



BENGALURU CITY UNIVERSITY

CHOICE BASED CREDIT SYSTEM

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

Syllabus for Physical Education (I & II Semester)

2021-22 onwards


Proceedings of the BOS Meeting in Physical Education

The meeting of BOS in Physical Education was held at the Directorate of Physical Education, Bengaluru City University, Bangalore at 11.30 a.m. on 09th October 2021.

At the outset chairman welcomed all the members and requested them to discuss the agenda. The agenda were taken-up one by one for detailed discussion:

Agenda-1:	Finalising and approving the NEP Physical Education Syllabus (DSCC, OEC, SEC) for I and II semester to be introduced at undergraduate courses for the academic year 2021-22.
Decision:	<p>The BOS Members discussed in detail regarding NEP Physical Education subject and approved the same for I and II semester. (Annexure-I)</p> <p>The members unanimously resolved that the subjects should be taught only by qualified Physical Education faculty as per UGC guidelines.</p>
Agenda-2:	Approving the panel of Examiners for B.P.Ed course for the academic year 2021-22.
Decision:	The Board approved the above panel of examiners for B.P.Ed., theory and practical examinations for the academic year 2021-22 and it was resolved to send the same to The Register (Evaluation), Bengaluru City University, Bangalore. (B.P.Ed., panel Enclosed in Annexure-II,)
Agenda-3:	Any other matter with the permission of the chair
Decision:	No Subject was Discussed

The meeting was concluded with vote of thanks by the chairman.


Chairman
BOS in Physical Education

Chairman
BOE/BOS(UG), BPED
Bangaluru Central University

Members Present:

Signature

1. **Dr. K.K. Amarnath**
Principal & Chairman
University College of Physical Education
Bangalore University, Bangalore.
2. **Dr. P.C. Krishnaswamy**
Professor
University College of Physical Education
Bangalore University, Bangalore.
3. **Dr. R Venkatesh**
Principal
Sri. K.V College of Physical Education,
Chikkabalapur.
4. **Mr K N Ashoka**
Associated Professor
Sri. K.V College of Physical Education,
Chikkabalapur.
5. **Mr. Y Dilleswar Rao**
Assistant Professor.
YMCA College Physical Education, Bangalore

Chairperson

K.K. Amarnath 9/10/2021

Member

Member

Member

Member

Co-Opted Members

6. **Dr. Ravi Kumar , H**
Physical Education Director
Govt. Arts College, Bangalore
7. **Sri N Byregowda**
Physical Education Director
Govt R C College, Bangalore
8. **Dr. Rani Sandu**
Physical Education Director
MLA FGC, Malleshwaram
9. **Sri R Srikanth**
Nodal Officer,
Dept. of Collegiate Education,
Government of Karnataka,
Bangalore.
10. **Sri. Srinivasa G**
Physical Education Director
GFGC, Doddaballapur,

Invitee

11. **Dr. Mohammad Ilyaz**
Coordinator,
Directorate of Physical Education
Bengaluru City University

K.K. Amarnath 9/10/2021
Chairman
BOS in Physical Education
Chairman
BOE/BOS(UG), BPED
Bangaluru Central University

2021

Bengaluru City University

Board of Studies In Physical Education, Sports & Yoga

Regulations & Syllabus for First & Second Semesters



Discipline Specific Core Paper

Open Elective Papers

**Skill Enhancement Course
Papers**

***Framed as per
National Education Policy-2020
Karnataka***



CONTENTS

Sl. No.	Particulars	Page No.
1.	NEP 2020 Bangalore City University BOS committee in Physical Education, Sports & Yoga	03
2.	Preamble	04
3.	Physical Education- Aim, Objectives, Learning Outcomes, Employability	05
4.	Weightage for Assessments	06
5.	DSC-1 Introduction To Physical Education, Sports And Yoga	07-10
6.	DSC-2 Life Style Management	11-14
7.	Semester-1 SEC-1 Physical Education And Yoga	15-16
8.	Semester-1 SEC-2 Health And Wellness	17-18
9.	Semester-2 SEC-1 Physical Education And Sports	19-20
10.	Open Elective Sem-1: Self-Défense	21-22
11.	Open Elective Sem-1: Sports Event Management	23-24
12.	Open Elective Sem-1: Yoga and Fitness	25-26
13.	Open Elective Sem-2: Adventure Sports	27-28
14.	Open Elective Sem-2: Physical Fitness for Careers	29-30
15.	Open Elective Sem-2: Sports & Recreation	31-32
16.	Scheme of Evaluation	33-35
17.	Recommendations of the Committee	36-37

