ಡಾ. ಮನಮೋಹನ ಸಿಂಗ್
ಬೆಂಗಳೂರು ನಗರ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

Dr. MANMOHAN SINGH
BENGALURU CITY UNIVERSITY

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No.MSBCU/BoS/Syllabus/Arts/ 107 /2026-27 Date: 29.06.2026

NOTIFICATION

Sub: Syllabus for the V & VI Semester Under Graduate Courses in the Faculty of Arts -reg

Ref: 1. Government Order No. ED 166 UNE 2023 Bengaluru dated. 08.05.2024
2. Recommendations of the Boards of Studies in the Faculty of Arts
3. Approval of the Academic Council in its meeting held on 08.06.2026
4. Orders of Vice-Chancellor dated.29.06.2026

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The Syllabus prepared by the Boards of Studies for the different Subjects of V & VI semester Under Graduate Courses, in the faculty of Arts based on the Guidelines and Curriculum Structure issued by the Government under ref(1) have been approved by Academic Council meeting held on 08.06.2026.

Accordingly, the CBCS Syllabus for the V & VI Semester UG Courses of Arts Faculty in respect of following subjects are hereby notified for implementation from the academic year 2026-27.

Sl. No.	Subjects
1.	Kannada– V & VI
2.	English – V & VI
3.	BoS in Foreign Languages BA- French - III to VI
4.	Sociology– V & VI
5.	History – V & VI
6.	Political Science – V & VI
7.	Bachelor Social Work – V & VI
8.	Bachelor Visual Arts– V & VI
9.	Physical Education – V & VI
10.	Journalism and Mass Communication – V & VI
11.	Economics – V & VI
12.	Women Studies– V & VI
13.	Physical Education – V & VI

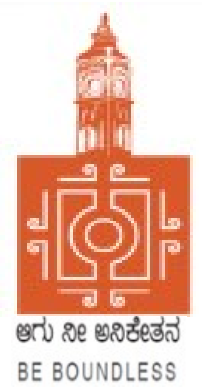
p.t.o

The detailed Syllabi for above subjects are notified in the University Website: www.bcu.ac.in for information of the concerned.

REGISTRAR

Copy to;

1. The Registrar(Evaluation), Dr. Manmohan Singh Bengaluru City University
2. The Dean, Faculty of Science, MSBCU.
3. The Principals of the concerned affiliated Colleges of MSBCU- through email.
4. The P.S. to Vice-Chancellor/Registrar/Registrar (Evaluation), MSBCU.
5. Office copy / Guard file / University Website: www.bcu.ac.in



Dr. MANMOHAN SINGH BENGALURU CITY UNIVERSITY

CHOICE BASED CREDIT SYSTEM
[As per SEP]

Syllabus for BA
Physical Education

2026-27 onwards

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester- V
Paper I - Course Title: Sports Psychology and Sociology

Credits: 03 **Maximum Marks:** 100

C3 Maximum Marks : 80
C1 & C2 Maximum marks : 20

Objectives

This course aims to:

- Understand how psychological and social factors influence individual behavior in contexts of sport and exercise (e.g., performance, motivation).
- Explore how participation in sport and exercise impacts psychological well-being and development.

Outcomes

By the end of this course, learners will be able to:

- Grasp foundational concepts of psychology relevant to sports and physical education.
- Identify psychological factors that shape personality and behavior in athletic contexts.
- Understand key learning theories and their application in teaching and coaching.
- Analyze psychological traits and behaviors of athletes to enhance performance and well-being.

