



RASHTRIYA RAKSHA UNIVERSITY

An Institution of National Importance

(Pioneering National Security and Police University of India)

Lavad, Dehgam, Gandhinagar-382305, Gujarat, India

School of Physical Education and Sports

Syllabus and Examination Evaluation Scheme

(For the candidates to be admitted from the academic year 2023 – 2024 onwards)

Name of the Programme	Bachelor of Physical Education and Sports
Syllabus Approval Granted as per	<ul style="list-style-type: none">• Minutes of 2nd Board of Studies Meeting dated on 11/08/2023• Minutes of 26th Academic Council Meeting dated on 22/09/2023

Sign and Seal of the SPES Director

PREAMBLE

The Rashtriya Raksha University is destined to grow as a model security educational University of India. It aims at providing security and strategic education in contemporary and futuristic security and strategic studies and interdisciplinary areas. Its endeavors focus on highly professional security, strategic and defense education, research, and training in interdisciplinary areas and adopt a two-tier approach, at the national and international levels, in its education, research and training, and extension to achieve capabilities to respond to the needs, expectations, and aspirations of youth and professionals of the nation. Moving ahead on this path the School of Physical Education and Sports is all set to launch a three-year academic program “**Bachelor of Physical Education & Sports (BPES)**” from the academic year 2021- 22.

This course **Bachelor of Physical Education & Sports (BPES)** teaches students about the scientific background of sports performance and its relationship with other allied sciences. This course especially emphasizes the gym training methods and techniques as well as modifications, training variety, and the specificity of each training program about various physical and physiological requirements. This course also supports and provides comprehensive knowledge of the management side of the gym, including space utilization, nutritional supplement preparation, and a variety of other topics related to the gym, gym management, training innovation, and entrepreneurship in this field. This popular course is designed for those who enjoy sport and want to coach individuals and teams at all levels of abilities. The course content is appropriate for those who want to learn about sports science and training aspects in addition to gaining practical experience. A strong practical approach is the main aspect of the course and application of the theory learned in the classroom and laboratories on real-life clients is the prior objective. Students are also encouraged to seek work placements in schools, colleges, or professional sports clubs to increase their skills and put their scientific knowledge into practice.

ABOUT THE COURSE

Physical Education is normally referred to as the science that aims to develop all-inclusive aspects of human personality through physical and sports activities. Physical education is a multidisciplinary subject that cannot be studied in seclusion under the scope of one or two subjects. The scope of Physical Education as a subject is very broad. It caters to the need for developing the capability of the students on physical, mental, and social aspects. Physical education also aims to develop activity as an alternate and prophylactic medicine. The key areas of study within Physical Education are 'Exercise Physiology, Sports Psychology, Sports Sociology, Sports Management, Sports Journalism, Kinesiology- Biomechanics, Sports Training, Sports Medicine, Kinanthropometry, etc. The degree program in Physical Education covers topics that overlap with the areas outlined above and that address the interfaces of Physical Education with other subjects such as Physiology, Bio-Chemistry, Physics, Physiotherapy, Psychology, Management, Sociology along with training pedagogy employed for enhancing the functional status of individuals with varied needs. As a part of the effort, to enhance the employability of graduates of Physical Education, programs include learning experiences that offer opportunities in various spheres of human existence.

1. Eligibility:

Senior secondary (10 + 2) with a minimum of 50% marks for unreserved categories and 45% marks for SC/ST/SBC (non creamy layer) from any recognized board.

2. Duration:

The Bachelor of Physical Education and Sports shall be of three years of duration i.e., 6 semesters. However, the students shall be permitted to complete the program requirements within a maximum of five years from the date of admission to the programme.

3. Course Structure:

The Bachelor of Physical Education and Sports programme is a full-time three years degree programme. The medium of instruction shall be English.

The Programme consists of the following types of courses:

- Allied Sciences (Theory)
- Practicum
- Internship

4. Attendance:

The University rules will be applicable.

5. Minimum Passing Standard:

The minimum passing marks shall be 50% for theory as well as practical.

6. Career opportunity and Employability

- The student will have an ocean of opportunity to excel in their career in the field of Physical Education & Sports
- Opportunity to join National Security Agencies
- Exercise and Health Consultant
- Physical Educator
- Sports Coach
- Performance Analyst
- Sports Scientist
- Physical Trainer

General Program Outcomes (BPES)

1. **Holistic Development:** Graduates will develop a comprehensive understanding of physical education and sports, integrating knowledge from various disciplines to promote physical, mental, and social well-being.
2. **Leadership and Management Skills:** Graduates will be equipped with leadership and management skills necessary to organize, supervise, and evaluate physical education programs and sporting events effectively.
3. **Ethical and Professional Practices:** Graduates will adhere to ethical standards and professional practices, demonstrating responsibility, integrity, and respect in all aspects of physical education and sports.
4. **Lifelong Learning:** Graduates will be committed to continuous personal and professional development, staying updated with the latest advancements and research in the field of physical education and sports.
5. **Community Engagement:** Graduates will actively engage with and contribute to their communities by promoting healthy lifestyles and facilitating inclusive and accessible physical activities and sports programs.