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	Principal & Chairman University College of Physical Education Bangalore University, Bangalore.	Chairman
2	Dr. P.C. Krishnaswamy	Professor University College of Physical Education Bangalore University, Bangalore.	Member
3	Dr. R Venkatesh	Principal Sri. K.V College of Physical Education, Chikkabalapur.	Member
4	Dr. Madialagan	Professor and Chairman Dept.of Physical Education & Sports Sciences University of Mysore, Mysore	Member
5	Dr. Gerald Santosh D'Souza	Director, Dept. of Physical Education Mangalore Univeristy, Konaje, Mangalore	Member
6	Dr. N.D Virupaksha	Professor and Director, Dept. of Physical Education Kuvempu University, Shimoga	Member
7	Dr. Rajkumar Malipatil	Associate Professor, Dept. of Physical Education Karnatak State Akkamadevi Womens University	Member
8	Sri. K.N Ashoka	Associate Professor, Sri. K.V College of Physical Education, Chikkabalapur.	Member
9	Dr. Maleques	Principal, YMCA College of Physical Education, Bangalore	Member
10	Sri. Dilleswar Rao Y	Asst. Professor, YMCA College of Physical Education, Blore	Member
Co-Opted Members			
11	Dr. Ravi Kumar H	College Director of Physical Education & Sports, Govt. Arts College, Bengaluru	Member
12	Dr. N. Byre Gowda	College Director of Physical Education & Sports, Govt. R.C.College of Commerce & Management, Bengaluru	Member
13	Dr. Rani Sandhu	College Director of Physical Education & Sports, MLA FGCW, Malleswaram, Bengaluru	Member
14	Sri. R. Srikanth	Nodal Officer, Dept. of Collegiate Education, Government of Karnataka, Bangalore.	Member
15	Sri. Srinivasa G	Nodal Officer, Dept. of Collegiate Education, Government of Karnataka, Bangalore.	Member
Invitee			
16	Dr. Mohammed Ilyas P	Co-ordinator, Directorate of Physical Education & Sports, Bengaluru City University, Begaluru	Member
17	Sri.D.K Shashikumar	College Director of Physical Education & Sports, Govt. Arts College, Bengaluru	Member

PREAMBLE

Bangalore City University being one of the oldest university has transformed itself to education hub. Nurturing the ecology of education, the University strongly believes that physical education is an integral part of education. Since times there are constant efforts to bring in Physical Education as curricular subjects of the education programs offered by the University. With the introduction of New Education Policy-2020 there are immense and intense openings for Physical Education, Sports and Yoga as a subject being introduced as not only the Discipline core subject or Open elective subject but also compulsory Skill enhancement courses and Value based core subject. Physical Education, Sports and Yoga when introduced at graduate level will have greater impact on health of the community in general.

The 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, Sports and games 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, Rehabilitation, 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 Board of Studies meeting was held on 09th October 2021 at Directorate Of Physical Education & Sports, Bengaluru City Universty, Central College Cricket Pavilion, Bangalore. The First and Second Semesters curriculum framework was designed and finalized, In accordance with the proposed curriculum frame work of Karnataka state Higher Education council.

PHYSICAL EDUCATION, SPORTS & YOGA

Aim of the Course

- The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and 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 Exercises, 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, colleges and community.

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.
- 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.