Course Content

Unit I: Introduction to Sports Psychology 12 Hrs

1.1 Meaning and Nature of Sports Psychology
1.2 Historical Evolution of Sports Psychology
1.3 Relevance in Physical Education and Coaching
1.4 Psychological Factors Affecting Sports Performance

Unit II: Personality and Motivation in Sports 12 Hrs

2.1 Meaning and Nature of Personality
2.2 Theories of Personality in Sports
2.3 Dimensions and Development of Personality
2.4 Motivation: Types and Conditions for Developing Achievement Motivation

Unit III: Learning and Performance 12 Hrs

3.1 Meaning, Nature, and Principles of Learning
3.2 Types of Learning and Laws of Learning
3.3 Transfer of Learning and Factors Affecting Learning
3.4 Learning Curve and Plateau

Unit IV: Sports Sociology and Leadership 12 Hrs

4.1 Nature and Scope of Sports Sociology
4.2 Importance in Physical Education
4.3 Socialization and Value Education through Sports
4.4 Impact of Society on Sports and Vice Versa

References

Author	Title	Publisher
Alison & Robinson (2018)	*Excelling in Sport Psychology: Planning, Preparing, and Executing Applied Work*	Sean Fitzpatrick
Taylor, Jim (2018)	*Assessment in Applied Sport Psychology*	Human Kinetics
Coumbe-Lilley (2018)	*Complex Cases in Sport Psychology*	Routledge
Ball, D. W. & Loy, J. W. (1975)	*Sport and Social Order: Contribution to the Sociology of Sport*	Addison Wesley
Kamlesh, M.L. (1998)	*Psychology in Physical Education and Sport*	Metropolitan Book Co., New Delhi

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-V
Practical – Sports Psychology

Credits: 02 **Maximum Marks:** 50

C3 Maximum Marks : 40
C1 & C2 Maximum marks : 10

UNIT – I	Define sports psychology and its relevance in coaching.	13 Hrs
UNIT – II	Explain the role of motivation in athletic performance.	13 Hrs
UNIT – III	Describe the laws of learning and their application in sports.	13 Hrs
UNIT – IV	Describe the Impact of Society on Sports .	13 Hrs
UNIT – V	Group presentation on planning strategies (Kabaddi and Kho Kho)	12 Hrs

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester - V
Paper II - Course Title: Sports Management

Credits: 03 **Maximum Marks:** 100

C3 Maximum Marks : 80
C1 & C2 Maximum marks : 20

Objectives

On completion of the course the student shall understand the following:

- Concepts of Management and personal management
- Steps in programme management applied to sports
- Purchase and Care of Supplies of Equipment

Outcomes

By the end of the course, students will be able to:-

- Gain a broad understanding of sports business, in marketing and finance.
- Learn to manage sport facilities and events effectively.
- Develop strategies for revenue generation within the sports industry
- Develop leadership skills to manage teams and organizations effectively.
- Able to purchase, care and maintenance of sports equipments

Unit1:Introduction to Sports Management and Indian Perspective

1.1 Meaning, Definition and Importance of Sports Management
1.2 Functions of Sports Management (Planning, Organizing, and Controlling)
1.3 Career Opportunities in Sports Management
1.4 Indian Management Philosophies: Insights from Ancient Indian Texts Like Arthashastra, Bhagavad Gita for Life Management

Unit2: Sports Marketing and Financial Management

2.1 Introduction to Sports Marketing and Sponsorship
2.2 Sports Marketing of Product, Price, Promotion and Place
2.3 Financial Planning, Budgeting and Procurement Procedure
2.4 Revenue Generation and Sponsorship Management

Unit3: Purchase and Care of Equipments

3.1 Purchase and Care of Supplies of Equipment,
3.2 Guidelines for selection of Equipments and Supplies
3.3 Equipment Room, Equipment and supply Manager.
3.4 Guidelines for checking, storing and issuing of supplies and equipments.

Unit 4: Event Management in Sports

4.1 Introduction to Event Management in Sports
4.2 Planning and Organizing Sports Events
4.3 Event Marketing and Promotion

References

- BhagavadGita.(n.d.).*BhagavadGita*(AncientIndianscripture).GitaPress.
- Burton, N.(2018).*Sports sponsorship and marketing*. Routledge.
- Fried,G.(2018).*Financialmanagementinthesportindustry*(5thed.).HumanKinetics , Champaign, IL.
- Kautilya.(n.d.).*Arthashastra*(AncientIndiantext).PenguinBooksIndia.
- Leeds, M. A., & von Allmen, P. (2018). *The economics of sports* (6th ed.). Routledge, New York, NY.
- Majumdar, B. (2017). *Sports in India: A historical perspective*. Routledge India, New Delhi.
- O'Toole,W.(2017).*Eventmanagementforsports:Practicalplanningforsuccess*. Routledge.
- Sharma,S.K.(2019).*Indianmanagementthought:Ancientwisdomformoderntimes*. Sage Publications India, New Delhi.