Specific Program Outcomes (BPES)

1. **Skill Proficiency:** Graduates will demonstrate proficiency in a wide range of physical activities and sports, possessing the technical skills necessary to perform, teach, and coach effectively.
2. **Instructional Competence:** Graduates will design, implement, and assess effective instructional strategies for diverse populations, tailoring physical education programs to meet the varied needs and abilities of individuals.
3. **Research and Analysis:** Graduates will be able to conduct research and critically analyse data related to physical education and sports, using evidence-based practices to inform decision-making and improve program outcomes.
4. **Application of Sports Sciences:** Graduates will apply principles of sports sciences, including biomechanics, exercise physiology, and sports psychology, to optimize athletic performance and enhance the effectiveness of training programs.

PROGRAMME STRUCTURE

RASHTRIYA RAKSHA UNIVERSITY

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Lavad, Dehgam, Gandhinagar-382305, Gujarat, India



Name of the School/campus: SCHOOL OF PHYSICAL EDUCATION AND SPORTS

Name of the Programme: *(Approved as per Academic Council)***BACHELOR OF PHYSICAL EDUCATION AND SPORTS**

Short Name: BPES

TEACHING AND EXAMINATION SCHEME

Programme	BPES	Specialization
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Semester	6 semesters
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Programme Duration	3 Year
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Effective from Academic Year	2023-26	Effective for the batch Admitted in	August- 2023-24
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Semester	I
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Code	Subject Name	Teaching scheme										Examination scheme (Marks)					
		Credit						Hours (per week)				Theory			Practical		
		Lecture			Practical			Lecture			Practical (Lab.)	Int	Ext	Total	Int	Ext	Total
		L	Tu	Total	P	Total	L	Tu	Total	P	Total						

Core Compulsory Papers									
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

G1A01HFP	History and Foundation Physical Education	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
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G1A02APY	Anatomy and Physiology	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
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G1A03TRJ	Track & Field: Running and Jumping Event	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
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G1A04FBL	Football	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
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G1A05SCI	Strength and Conditioning-I	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
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Complimentary/Discipline Specific Elective Courses

G1B06APE	Adapted Physical Education	2	0	2	0	0	2	0	2	0	0	15	35	50	0	0	0
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Common Papers (Research Methodology and Research Writing; Skill and Ability Enhancement Papers)

[illegible]

Mandatory/General Elective Papers																	
G1M01HFM	Health and Fitness Management	3	0	3	1	1	4	0	4	2	2	70	00	70	30	00	30
TOTAL		13	-	13	7	7	14	-	10	12	12	145	175	320	75	105	180
Semester	II																
Code	Subject Name	Teaching scheme										Examination scheme (Marks)					
		Credit					Hours (per week)					Theory			Practical		
		Lecture			Practical		Lecture			Practical (Lab.)		Int	Ext	Total	Int	Ext	Total
		L	Tu	Total	P	Total	L	Tu	Total	P	Total						
Core Compulsory Papers																	
G2A07EPY	Exercise Physiology	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G2A08HED	Health Education	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G2A09TRT	Track and Field – Running and ThrowingEvent	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G2A10VBL	Volleyball	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G2A11SCII	Strength and Conditioning-II	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
Complimentary/Discipline Specific Elective Courses																	
G2B12MPE/ G2B13SEP	Methods in Physical Education/ Sports Entrepreneurship	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
Common Papers (Research Methodology and Research Writing; Skill and Ability Enhancement Papers)																	
Mandatory/General Elective Papers																	
G2M02NSSA	National Security & Security Architecture	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
TOTAL		16	-	16	6	6	16	-	16	12	12	120	280	400	45	105	150

Semester	III																
Code	Subject Name	Teaching scheme										Examination scheme (Marks)					
		Credit					Hours (per week)					Theory			Practical		
		Lecture			Practical		Lecture			Practical (Lab.)		Int	Ext	Total	Int	Ext	Total
		L	Tu	Total	P	Total	L	Tu	Total	P	Total						
Core Compulsory Papers																	
G3A14STG	Sports Training	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G3A15KBM	Kinesiology and Biomechanics	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G3A16OCS	Officiating, Coaching and Scouting	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G3A17TTN	Table Tennis	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G3A18YGA	Yoga	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G3A19SCIII	Strength and Conditioning -III	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
Complimentary/Discipline Specific Elective Courses																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Common Papers (Skill Enhancement Papers)																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL		12	0	12	6	6	12	0	12	12	12	90	210	300	45	105	150
Semester	IV																
Code	Subject Name	Teaching scheme										Examination scheme (Marks)					
		Credit					Hours (per week)					Theory			Practical		
		Lecture			Practical		Lecture			Practical (Lab.)		Int	Ext	Total	Int	Ext	Total
		L	Tu	Total	P	Total	L	Tu	Total	P	Total						
Core Compulsory Papers																	
G4A20TMT	Test and Measurement	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0