Under Graduate Program in Physical Education for B.A/B.Sc.***Weightage for Assessment***

Sem	Type of Course	Theory/ Practical	Instruction hour per week	Total hours of Syllabus / Sem	Duration of Exam	Internal Assessment Marks	Sem End Exam. Marks	Total Marks	Credits
I	DSCC-1	Theory	04 hrs	56	03 hrs	40	60	100	04
		Practical	04 hrs	52	03 hrs	20	30	50	02
	OEC	Theory	01 hrs	28	03 hrs	20	40	60	01
		Practical	04 hrs	28	03 hrs	20	20	40	02
	SEC-1	Practical	02 hrs	28	-	25	-	25	01
	Health & Wellness	Theory + Practical	02 hrs	14+14	-	25	-	25	01
II	DSCC-2	Theory	04 hrs	56	03 hrs	40	60	100	04
		Practical	04 hrs	52	03 hrs	20	30	50	02
	OEC	Theory	01 hrs	28	03 hrs	20	40	60	01
		Practical	04 hrs	28	03 hrs	20	20	40	02
	SEC-1	Practical	02 hrs	28	-	25	-	25	01
Details of the other Semesters will be given later									

1. Discipline Specific Core: Physical Education Sports & Yoga: B.A/B.Sc*Total Credits for the Program (I & II Semesters):**Discipline Core: 6 Credits per Semesters***2. Open Elective Course : (BA/BSc/BCom/BBA/BCA & all other UG Courses)***Total Credits: 3 Credits per Semester(I & II Semesters)**(3 Open Electives each are for First and Second semesters are suggested)***3. Skill Enhancement Courses: (BA/BSc/BCom/BBA/BCA & all other UG Courses)***Total Credits: 01 Credit for Yoga (I Semester)**01 Credit for Health & Wellness(I Semester)**01 Credit for Sports(II Semester)*

B.A/B.Sc. Semester I

Title of the Course:

**INTRODUCTION TO PHYSICAL EDUCATION, SPORTS
AND YOGA**

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semester
4	52 - 56	2	52 - 56
Content of Theory Course-1			
Unit- I Introduction			
<ol style="list-style-type: none">1. Meaning and definition of Physical Education, Sports and Yoga.2. Aims, Objectives and Importance of Physical Education, Sports and Yoga.3. History of Physical Education, Sports and Yoga.<ul style="list-style-type: none">• Ancient Greece• Ancient and Modern Olympics• Asian Games and Commonwealth Games• Post-Independence Period – Various Policies, Institutions, SAI, Khelo India, Fit India Movement.4. Modern trends of Physical Education, Sports and Yoga.5. Brief concept of Education in relation to Physical Education, Sports and Yoga.<ul style="list-style-type: none">• Applications in Education: Pedagogy, Research• Relationship of Education with Physical Education and Yoga			14

Unit- II Fitness training and Yoga	
<ol style="list-style-type: none"> 1. Importance of Fitness and Yoga 2. Fundamentals and Principles of Yoga 3. Components of Fitness and Fitness equipments 4. Yoga Practices Asanas, Pranayam, Meditation and Mudras 5. Food and Nutrition 	14
Unit- III Principles of Training and Duties of Officials	
<ol style="list-style-type: none"> 1. Characteristics and Measurements of Standard Track 2. Principles of Officiating and duties of Officials 3. Qualities and Qualification of Technical officials for Athletics, Sports and Games 4. Officiating of Athletics 5. Officiating of Sports and Games 	14
Unit- IV Career Opportunities in Physical Education, Sports and Yoga	
<ol style="list-style-type: none"> 1. Physical Education, Sports and Yoga professionals at various levels of educational institutions. 2. Sports Trainers, Yoga Instructors, Coach, Managers, Researcher, Event Management, Technical Officials, Entrepreneurs and others 3. Physical Education, Sports and Yoga Trainer for fitness priority professions (Police, Defence, Forest Service and Paramilitary forces) of State and Central Government organizations - Physical Standards and Physical Fitness Norms. 4. Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in private, Government, Corporate Sectors and others. 5. Sports Journalists, Sports Tourism, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props (Different types of equipments) manufactures. 	14