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-V
Practical – Sports Management

Credits: 02 **Maximum Marks:** 50

C3 Maximum Marks : 40
C1 & C2 Maximum marks : 10

UNIT – I	Develop a Proposal for Sports Event Sponsorship	13 Hrs
UNIT – II	Preparation of Social Media Page of your College Sports Events	13 Hrs
UNIT – III	Hosting a Inter-college or Community Sports Events	13 Hrs
UNIT – IV	Budget & sponsorship.	13 Hrs
UNIT – V	Field work, Record & viva	12 Hr

Evaluation: Practical: 30 | Record: 10 | Viva: 10

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-VI
Paper I - Course Title: Human Anatomy

Credits: 03 **Maximum Marks:** 100

C1 & C2 Maximum marks : 20
C3 Maximum Marks : 80

Objectives

- Understanding of human body, parts and systems and their functions.
- Ability to identify fundamental movements of human body
- Ability to recognize prime muscles of human body involved in general and sports specific movements
- Understanding how anatomical structures are adapted to their functions

Out Comes

By the end of the course, students will be able to:-

- Accurately identify major organs and structures in the human body using correct anatomical terminology.
- Explain the structure and function of major human body systems (e.g., skeletal, muscular, nervous, cardiovascular, respiratory, digestive)
- Apply proper anatomical language to describe body directions, regions and planes.
- Analyse how anatomical structures are adapted to their functions at cellular, tissue and system levels.

Unit1: Introduction to Human Anatomy

1.1 Meaning, Definition and Scope of Human Anatomy in Physical Education
1.2 Structure and Functions of Cells, Tissues, Organs and Systems
1.3 Concept of Modern Cell Theory and Ayurvedic Dhatu

Unit2: Skeletal System

2.1 Axial and Appendicular Skeleton
2.2 Structure and Function of Different Types of Bones and Joints
2.3 Classification of Joints and Fundamental Movements

Unit3: Muscular System

3.1 Structural Classification of Muscles and their Functions
3.2 Name of Important Muscles Around Joints
3.3 Structure and Functions of Major Muscles in the Body

Unit4: Circulatory System

4.1 Anatomy of Heart and its Functions
4.2 Stroke Volume, Heart Rate, Blood Volume, Cardiac Cycle and Cardiac Output
4.3 Blood Composition and Functions

References

- EvelynC.Pearce,*AnatomyandPhysiologyforNurses*,JaypeeBrothers,NewDelhi, Edition: 16th
- KavirajNagendraNathSenGupta,*TheAyurvedicSystemofMedicine*,LogosPress, New Delhi, Volume: I
- Rod R. Seeley, TrentD.Stephens, Philip Tate,*Essentialsof Anatomy& Physiology*, McGraw Hill Higher Education
- RichardL.Drake,WayneVogl,AdamW.M.Mitchell,*AnatomyforStudents*,Elsevier Churchill Livingstone
- NigelPalastanga,DerekField,RogerSoames,*AnatomyandHumanMovement Structure and Function*, Butterworth Heinemann, Edition: 4th

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-VI
Practical – Human Anatomy

Credits: 02 **Maximum Marks:** 50

C3 Maximum Marks : 40
C1 & C2 Maximum marks : 10

UNIT – I	**Identification & Demonstration** • Bones (Axial & Appendicular), joints, movements • Major muscles (charts/models)	13 Hrs
UNIT – II	**Anatomical Terminology** • Anatomical position, planes & axes • Directional terms	13 Hrs
UNIT – III	**Laboratory Activities** • Cells & tissues (charts/models) • Heart structure, blood components	13 Hrs
UNIT – IV	**Functional Anatomy** • Joint movements • Muscle action (walking/running)	13 Hrs
UNIT – V	**Record Work** • Labeled diagrams & viva	12 Hr