G4A21TPE	Teaching Practice	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G4A22KBD	Kabaddi	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G4A23TNS	Tennis	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G4A24SCIV	Strength and Conditioning-IV	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
Complimentary/Discipline Specific Elective Courses																	
G4B25TAS / G4B26SJM	Technology and Sports/Sports Journalism	2	0	2	0	0	2	0	2	0	0	15	35	50	0	0	0
Common Papers (Research Methodology and Research Writing; Skill and Ability Enhancement Papers)																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mandatory/General Elective Papers																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL		10	0	10	6	6	10	0	10	12	12	75	175	250	45	105	150
Semester	V																
Code	Subject Name	Teaching scheme										Examination scheme (Marks)					
		Credit					Hours (per week)					Theory			Practical		
		Lecture			Practical		Lecture			Practical (Lab.)		Int	Ext	Total	Int	Ext	Total
		L	Tu	Total	P	Total	L	Tu	Total	P	Total						
Core Compulsory Papers																	
G5A27SPY	Sports Psychology	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G5A28ACR	Athletics Care and Rehabilitation	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G5A29RMI	Research Methodology-I	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G5A30WLG	Weight Lifting	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G5A31SCV	Strength and Conditioning-V	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
Complimentary/Discipline Specific Elective Courses																	
G5B32TL/ G5B33EPN	Training Lesson/Exercise Prescription	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50

Common Papers (Research Methodology and Research Writing; Skill and Ability Enhancement Papers)																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mandatory/General Elective Papers																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL		12	0	12	6	6	12	0	12	12	12	90	210	300	45	105	150
Semester	VI																
Code	Subject Name	Teaching scheme										Examination scheme (Marks)					
		Credit					Hours (per week)					Theory			Practical		
		Lecture			Practical		Lecture			Practical (Lab.)		Int	Ext	Total	Int	Ext	Total
		L	Tu	Total	P	Total	L	Tu	Total		Total						
Core Compulsory Papers																	
G6A34SMT	Sports Management	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G6A35RMII	Research Methodology-II	4	0	4	0	0	4	0	4	0	0	30	70	100	0	0	0
G6A36PLG	Power Lifting	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G6A37WSU	Wushu	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
G6A38HBL	Handball	0	0	0	2	2	0	0	0	4	4	0	0	0	15	35	50
Complimentary/Discipline Specific Elective Courses																	
G6B39ISP/ G6B40PJT	Internship/ Project	0	0	0	4	4	0	0	0	8	8	0	0	0	30	70	100
Common Papers (Research Methodology and Research Writing; Skill and Ability Enhancement Papers)																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mandatory/General Elective Papers																	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL		8	0	8	10	10	8	0	8	20	20	60	140	200	75	175	250

Programme Structure

Semester	I	II	III	IV	V	VI
Total Credits	20	22	18	16	18	18
Theory	13	16	12	10	12	8
Practical	7	6	6	6	6	10
Total Marks of Entire Programme	112+4(SEP)+4(AEP)=120					

Syllabus

Semester-I



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Lavad, Dehgam, Gandhinagar-382305, Gujarat, India

School of Physical Education and Sports

Name of the Programme: *(Approved as per Academic Council)*

Programme	BPES				Branch/Spec.			
Semester	I				Version	I		
Effective from the Academic Year			2023-24		Effective for the batch Admitted in		August, 2023	
Subject Code	G1A01HFP		Subject Name		History and Foundation of Physical Education			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	04	-	-	04	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-

Content:

Unit	Subject Content	Hrs
1	<p>Introduction to Physical Education</p> <ul style="list-style-type: none"> • Meaning, Definition, and Scope of Physical Education. • Aims and Objective of Physical Education. • Importance of Physical Education in the present era. • Misconceptions about Physical Education. • Relationship of Physical Education with General Education. <p>Physical Education as an Art and Science.</p>	
2	<p>Foundation and Historical Development of Physical Education in India</p> <ul style="list-style-type: none"> • Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism. • Foundation in Physical Education; Biological, Psychological & Sociological • Post-Mughal British Period (Before 1947) Y.M.C.A. and its contributions. • Sports for all and its role in the maintenance and promotion of fitness. • Physical Education in India (After 1947). • Post-Mughal British Period (Before 1947) Y.M.C.A. and its contributions. <p>Fit India Movement.</p>	
3	<p>Prestigious Sports Festivals</p> <ul style="list-style-type: none"> • Ancient Olympic Games: culture, tradition, events. • Modern Olympic Games: torch, flag, motto, rings. • International Olympic Committee (IOC) and Indian Olympic Association (IOA). 	

	<ul style="list-style-type: none"> • India in Olympic Games. • Winter Olympic Games. • Paralympic Games. • Commonwealth Games. Asian Games. 	
4	<p>Sports Scheme and National Sports Awards</p> <ul style="list-style-type: none"> • Raj Kumari Amrit Kaur Sports Coaching Scheme. • Top Olympic Podium Scheme (TOPS). • Khelo India. • Sports Authority of India Promotion Schemes. • Padmashree and Padma Bhushan Award in sports. • Arjuna Award. • Dronacharya Award. Rajiv Gandhi Khel Ratan Award. 	