Content of Practical Course 1: Practicals (2 credits/56 hours)	
A. Basic Fitness, Training and Assessment	
1. General warm-up 2. Body Composition (BMI) 3. Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, BodyComposition	
B. Major/Minor Outdoor Games / Track & Field	
1. One Major Game & One Individual Sport (Among the list of IOA,AIU, SGFI) * 2. One event each - Running, Jumping and Throwing Event*	
C. Asanas & Surya Namaskara (as per the reference books)	
1. Shithilikarana Vyayama(Dynamic) 2. Surya Namaskara 3. Standing & Sitting Asanas 4. Prone &Supine Asanas	
D. Pranayamas	
1. Vibhagiya Pranayama (Sectionalbreathing) 2. Sukha Pranayama (Breath awareness) 3. Kapalabhathi/ Basthrika 4. AnulomaViloma/ NadiShuddhi 5. Bhramari& Cooling Pranayamas(Sithali/Sithkari/Sadhantha)	

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

Formative Assessment	
Assessment / type	Weightage in Marks
Theory	Thoery-60 Marks Internal-40 Marks
Practicals	Externals- 30 Marks Internal - 20 Marks
Total	150 Marks

Reference

1. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, NewDelhi
2. Bucher,C.A.(n.d.)Foundation of physical education. St.Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree College of Physical education.
3. Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.
4. D.M Jyoti, Athletics (2015) lulu.com 3101, Hills borough, NC27609, United States
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
6. Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala:Kaivalyadhama.
7. IAAF Manual
8. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru:RashtrothannaPrakashana.
9. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. SaundersCo.
10. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
11. Nagendra, H. R. &Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda YogaPrakasana.
12. Officiating and Coaching, Dr.Anil Kumar Vanaik, 2017, Friends Publications (India), Ist Edition, Daryaganj, NewDelhi
13. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr.Md.Ataullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, NewDelhi
14. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications,Mangalore
15. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
16. Russell, R.P.(1994). Health and Fitness Through Physical Education.USA: Human Kinetics.
17. Shekar, K. C. (2003). Yoga for health. Delhi: Khel SahityaKendra..
18. Singh Hardayal (1991), Science of Sports Training, DVS Publication, NewDelhi
19. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
20. William,J.F.(1964).The principles of physical education. Philadelphia:W.B. Saunders Co.

B.A/B.Sc. Semester II
Title of the Course:DSC -2
LIFE STYLE MANAGEMENT

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/ semester
4	52 - 56	2	52 - 56
Content of Theory Course 2			
Unit – I INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS			
1. Meaning and Definitions of Physical Fitness and LifeStyle 2. Need and Benefits of PhysicalFitness 3. Health Related Fitness Components: - Muscular Strength, Muscular Endurance, CardiovascularEndurance, Flexibility, and Body Composition 4. Skill Related Physical Fitness Components: - Agility, Balance, Co- ordination, Power, Reaction Time and Speed			12
Unit - II TYPES OF YOGA AND YOGIC LIFESTYLE			
1. JnanaYoga, 2. KarmaYoga, 3. BhakthiYoga, 4. Raja Yoga/ Astanaga Yoga 5. Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara			14

Unit –III LIFE STYLE MANAGEMENT THROUGH DIET, FITNESS & WELLNESS	
<ol style="list-style-type: none"> 1. Meaning and Definitions of Wellness & Lifestyle. 2. Dimensions/Components of Wellness and Lifestyle 3. Healthy Lifestyle through Diet relationship between Diet and Fitness 4. Components of Balance Diet and its importance – Carbohydrates, Protein, Fat, Vitamins, Minerals&Water 5. Lifestyle diseases and its management 	16
Unit - IV PHYSICAL LITERACY	
<ol style="list-style-type: none"> 1. Meaning, Definition and Importance of PhysicalLiteracy. 2. Core Elements of PhysicalLiteracy 3. Growth and Development, Heredity and Environment 4. Fundamental Movements - Walking, Running, Jumping andThrowing 5. Locomotor and Balance Stability skills / Tactical Movements 	14

