credits	Number of lecture hours/ semester	Number of Practical Credits	Number of practical hours/ semesters
4	60	2	60
Content of Theory Course-1 (4-0-2)			Hours
<p>Unit- I Introduction</p> <ul style="list-style-type: none"> • Definition, Nature, Scope and Principles of Sports Management Guiding Principles for organizing Physical Education & Sports Programmes in Institutions • Essential Skills of Sports Management Communication Skills and Time Management • Qualities and competencies required for the Sports Manager Role of sports manager- interpersonal, informational and decision making • Event Management in Physical Education, Sports and Yoga Event management- its principles, planning, check list, rehearsal, itinerary, execution, reporting and follow-up procedures of an event 			13
<p>Unit-2 Leadership in Sports Management</p> <ul style="list-style-type: none"> • Meaning and Definition of Leadership • Types and Qualities of Leadership • Leadership and Organizational Performance • Influence of Leadership on Sports Performance • Public relation- principles of public relations in physical education and sports. Mass Media- communication and publicity, qualifications of Public relation officer. 			15
<p>Unit- III Sports Trends and management</p> <ul style="list-style-type: none"> • Advanced Streaming • E-sports management • Fan management • Management of Social media and sports • Management of Media and sports 			17

Unit- IV Financial Management of Events <ul style="list-style-type: none"> • Objectives and Scope of Financial Planning. • Budgeting, Purchase and Audit • Sources of Funding • Management of Infrastructure, Finance and Personal • Financial management- objectives, purposes, principles and scope 	15
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Content of Practical Course 3: Practical (2 credits/30 hours)

ORGANISATION AND ADMINISTRATION IN SPORTS

- Sports Event Management - Internship
- Organization of Intramural and Extramural Competitions
- Schedule Preparation – Athletics and Group Games
- Types of Fixtures
- Record Books Management in Sports
- Training session Attendance Management

Pedagogy: The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural.

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Reference:

1. Bucher Carles, A. (1987) Administration of physical Education and athletic programs. London. The C.V.Mosby Co.
2. Chellandurai P. (1985) Sports Management Macro Perspective. Canada Sports Dynamics
3. Earle F.Zeigaler & Gary W Bowie(1993): Management Competency Development in sports And Physical Education philadephia: W.Leo and Febiger.
4. Heph Bucher and Earnest Koerigeberg (1968): scientific Inventory Management. New Delhi: prentice Hall, Inc.
5. Scholar Rondoll S and Nicholas.J (1983) Personal Management. New York, West Publishing Company.
6. Vanderwag Harold .J (198) Sports Management. (New York, Maic Millon Publishing Company.
7. Schmader Stein Wood (1991) Special Events: Inside Out, Sagamore Publishing Champaign, Illinois.
8. Raj C Besant (1989) Corporate Financial Management, Tata Mc Graw-Hill Publishing Company Ltd, New Delhi.
9. Milne George R (1999) Sports Marketing, Jones and Bartlett Publishers, Inc.

BA / BSc Semester-VI Title of the Course: DSC-8 APPLICATION OF TECHNOLOGY IN SPORTS

Course Outcomes:

- Understand the meaning and definition and importance of technology in sports and science of sports material
- Understand the different type of foot wear production factor application in sports, constraints.
- Understand the surface of play field and the type of materials
- Understand the different modern playing equipment, Gadgets and Materials

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semesters
4	60	2	60
Content of Theory Course-1 (4-0-2)			Hours
Unit- I Introduction <ul style="list-style-type: none"> • Meaning and definition of Sports Technology • Purpose and Advantages of Sports Technology • Principles of Instrumentation in Sports • Importance of Technology in sports • Technological Impacts on Sports 			13
Unit-2 Technologies and Startups <ul style="list-style-type: none"> • Adhesives: Nanoglue, Nano Moulding, Nano Turf, Foot wear Production • Technology application in Sports: DRS (Decision Review System), Snick Meter, GLT (Goal Line Technology), GPS (Global Positioning System), Wind gauge, Photo finish judge, Hawk Eye, Wireless touchpad in swimming. • Athlete's clothing and equipments • Smart Materials: Shape Memory Alloy (SMA), Thermo Chromic Film 			15
Unit- III Play Field Surfaces and computer application in sports <ul style="list-style-type: none"> • Modern Surfaces for Play fields: Types of materials; Synthetic, Wooden, Polyurethane, Artificial Turf/ Polygrass etc • Use of Computers and Software's in Sports • Artificial intelligence 			17
Unit- IV Modern Sports Equipments and Gadgets <ul style="list-style-type: none"> • Measuring Equipment's • Electronic Timers, Chip based Timers • Protective Equipment's in Sports and its Advantages: • Video Analysis in Sports and Electronic Scoring • Multipurpose Sports Arena • Modern Sports Equipments: Courts, Lighting, Floodlights Fitness apps 			15

Content of Practical Course 3: Practical (2 credits/30 hours)**PRACTICALS – TECHNOLOGY AND SPORTS**

- Uses of Modern Sports Equipments: Starting Block, Electronic gadgets in sports for Measurements, etc.,
- Use of Video Analysis for Sports Training
- Sports Arena Preparation using Foam Mats.
- Usage of Sports related Apps
- Preparation of Sports related Templates

Pedagogy: The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural.

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory-60 Marks Internal Assessment-40 Marks
Practical	External- 25 Marks Internal Assessment - 25 Marks
Total	150 Marks

Reference:

1. Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials"
2. Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico
3. John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group.
4. Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
5. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling
6. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company).