Practical Content:

No Practical

Reference Books:

	<ul style="list-style-type: none"> • Dash, B. N. (2003.). <i>Principles of Education</i>. Neel Kamal Publication. • Kamlesh, M. L. (2002). <i>Sociological Foundation of Physical Education</i>. Metropolitan BookCo. Pvt. Ltd. • Kamlesh, M. L. (2004) - <i>Principles and History of Physical Education and Sports</i>. Friends Publication. • Kramer, A. (2019). <i>Essentials of Physical Education</i>. Syrawood Publishing House. • Singh, A., Bains, J., Gill, J. S., & Brar, R. S. (2018). <i>Essential of Physical Education</i>. Kalyani Publication. • Wuest, D. & Fisette, J. (2020). <i>Foundations of Physical Education, Exercise Science, and Sport</i>. McGraw-Hill Education.
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Subject Code		G1A02APY		Subject Name		Anatomy and Physiology		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	04	-	-	04	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-

Content:

Unit	Subject Content	Hrs
1	<p>Overview of Anatomy and Physiology</p> <ul style="list-style-type: none"> • Meaning, Definition, Need & Importance of Anatomy and Physiology. • Types of Anatomy and anatomical terms related to body movements. <p>Structure, Functions & Types of Cell, Tissue & Body Systems.</p>	

2	Skeletal System and Muscular System <ul style="list-style-type: none"> • Skeletal System – Classifications and Functions. • Structure & Types of Bones. • Joints and Their Classification. • Muscles and Their Types and Roles (Based on Function and Shape). • Major Muscles and Their Location. • Muscle Fibers and Their Types. • Types of Muscular Contraction and Their Role. • Sliding filament theory of muscular contraction.
3	Respiratory System and Circulatory System <ul style="list-style-type: none"> • Structural and functional introduction to the circulatory system. • Concept of stroke volume, cardiac output, and cardiac index. • Cardio-respiratory adaptations to long-term exercise. • Heart Structure and Its Functions. • Types of Circulation. • Types of Blood Vessels. • Blood and Its Composition. • Respiratory System (structural and organizational overview). • Respiratory Organs and Their Function. • Mechanism & Types of Respiration. • Concept of recovery oxygen and second wind.
4	Digestive, Excretory, and Nervous System <ul style="list-style-type: none"> • Structural units and functional mechanisms of the digestive system and excretory system. • Nervous System and Its Classification based on its structure and functions. • Structural and Functional interpretation of neuro-muscular junction with all or none law. • Neurons and Their Types.

Practical Content:

No Practical

Reference Books:

1	<ul style="list-style-type: none"> • Chaurasia, B. D. (2019) <i>Regional and Applied Dissection and Clinical: Head and Neck, and Brain-Neuroanatomy</i> (8th ed.). CBS Publishers & Distributors Pvt Ltd, India. • Kenney, L. W., Wilmore, J., & Costill, D. (2019). <i>Physiology of Sport and Exercise</i> (7th ed.). Human Kinetics. • MacDougall, D. & Sale, D. (2014). <i>The Physiology of Training for High Performance</i>. Oxford University Press. • McArdle, W. D., Katch, F. I., & Katch, V. L. (2014). <i>Exercise Physiology: Nutrition, Energy, and Human Performance</i> (8th ed.). LWW. • Sandhya Tiwari. (1999). <i>Exercise Physiology</i>. Sports Publishers. • Shier, D., Butler, J., & Lewis, R. (2018). <i>Hole's essentials of human anatomy & physiology</i>. McGraw-Hill Education. • Wuest, D., & Walton-Fisette, J. (2020). <i>Foundations of Physical Education, Exercise Science, and Sport</i>. McGraw-Hill Education.
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Subject Code	G1A03TRJ	Subject Name	Track & Field: Running and Jumping event
Teaching scheme			Examination scheme (Marks)

(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	02	02	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50

Content:

Unit	Subject Content	Hrs
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No Theory

Practical Content:

	<ul style="list-style-type: none"> • Introduction of Track & Field. • Historical development of the Track and Field at the International level and National level. • List of Events in Track & Field. • Track Marking & Marking of different arenas for selected events (Sprints:100mtr, 200mtr, 400mtr; 4 x 100mtr relay, 4 x 400mtr relay; Long jump, High Jump, Triple Jump, Pole Vault). • Rules and regulations (Brief description) of Track & Field for selected events (Sprints:100mtr, 200mtr, 400mtr; 4 x 100mtr relay, 4 x 400mtr relay; Long jump, High Jump, Triple Jump, Pole Vault). • Standard Equipment's required in Track and Field. • National and International Organizations / Federations of the Athletics. • Officiating of the above-selected events. • Sprinting: Different sprinting starts, Different finishing techniques, and Fixing of starting blocks. • Relays: Hold of relay baton, and Various types of baton exchange (visual and non-visual). • Long Jump (Hang Technique): Approach Run, Takeoff, Action in the Air, Landing. • Triple Jump: Approach Run, Hop, Step and Jump, movement in the air, Landing. • High Jump: Approach Run, Takeoff, Clearance over the bar, Landing, Rules, and Officiating. • Brief Introduction of Pole Vault: Approach Run, Takeoff, Clearance over the bar, Landing. • Team Selection. 	
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Reference Books:

	<ul style="list-style-type: none"> • Gerry, A. C. (1999). <i>Fundamentals of Track and Field</i>, (2nd ed.). Human Kinetics. • Prentice, W. (2020). <i>Principles of Athletic Training: A Guide</i> (17th ed.). McGraw-Hill Education. • Singh, G. (1998). <i>Track and Field</i>. Ashoka Mahan Publication. • Thani, Y. (2007). <i>Athletics</i>. Khel Sahitya Kendra.
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Subject Code		G1A04FBL		Subject Name		Football			
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total	
	L	TU	P						
Credit	-	-	02	02	Theory	-	-	-	

Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
	No Theory							
Practical Content:								
	<ul style="list-style-type: none"> History and Development of the game at the International and National level. Dimensions and marking of playing area. Basic requirements of the playing area. Fundamental skills of the game. Skill tests, scoring, and arrangement of the skill tests. National and international organizations/federations of the game. Rules of the game with their interpretations. Team selection and coaching in that game. Officiating & Referee / Umpire /scorer /curatorship for self-employment. 							
Reference Books:								
1	<ul style="list-style-type: none"> Curry, G. (2021). <i>The Early Development of Football: Routledge Research in Sports History</i> (1st ed.). Routledge. French, P. (2018). <i>A Brief History of Soccer: From Victorian Britain to a Global Phenomenon</i>. Independently Published. Lover, S., & Blatter, J. S. (2009). <i>Official Soccer Rules Illustrated</i> (Revised edition). TriumphBooks. Qc, N. D. M. (2018). <i>Football and the Law</i>. Bloomsbury Professional. Stone, A. (2021). <i>Back to the Basics Football Drill Manual: Flag Football (2nd ed.)</i>Independently Published. 							
Subject Code	G1A05SCI		Subject Name		Strength and Conditioning-I			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	02	Credit	Theory	-	-	-
Hours	-	-	60	Hours	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
No Theory								
Practical Content:								
	Warming up and cooling down <ul style="list-style-type: none"> General warming up: Procedures & various methods. Specific Warming up: Procedures & various methods. Cooling down: Procedures & various methods. Different general adoption exercises. 							

1	<p>I Introduction of Adapted Physical Education</p> <ul style="list-style-type: none"> • Meaning, Definition, and Importance of Adapted Physical Education and Sports. • Purpose, Aims, and Objectives of Adapted Physical Education and Sports. • Role of games and sports in Adapted Physical Education. 	
2	<p>Development of Individual Education Program (IEP)</p> <ul style="list-style-type: none"> • Components and Development of IEP. • Principles of Adapted Physical Education and Sports. • Role of Physical Education teacher. 	
3	<p>Developmental Considerations of an Individual</p> <ul style="list-style-type: none"> • Motor development. • Perceptual Motor development. • Early childhood and Adapted Physical Education • Teaching style, method, and approach in teaching Adapted Physical Education. 	
Practical Content:		
Reference Books:		
	<ul style="list-style-type: none"> • Hodge, S., Murata, N., Block, M., & Lieberman, L. (2019). <i>Case Studies in Adapted Physical Education: Empowering Critical Thinking</i> (2nd ed.). Routledge. • Kelly, L. E. (2019). <i>Adapted Physical Education National Standards</i> (3rd ed.). Human Kinetics. • Roth, K., Zittel, L., Pyfer, J., & Auxter, D. (2016). <i>Principles and Methods of Adapted Physical Education & Recreation</i> (12th ed.). Jones & Bartlett Learning. • Singh, S. (2021). <i>Adapted Physical Education and Sports</i>. Surandar singh. • Winnick, J., & Porretta, D. L. (2016). <i>Adapted Physical Education and Sport</i> (6th ed.). HumaKinetics, Inc. • Haegele, J. A., Hodge, S. R., & Shapiro, D. R. (2020). <i>Routledge Handbook of Adapted Physical Education</i> (1st ed.). Routledge. 	