Content of Practical Course 1: Practicals (2 credits/56 hours) PRACTICALS	
A. Specific warming-up / Lead up Activities	
B. Core Physical Fitness Test Assessment for Agility, Balance, Speed, Co-ordination, Power, Reaction Time	
C. Asanas 1. Standing Asanas 2. Sitting Asanas 3. Prone Asanas 4. Supine Asanas 5. Meditative Asanas	
D. Pranayama 1. Surya Anuloma Viloma/Surya Bhedana Pranayama 2. Chandra Anuloma Viloma/Chandra Bhedana Pranayama 3. Ujjayi Pranayama 4. Kumbhaka Pranayama 5. Sampoorana Yoga Shwasana (Full Yogic Breathing)	
E. Major/Minor Outdoor Games / Track & Field	
1. One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) * 2. One event each - Running, Jumping and Throwing Event* (Except opted in First Semester)	

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

Formative Assessment	
Assessment / type	Weightage in Marks
Theory	Theory-60 Marks Internal-40 Marks
Practicals	External - 30 Marks Internal – 20 Marks
Total	150 Marks

Reference:

1. "Asana, Pranayama, Mudra, Bandha", 1969, Swamy SathyanandaSaraswati, Bihar Yoga Bharati,Munger
2. "Four Yoga of Swamy Vivekananda", 1979, Swamy Tapasyananda, AdwaithaPrakashana, Ramakrishna Ashrama,Calcutta
3. "Nutrition Education", Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, NewDelhi
4. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition,Barrow.M.Harold, Rosemary.Mc.Gee, Lea &Febiger,Phildelphia
5. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. HumanKinetics
6. Fit & Well, 4th Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company,London
7. Fit to be Well, Alton L.Thygerson, Karl L.Larson, Jones and Bartlett Publishers,Sudbury
8. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood,Colorado
9. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuchscaris brick Publishers,Arizona
10. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rdEdition, Mayfield PublishingCompany.
11. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, NewDelhi
12. Introduction to Physical Education, Fitness and Sport, 5thEdition, DarySidentop, Mc Graw Hill007-123271-0ISBN
13. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna,Bangalore
14. New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna,Bangalore
15. Physical Fitness and Wellness, Dr. SamjayR.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, NewDelhi
16. Pinto John and Ramachandra K (2021) Kannada Version, DaihikaShikshanadaParichaya, Louis Publications,Mangalore
17. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications,Mangalore
18. Pranic Eneigization Technique,2005,
Dr.H.R.Nagendra,SwamyVivekananda Yoga Prakashna,Bangalore
19. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K,Struder, 2021, Meyer & Meyer Sport(UK) publishers,Germany
20. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna,Bangalore

Semester – I
Skill Enhancement Course (SEC-1)
PHYSICAL EDUCATION - YOGA
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester	
1	14 Hours = 28 Practical Hours	
Content of Practical Course		28Hrs
Unit 1:-Asanas <ul style="list-style-type: none">Yoga Stretchings, Suryanamaskara (Warming-up), Standing Asanas, Sitting Asanas, Prone position Asanas, Supine position Asanas, Meditative Asanas, Relaxation Asanas Unit 2:- Pranayama <ul style="list-style-type: none">Vibhagiya Pranayama, Sukha Pranayama, Kapalabathi / Basthrika, Anuloma-Viloma/ Nadishuddhi, Brahamari Pranayama, Shithali/Shitkari/Sadhantha, Shwana-Swasha-Lion Breath Unit 3 : - Meditation : Zen Meditation, Vipassana,, Etc., Yoga Intramural Competitions		28
Note: The Program shall be designed at college level for Specially Challenged Students		

Pedagogy: The course shall be taught through, Lecture cum Practicals, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

Formative Assessment	
Assessment / type	Weightage in Marks
Practicals	Internal Assesment- 25 Marks
Total	25 Marks

References:

1. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, UnitedStates
2. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: RashtrothannaPrakashana.
3. Nagendra, H. R. &Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
4. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA : HumanKinetics.
5. Uppal, A.K. (1992). Physical Fitness. New Delhi : FriendsPublication.