Evaluation: Practical: 30 | Record: 10 | Viva: 10

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-VI
Paper II - Course Title: Exercise Physiology

Credits: 03 **Maximum Marks:** 100

C1 & C2 Maximum marks : 20
C3 Maximum Marks : 80

Objectives

The student shall be able to understand the following aspects:

- Detailed structure of skeletal muscle
- Cardiovascular adjustments to exercise and assessment of blood pressure, and heart rate.
- Cardio-respiratory adjustments to exercise and assessment of vital capacity, lung volumes and heart rate.
- Energy producing mechanism and Role of muscle fiber types and significance in sports performances.
- Knowledge of different environmental stresses to exercise and preventive measures.

Out Comes

By the end of the course, students will be able to:-

- Describe and explain the acute and chronic physiological responses to exercise in cardiovascular, respiratory and digestive system.
- Analyse energy systems used during physical activity and explain how metabolism changes based on exercise intensity and duration.
- Discuss the respiratory adaptations to exercise, including changes in breathing rate, oxygen uptake, and gas exchange during physical activity.
- Demonstrate understanding of energy metabolism by explaining how the body produces and uses energy (ATP) during physical activity.

Unit1: Introduction to Applied Exercise Physiology

1.1 Definition and Scope of Exercise Physiology
1.2 Importance of Exercise Physiology in Physical Education and Sports

Unit2: Muscular System and Exercise

2.1 Anatomy and Physiology of Skeletal Muscle
2.2 Muscle Fibre Types and their Characteristics
2.3 Exercise-Induced Changes in Muscle Structure and Function

Unit3: Cardiovascular System and Exercise

3.1 Anatomy and Physiology of the Cardiovascular System
3.2 Cardiovascular Responses to Exercise: Induced Changes in Heart Rate, Cardiac Output, Stroke Volume, Blood Lipid Profile and Immunity
3.3 Respiratory Responses to Exercise: Induced Changes in Ventilation, Gas Exchange and Oxygen Transport

Unit4: Metabolic Responses to Exercise

4.1 Introduction to Energy Metabolism
4.2 ATP Production Pathways (Phosphocreatine, Glycolytic and Oxidative)
4.3 Exercise Intensity and Duration Effects on Metabolism
4.4 Substrate Utilization (Carbohydrates, Fats and Proteins)

References

- Powers,S.K.,&Howley,E.T.(2017),*ExercisePhysiology:TheoryandApplicationto Fitness and Performance* (9th ed.), McGraw-Hill Education.
- McArdle,W.D.,Katch,F.I.,&Katch,V.L.(2014),*ExercisePhysiology:Nutrition, Energy, and Human Performance* (8th ed.), Lippincott Williams & Wilkins.
- Bouchard, C., Blair, S. N.,& Haskell, W.L. (2012), *Physical Activity and Health*(2nd ed.), Human Kinetics.
- AmericanCollegeofSportsMedicine(2013),*ACSM'sGuidelinesforExerciseTesting and Prescription* (9th ed.), Lippincott Williams & Wilkins.
- Kraemer,W.J.,&Ratamess,N.A.(2004),*FundamentalsofResistanceTraining: Progression and Exercise Prescription, Medicine and Science in Sports and Exercise*.

COURSE: BA/ BSc
DSC – Physical Education (Optional Paper)
Semester-VI
Practical – Exercise Physiology

Credits: 02 **Maximum Marks:** 50

C3 Maximum Marks : 40
C1 & C2 Maximum marks : 10

UNIT – I	**Physiological Measurements** • Heart rate, pulse, BP, respiration	13 Hrs
UNIT – II	**Fitness Testing** • Endurance, strength, flexibility	13 Hrs
UNIT – III	**Exercise Response** • Pre/post HR, recovery, fatigue	13 Hrs
UNIT – IV	**Energy System Demo** • Sprint, moderate, endurance	13 Hrs
UNIT – V	**Record Work** • Lab record & viva	12 Hr

Evaluation: Practical: 30 | Record: 10 | Viva: 10