Semester- II

Semester	II				Version	I			
Subject Code	G2A07EPY		Subject Name		Exercise Physiology				
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total	
	L	TU	P						
Credit	04	-	-	4	Theory	30	70	100	
Hours	60	-	-	60	Practical	-	-	-	
Content:									
Unit	Subject Content								Hrs
1	Introduction of Exercise Physiology <ul style="list-style-type: none">Meaning and Definition of Exercise Physiology.Needs and Importance of Exercise Physiology.								60
2	<ul style="list-style-type: none">Effect of Exercise on Different SystemsEffect of Exercise on the Circulatory System.Effect of Exercise on the Muscular System.Effect of Exercise on the Respiratory System.Effect of Exercise on the Digestive System.Effect of Exercise on the Nervous System.Effect of Exercise on the Hormonal System.Effect of Exercise on the Skeletal System.								
3	<ul style="list-style-type: none">Exercise in Hot & Cold Environment and High AltitudeBody Temperature Regulation.Physiological Responses to Heat and Cold.Acclimation to Exercise in The Heat and Cold.Health Risks During Exercise in Heat and Cold.Exercise Performance at altitude.Physiological responses to acute altitude exposure.Chronic altitude exposure and acclimatization.								
4	<ul style="list-style-type: none">Energy Continuum and Recovery ProcessEnergy Systems.Metabolism and Exercise.Recovery from Exercise.Replenishment of Energy Stores During Recovery Process.Removal of Excess Lactic Acid Produced During Exercise.								

	<ul style="list-style-type: none">Restoration of Myoglobin Oxygen Stores.							
Practical Content:								
<ul style="list-style-type: none">No Practical								
Reference Books:								
	<ul style="list-style-type: none">Boone, T. (2013). <i>Introduction to Exercise Physiology</i> (Illustrated ed.). Jones & Bartlett Learning.Kenney, L. W., Wilmore, J., & Costill, D. (2019b). <i>Physiology of Sport and Exercise with Web Study Guide</i> (7th ed.). Human Kinetics.Koley, S. (2018). <i>Physiology of Exercise</i>. Friends Publication.McArdle, W. D., Katch, F. I., & Katch, V. L. (2010). <i>Exercise physiology: nutrition, energy, and human performance</i>. Lippincott Williams & Wilkins.Powers, S., & Howley, E. (2017). <i>Exercise Physiology: Theory and Application to Fitness and Performance</i> (10th ed.). McGraw-Hill Education.Smith, D. L., & Fernhall, B. (2011). <i>Advanced cardiovascular exercise physiology</i>. Human Kinetics.Tiwari, S. (2019). <i>Exercise Physiology</i>. Sports Publication.							
Subject Code		G2A08HED		Subject Name		Health Education		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	4	-	-	4	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs
1	<ul style="list-style-type: none">Health Education and ServicesMeaning and Definition of Health and Health EducationAim, objective, and Principles of Health Education.Health-Related Physical Fitness and its benefits.Nature and Scope of Health Education in Physical Education and Sports.Concept, Dimensions, Spectrum, and determinants of health.Health Services in India.							
2	<ul style="list-style-type: none">Global Health Problem							

	<ul style="list-style-type: none"> • Communicable and Non-Communicable Diseases. • Obesity, Malnutrition, Adulteration in food, Environmental Pollution, sanitation, Explosive Population, and their management. • Psychosomatic disorders/ sedentary lifestyle diseases: causes, symptoms, and prevention. 	
3	<ul style="list-style-type: none"> • Health Education in Schools • Scope and Objectives of health education in schools. • Need and Importance of school health services. • Personal and Environmental Hygiene for schools children. • Preventing alcohol, tobacco, and other drug abuses in schools. • Personal Health and Wellness: Healthy eating, Mental and Emotional Health, and Violence prevention. • Physical activity, Safety, First Aid, and Emergency procedures. • Health Records. • Health Appraisal 	
4	<ul style="list-style-type: none"> • Health Supervision and Evaluation • Health Instruction and Health Supervision. • Assessing personal and peer's health risk-taking. • Analyzing the influence of family, peers, culture, and media on health behavior. • Consumer Health and Comprehensive Health Education. 	
Practical Content:		
<ul style="list-style-type: none"> • No Practical 		
Reference Books:		
	<ul style="list-style-type: none"> • Alperin, H., & Benes, S. (2020). <i>Lesson Planning for Skills-Based Elementary Health Education: Meeting the National Standards</i> (1st ed.). Human Kinetics. • Benes, S., & Alperin, H. (2021). <i>The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment</i> (2nd ed.). Human Kinetics. • Benes, S., & Alperin, H. (2021). <i>The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment</i> (Second ed.). Human Kinetics. • Bensley, R. J., & Brookins-Fisher, J. (2018). <i>Community and Public Health Education Methods: A Practical Guide</i> (4th ed.). Jones & Bartlett Learning. • Sharma, M. (2016). <i>Theoretical Foundations of Health Education and Health Promotion</i> (3rd ed.). Jones & Bartlett Learning. 	