Semester – I
Skill Enhancement Course (SEC-2)
HEALTH AND WELLNESS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
1	Theory = 14 Hours Practicals = 14 Hours
Content of Course (1+0+1)	
Unit 1:- Theory a. Meaning , Definition and Importance of Health & Wellness b. Dimensions of Health and Wellness c. Role of Exercise in maintaining Health & Wellness d. Causes of Stress & Stress relief through Exercise e. Nutrition for Health and Wellness Unit 2:- Practicals- Exercises for Health and Wellness 1. Warming-Up 2. Stretching Exercises 3. Strengthening Exercises 4. Cardiovascular Exercises 5. Flexibility and Agility Exercises 6. Relaxation techniques Note: The Program shall be designed at college level for Specially Challenged Students	14
14	
Formative Assessment	
Assessment type	Weightage in Marks
Theory and Practical	Internal Assesment - 25Marks
Total	25 Marks

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

References

1. AAPHERD “Health related Physical Fitness Test Manual.” 1980 Published by Association drive Reston Virginia
2. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CV Mosby Co.)
3. Dixit Suresh (2006) SwasthyaShiksha sports Publications Delhi.
4. Pinto John and Ramachandra K (2021) Kannada Version “DahikaSikshanadaParichaya” Louis publications.Mangalore
5. Pinto John and Roshan Kumar (2021) “Introduction to Physical Education”, Louis Publication.Mangalore
6. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
7. Shanti K Y (1987) “The Science of Yogic Breathier” (Pranayama) D B Bombay
8. Thomas D Fahey and others. Fit and well : 6th Edition New York : McGraw Hill Publishers,2005
9. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi
10. Ziegler E F (2007) “An Introduction to Sports and Physical Education” Philosophy Delhi

Semester – II
Skill Enhancement Course (SEC-1)
PHYSICAL EDUCATION - SPORTS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester (Inclusive of Practicals)
1	14 Hours = 28 Practical Hours
Practical Course	
Unit 1: - Sports	
<ul style="list-style-type: none"> • Warming up and Conditioning exercises • Aerobics & Calisthenics • Any one of the AIU Approved Major Games- Skills, Drills, Tactics, Rules & Regulations • Intramural Competitions in the concerned Games 	
Note: 1. Students shall opt any one game in each of the semester and shall not repeat the same game in other semesters. 2. The Program shall be designed at college level for Specially Challenged Students	

28

Note: Due weightage in Assessment shall be given to Elite Sportsmen of the College

Formative Assessment	
Assessment type	Weightage in Marks
Practicals	Internal Assessment - 25Marks
Total	25 Marks

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

References:

1. IAAF Manual
2. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual , Silver Star Publication, Shimoga
3. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
4. Steve oldenburg (2015) Complete Conditioning for Volleyball, HumanKinestics.
5. Vanaik.A (2005) Play Field Manual, Friends Publication NewDelhi

Note: Skills of Sports and Games (Game Specific books) may be referred

Semester – I
Open Elective Paper
SELF-DÉFENSE
(B.A/B.Sc/B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
1	14	2	28 Hours = 56 Hours
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Importance and need of self-defense. • Types of Defensive Skills • Conditioning Exercises - General and Specific Exercises • Development of Strength and Speed • Development of coordinative abilities. 			14
Practical Basic Skills for Self - Defense <ul style="list-style-type: none"> • Martial Arts • Kick Boxing and Wrestling • Defensive Skills with and without sticks (Lathi) • Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

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

References

1. “Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga.” –ImiLichtenfeld, founder of Krav Maga
2. In the Name of Self-Defense:: What it costs. When it's worth it, 603 pages, Kindle Edition, First published July 2, 2014
3. Self Defense: The Ultimate Guide To Beginner Martial Arts Training Techniques (Martial Arts, Self Defense For Women, Self Defense Techniques Book 1) Kindle Edition
4. Taekwondo: A Step-by-Step Guide to the Korean Art of Self-Defense Paperback – 15 January 2003
5. The Self-Defense Handbook (English, Paperback, Fury Sam)
6. The Walking Stick Method of Self Defence Paperback – Import, 14 August 2018