**BA / BSc Discipline Specific
Elective Paper
Title of the Paper
Sports Nutrition**

Course Outcomes:

- Student will learn about sports nutrition and their application in physical education and sports.
- Student will learn how to plan the diet chart for sports person (before after and during competition) and diet for obesity management.
- Understand the knowledge of sports supplements and its needs before, during and after the competition.
- Concept of fluid and electrolyte replacement, values of vitamins and minerals, carbohydrate loading according to the requirement of sports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hou rs
<u>THEORY</u>			
UNIT-1- Introduction <ul style="list-style-type: none"> • Meaning and definition of Sports Nutrition • Role Of Nutrition In Health Promotion And Sports • Concept of diet (Guidelines to design diet plan) • Balance Diet: Components, factors affecting Balanced Diet and Malnutrition 			30
UNIT 2- Nutrients <ul style="list-style-type: none"> • Meaning, Classification, Sources, Functions Of Nutrients • Micro Nutrients: Vitamins, Minerals, Water • Macro Nutrients: Carbohydrates, Protein, Fat • Nutrients for Sports person – Calories intake and Diet for Games, Sports, Sprints,Endurance and Power Events. 			
UNIT 3- Nutrition and Weight Management <ul style="list-style-type: none"> • Meaning, Definition and Importance of Weight Management • Causes of Obesity And Its Prevention, Strategies • Carbohydrate Metabolism and Its Role as a Fuel for Muscular Activities. • Nutritional Intake Before, During and After Sports Activity. 			

<u>PRACTICAL</u>		30
<ul style="list-style-type: none"> • Weight Management • BMI • Physical Activities for Weight Loss • Fitness Training: Yoga, Aerobics/Calisthenics/ Zumba/Dance • Physical Fitness Test • Cardiovascular Exercises • Upper Body, Lower Body and Core Exercises, strengthening & conditioning • Record/Project 		
Formative Assessment		
Assessment type	Weightage in Marks	
Theory	Theory - 60 Marks	
Practical	Practical - 20 Marks Internal - 20 Marks	
Total	100 Marks	

References:

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, ET. Al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003.
5. Turner, C.E. "The School Health and Health Education".
6. Moss and et.al. "Health Education" (National Education Association of U.T.A.)
7. Nemir A. "The School Health Education" (Harber and Brothers, New York).
8. Nutrition Encyclopedia, edited by Delores C.S. James, the Gale Group, Inc.
9. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
10. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorns.

BA / BSc Discipline Specific Elective Paper
Title of the Paper
Sports Journalism

Course Outcomes:

- Understand importance of sports journalism to develop social acceptance of sports
- Understand the use of Sports News, Print/Multi-media Journalism to promote sports
- Understand Broad Cast Journalism to promote sports

Number of Theory Credits	Number of Lecture hours/semester	Number of Practical Credits	Number of Practical hours/ Semesters
2	30	1	30 Hours
Content of Theory Course (2-0-1) 3 Credits			Hours
<u>THEORY</u>			
UNIT 1 – Introduction <ul style="list-style-type: none"> • Meaning and Definition of Journalism • Sports Journalism: Meaning, Definition and Scope • Media: Types, Nature, Significance • Journalist: Role, Responsibilities, Ethics and Hazards in journalism 			30
UNIT 2 - Mass Media <ul style="list-style-type: none"> • Sports Section in Mass Media: Print, Electronic and Online • Sports Coverage: Live and Recorded • Sports Contents: News, Panel Discussions, Interviews, Special Stories • Basic Sports Journalism Terminology • Concept of sports bulletin – Types of Bulletin and sports education 			
UNIT 3 – Writing and Reporting <ul style="list-style-type: none"> • Sports Events, Tournaments and their Coverage • Skill and Techniques of Writing • Drafting and Reporting - Language, Vocabulary, Dialect, Spelling, Figure of Speech 			
<u>PRACTICAL</u>			
<ul style="list-style-type: none"> • Field Visits and Reporting of Major Sports Events • Interviews of Elite Sports Personalities • Project on Local Sports Tournaments and Sports Photography • Notable National and International Sports Journalists and their contribution to Sports Journalism • New Trends and Technologies in Sports Coverage • Mock Interview/Record/Project 			30
Formative Assessment			
Assessment type	Weightage in Marks		
Theory	Theory - 60 Marks		
Practical	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Reference:

1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi Surjeet Publications
2. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
5. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
6. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
7. Padmanabhan A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
8. Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga for undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practical) by Physical Education Faculty, qualified as per the UGC guidelines
2. The Committee recommends that from 2023-24 and there on, the Physical Education, Sports & Yoga Discipline Core Subject (DSC) shall be considered under Science Stream (B.Sc.) as it is in other states.
3. Physical Education Faculty shall be enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
4. The committee recommends inclusion of the subjects for the competitive examinations conducted for the civil services under the central and state level.
5. Health, Wellness and Yoga (Value based paper under SEC) paper shall be taught by Physical Education Faculty only.
6. In addition to Practical, one hour of theory (for Physical Education, Sports and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.
7. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
8. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.
9. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22. Board of Studies (BoS) & Board of Examination (BoE) shall be constituted immediately in all the universities.

10. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available in this Framework.
11. HEIs shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MoUs with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
12. Along with Discipline Specific Core papers and Discipline Specific Elective papers measures shall be ensured to conduct practical and theory assessments for Open Electives and Skill Enhancement Courses.

Sound Mind in a Sound Body