Subject Code	G2A09TRT	Subject Name	Track & Field: Running and Throwing Event					
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	02	02	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
<ul style="list-style-type: none"> No Theory 								
Practical Content:								
	<ul style="list-style-type: none"> Hurdles: Types of Hurdles, Fundamental skills, Hurdle's height, Ground Marking, Rules, and Officiating. Long Distance Running, Correct running style emphasizing proper body position and foot placement, proper arm movements, Ground marking, Rules, and Officiating. Throwing Events: Discus Throw, Javelin, Hammer throw, shot-put Basic Skills and techniques of the Throwing events. Ground Marking / Sector Marking. Interpretation of Rules and Officiating. Grip. Stance. Release. Release/ Follow through action. Rules and their interpretations and duties of officials. Award & Awardees list in Athletics. Major National & International competition in Track & Field. Motor fitness component testing. Running tests (speed and endurance) and their administration. Major Sports Personalities. Latest changes in Athletics. 							60
Reference Books:								
	<ul style="list-style-type: none"> Brar, T. S. (2004). <i>Track and Field: Officiating Techniques</i>. Friends Publication. Field, T. U. (2014). <i>Track & Field Coaching Essentials</i> (1st ed.). Human Kinetics. Gerry, A. C. (1999). <i>Fundamentals of Track and Field</i> (2nd ed.). Human Kinetics. Karp, J. R. (2020). <i>Track & Field Omnibook</i> (6th ed.). Coaches Choice. Srivastava, A. K. (2002). <i>Athletics and Technique</i>. B.R. International Publishers. 							

Subject Code		G2A10VBL		Subject Name		Volleyball		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	02	02	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
<ul style="list-style-type: none"> No Theory 								
Practical Content:								
	<ul style="list-style-type: none"> History and Development of the game at the International and National level. Dimensions, marking, and construction of playing area. Basic requirements of the playing area. Fundamental skills of the game. Skill tests, scoring, and arrangement of the skill tests. National and international organizations/federations of the game. Rules of the game with their interpretations. Team selection and coaching in that game. Officiating. Awards and Awardees. Major Sports Personalities. Latest changes. Standard equipment's required. National and International Sports Events. 							60
Reference Books:								
	<ul style="list-style-type: none"> American Volleyball Coaches Association. (2012). <i>The Volleyball Drill Book</i> (1st ed.). Human Kinetics. Bertucci, B., Yoshida, T., Katsumoto, M., & Nakanishi, Y. (2011). <i>The Complete Volleyball Handbook</i>. Coaches Choice. Dearing, J. (2018). <i>Volleyball Fundamentals (Sports Fundamentals)</i> (2nd ed.). Human Kinetics. Knight, S. (2013). <i>Winning state Volleyball: The Athlete's Guide to Competing Mentally Tough</i> (4th ed.). Let's Win! International. 							

[illegible]

	<ul style="list-style-type: none"> • Test to measure the speed. • Different Drills for Agility Development. • Test to measure Agility. 	
4.	Balance & Coordination Training <ul style="list-style-type: none"> • Different exercises to develop Balance. • Test to measure balance. • Different exercises to develop Coordination. • Test to measure Coordination. 	

Reference Books:

	<ul style="list-style-type: none"> • Blagrove, R. (2015). <i>Strength and Conditioning for Endurance Running</i>. Crowood Press. • Brown, L. E. (2007). <i>Strength training</i>. Human Kinetics. • Dintiman, G. B., & Sugabo, C. (2020). <i>NASE Essentials of Next-Generation Sports Spee Training</i>. Healthy Learning. • Jeffreys, I., & Moody, J. (2021). <i>Strength and Conditioning for Sports Performance</i> (2nd ed.) Routledge. • Thompson, B. (2021). <i>Strength Training for Life</i>. EnzoBsty Publishing Press. • Vet, O. (2021). <i>Agility Training for Dogs: become your pet's best friend</i>. Independentl Published. • Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2020). <i>Science and Practice of Strengt Training</i> (3rd ed.). Human Kinetics
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Subject Code		G2B12MPE		Subject Name		Methods in Physical Education			
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total	
	L	TU	P						
Credit	04	-	-	4	Theory	30	70	100	
Hours	60	-	-	60	Practical	-	-	-	

Content:

Unit	Subject Content	Hrs
1.	Introduction to Teaching Methods and Lesson Plan <ul style="list-style-type: none"> • Meaning and importance of methods of teaching in Physical Education. • Principles of teaching methods and different methods of teaching. • Factors affecting teaching methods. • Lesson Planning: Lesson plan, objectives, and types of the lesson plan. • Principles of lesson plan and values of the lesson plan. • Class activity/Recreational part (Assembly, Revision, Reassembly, and Dismissal). 	60