Semester – I
Open Elective Paper
SPORTS EVENT MANAGEMENT

(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	14 Hours = 28 Hours
Content of Theory Course			14 Hrs
Theory <ul style="list-style-type: none"> • Meaning, Definition and importance of Sports Management • Scope of Sports Event Management • Principles of Sports Event Management • Major and Minor Sports Events • Traditional Games Management 			28
Practicals <ul style="list-style-type: none"> • Organization of Indoor Sports and Games Events • Project on Outdoor Sports and Games Events • Visits to Sports Clubs, Sports Stadiums, IPL. KPL and Large Tournaments • Organization of Intramural - Sports Events, Sports Fests Traditional GamesFest • Report Preparation, Records andPPT 			28
Formative Assessment			
Assessment / type		Weightage in Marks	
Theory		Theory - 40 Marks Internal - 20 Marks	
Practicals		Practical - 20 Marks Internal - 20 Marks	
Total		100 Marks	

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

References

1. Bachelor of Sports Management Syllabus(Revised)'2008
2. Chandan, JS : Management – Concepts and Strategies, Vikas Publishing
3. Daft, RL : Management, Thomson
4. Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201, Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.
5. Ramaswami T; Principles of Mgmt., Himalaya Publishing
6. Robbins, SP : Management, Prentice Hall
7. Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice Hall.
8. Stoner J and Freeman RE: Management; Prentice-Hall
9. V.S.P Rao & Hari Krishna: Management-Text & Cases, Excel Books
10. Weihrich and Koontz, et al: Essentials of Management; Tata McGraw Hill

Semester – I
Open Elective Paper
YOGA AND FITNESS

(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Importance of Yoga and Fitness • Types and Principles of Asanas • Fitness Components • General and Specific Conditioning and its importance • Specific Exercises for Strength, Speed, Agility, Flexibility & Coordinative abilities • Yoga, Fitness and Personality • Nutrition for Fitness 			14
Practicals <ul style="list-style-type: none"> • General and Specific Warmup • Aerobics/Zumba/Dance • Asanas • Recreation for Fitness • Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment / type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

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

References

1. Ajith ‘Yoga pravesha’’ Rashtrotana parishad Bangalore
2. B K S Iyengar ‘Light on Yoga’ Rashtrotana parishad Bangalore
3. B.K.S.Iyengar ‘Yoga the path to holistic Health’, Dorling Kindersley Delhi 2001
4. Leslie Kaminoff, Amy Matthews ‘Yoga Anatomy’ Human Kinetics U.S.A. 2007
5. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports
6. Swami Sachidananda ‘the yoga sutras of Pathanjali Integral yoga Publications 2012.

Semester – II
Open Elective Paper
ADVENTURE SPORTS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Importance of AdventureSports • Principles of Adventure activities • Definition, Classification, History- Development, Scope Importance and Objectives • Types of Adventure Activities • Mountaineering – Trekking, Rock Climbing, Single Rope, Water Sports –River Rafting, Cannoning,Boating • Recent Trends in Adventure Sports • Job Opportunities in Adventure Sports 			14
Practicals <ul style="list-style-type: none"> • Fitness, Conditioning, Warming Up, Specific Exercises, CoolingDown • Practical, teaching, demonstration, training, technicaltraining • Planning and Organising-Mountaineering, Trekking, Rock Climbing, Single Rope, Para Sailing,Water Sports, etc • Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment / type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

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

References

- Adventure Sports: World's Most Popular 89 Adventure Sports Paperback – Import, 13 February 2020, by Mahesh Sharma (Author)
- Adventure Tourism and Sports 1st Edition (English, Hardcover, Negi Jagmohan)
- The world of adventure sports, By:Berne, Emma Carlson, Lonely Planet Kids, Jepson, Ian(Illustrated by) Part of the Lonely Planet Kids series
- Sports, Games and Adventure Sports (English, Hardcover, Ghosh C N)

Semester – II Open Elective Paper
PHYSICAL FITNESS FOR CAREERS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> Definition and Importance of Fitness Physical Standards: Men and Women Standard Fitness Tests: <ul style="list-style-type: none"> Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education General and Specific Conditioning and its importance Specific Tests for Strength, Speed, Agility, Flexibility, Coordinative abilities, cardiovascular endurance etc. Mode of Selections and Qualifying Standards 			14
Practicals <ul style="list-style-type: none"> General and Specific Warm up Training for Endurance, Speed, Strength, Agility, Flexibility etc Required Physical Fitness Tests: Strength Test, Speed Test, Agility Test, Flexibility Test, Coordinative abilities, cardiovascular endurance, etc 			56
Formative Assessment			
Assessment/ type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

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

References;

1. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M.Harold, Rosemary.Mc.Gee, Lea &Febiger, Philidelphia
2. AAPHERD “Health related Physical Fitness Test Manual.” 1980
Published by Association drive Reston Virginia
3. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
4. Russell, R.P.(1994). Health and Fitness through Physical Education.
USA: Human Kinetics.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication,
New Delhi
6. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.

Semester – II Open Elective Paper
SPORTS AND RECREATION
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Meaning, Definition and Concept of sports Fitness and Recreation • Objectives, Characteristics and Principles of sports Fitness and Recreation • Importance, Purpose, Benefits of Fitness and Recreation • Types of Recreation • Recreation through Sports and Games • Use of Leisure Time Activities and their educational values 			14
Practical <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games • Three Days outdoor camp and Hiking • Cycling, tie up with District/ State Associations • Visit to Recreational Clubs 			56
Formative Assessment			
Assessment / type	Weightage in Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

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

References

1. Bucher.C.A (1979) foundation of Physical Education
(5thedition Missouri CV Mosby Co.)
2. Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
3. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
4. Thomas D Fahey and others. Fit and well : 6th Edition New York : McGraw Hill Publishers, 2005

Scheme of Evaluation

Discipline Specific Core

Maximum Marks: 60

Time: 03 Hours

Instructions:

1. Answer any EIGHT questions in the Part-A, each question carries 2 marks.
2. Answer any FOUR questions in the Part-B, each question carries 4 marks.
3. Answer any THREE questions in the Part-C, each question carries 8 marks.

PART – A

I. Answer any EIGHT questions

8x2 Marks= 16 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

PART – B

II. Answer any FOUR questions

4x5 Marks= 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

PART – C

III. Answer any THREE questions

3x8 Marks= 24 Marks

- 1.
- 2.
- 3.
- 4.
- 5.

Model Question Paper

**Scheme of Evaluation
Open Elective**

Maximum Marks: 40

Time : 90 Minutes

Instructions:

1. Answer any FIVE questions in the Part-A, each question carries 2 marks.
2. Answer any FOUR questions in the Part-B, each question carries 5 marks.

PART – A

I. Answer any FIVE questions 10x2 Marks = 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

PART – B

II. Answer any FOUR questions 4x5Marks = 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Scheme of Evaluation

Skill Enhancement Course

(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Physical Education

Yoga/Health & Wellness/Sports

(1 Credit Each)

Internal Assessment = 25 Marks

Attendance	Intramural Participation	Skill Test/Inter Collegiate/State/National level/AIU Participation
15 Marks	5 Marks	5 Marks

RECOMMENDATIONS

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programs, in Discipline Specific Core (DSC), Discipline Specific Elective (DSE), Skill Enhancement Courses (SEC) such as Health and Wellness, Yoga, Sports etc., shall be taught (theory and practicals) **by qualified Physical Education Faculty**, as per the UGC guidelines.
2. **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.
3. The Committee recommends that, Physical Education, Sports & Yoga Discipline Specific Core (DSC) Subject shall be considered **under both Arts (B.A) and also Science Stream (B.Sc.)** from the academic year 2022-23 as it is in other states.
4. Physical Education Faculty shall be enriched with additional knowledge through **short term courses/workshops/refresher/orientation/training programmes** as per requirements.
5. Since Health and Wellness paper is practical-cum theory-based paper shall be taught by Physical Education Faculty only. (Value based paper under SEC)
6. Appropriate Sporting and Yoga infrastructure, necessary Books/reference materials, equipments shall be ensured at all Higher Education Institutions (HEI'S).

7. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.
8. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for Inter Collegiate/Inter University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
9. 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.