2.	Teaching Aids and Methods <ul style="list-style-type: none"> Teaching aids, meaning, its importance in physical education, types of teaching aids, and use and improvisation of apparatus. Presentation technique, the criterion of presentation technique, and qualities of a good presenter. Factors influencing presentation technique. Teaching Skills: i) Lecture method. ii) Command method. iii) Discussion method. iv) Project method. v) Demonstration method. vi) Imitation method. 	
3.	Intramural, Extramural, and Tournaments <ul style="list-style-type: none"> Meaning and Importance of Intramural and Extramural. Conduct Intramural and Extramural Competition. Tournaments: Knockout, League, Combination, and Challenge and its types. 	
4.	Classroom Management <ul style="list-style-type: none"> Class formation, its values, and types of class formation. Supervision and inspection of teaching methods. Methods of supervision and qualities of a supervisor. Evaluation of teaching methods. Need and importance of evaluation. 	
Practical Content:		
<ul style="list-style-type: none"> No Practical 		
Reference Books:		
	<ul style="list-style-type: none"> Bucher, C.A. (1979). <i>Administration of Physical Education and Athletics Programme</i>. The C.V. Mosby Co. Kamlesh, M. L., & Sangral, M.S. (1986). <i>Methods in Physical Education</i>. Parkash Brothers. Mitchell, S. A., & Walton-Fisette, J. (2021). <i>The Essentials of Teaching Physical Education: Curriculum, Instruction, and Assessment</i> (2nd ed.). Human Kinetics. Richards, A. K. R., & Gaudreault, K. L. (2018). <i>Teacher Socialization in Physical Education: New Perspectives: Routledge Studies in Physical Education and Youth Sport</i> (1st ed.). Routledge. Shimon, J. M. (2019). <i>Introduction to Teaching Physical Education: Principles and Strategies</i> (2nd ed.). Human Kinetics. Singh, A., & Bains, J., Gill, J. S., & Brar, R. S. (2018). <i>Essential of Physical Education</i>. Kalyani Publication. Thomas, K. T., Lee, A. M., & Thomas, J. R. (2008). <i>Physical Education Methods for Elementary Teachers</i> (3rd ed.). Human Kinetics 	

Subject Code		G2B13SEP		Subject Name		Sports Entrepreneurship			
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total	
	L	TU	P						
Credit	04	-	-	4	Theory	30	70	100	
Hours	60	-	-	60	Practical	-	-	-	
Content:									
Unit	Subject Content								Hrs
1.	Introduction of Sports Entrepreneurship <ul style="list-style-type: none">Meaning and Definition of EntrepreneurshipConcept and characteristics Entrepreneurship.Need and Importance of entrepreneurship in sports.Understanding the Sports Business industry.								60
2.	Entrepreneurship <ul style="list-style-type: none">Understanding the entrepreneurial process.Types of Entrepreneurs.Risk and Rewards in entrepreneurship.Leading sports companies and media channels.								
3.	Business <ul style="list-style-type: none">Identifying the areas of business.Understanding financial aspects of the business.Government and private Organizations supporting entrepreneurship in India.Generating/arranging funds for the business.Business plan, Marketing plan, organization plan, financial plan, and access resourceto growth.								
4.	Entrepreneurship in Sports <ul style="list-style-type: none">Current Issues to Sports Entrepreneurship.Characteristics of the Individual Sports Entrepreneur.Entrepreneurship in sports Goods / Equipment.Entrepreneurship in Sports wears.Entrepreneurship in Sports management / Event management.Entrepreneurship in Sports software/fitness / Nutrition								
Practical Content:									
<ul style="list-style-type: none">No Practical									
Reference Books:									

	<ul style="list-style-type: none"> • Chadwick, S., & Ciletti, D. (2012). <i>Sports Entrepreneurship: Theory and Practice</i> (UK ed.). Fitness Information Technology. • Rasile, M. (2020). <i>Winning in Sports Business</i>. New Degree Press. • Ratten, V. (2018). <i>Sports Entrepreneurship: Developing and Sustaining an Entrepreneurial Sports Culture</i>. Springer. • Ratten, V. (2020). <i>Sports Startups: New Advances in Entrepreneurship</i>. Emerald Publishing.

Semester-III

Semester	III				Version	I		
Subject Code	G3A14STG		Subject Name		Sports Training			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	04	-	-	4	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs
1	Introduction to Sports Training <ul style="list-style-type: none"> • Meaning, Definitions of Sports Training. • Aims and Objectives of Sports Training. • Scope of Sports Training. • Principles of Sports Training. • Characteristics of Sports Training. 							60
2	Training Components <ul style="list-style-type: none"> • Speed – Mean and Methods of Speed Development. • Strength – Mean and Methods of Strength Development. • Endurance – Mean and Methods of Endurance Development. • Coordination – Mean and Methods of Coordination Development. • Flexibility – Mean and Methods of Flexibility Development. 							
3	Variables of Training <ul style="list-style-type: none"> • Training Load: Definitions and Types of Training Load. • Factors of Training Load: Quality of Movement, Types of Exercise, Load Volume, Load Intensity, Density, Frequency, Set, Repetition, Recovery, and Rest. • Overloading: Meaning, Causes, Symptoms, and Tackling. 							
4	Preparation for Training <ul style="list-style-type: none"> • Technical Training: Meaning and Methods of Technique Training. • Tactical Training: Meaning and Methods of Tactical Training. • Planning: Meaning, Principles, and Types of Training Plans. • Planning Training Session. • Monitoring and Assessment of the Training Schedule. • Periodization: its importance, objectives, and types of periodization. • Concept of different periods - Preparatory, competition, and transitional. 							

Practical Content:

- No Practical

Reference Books:

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|--|--|
| | <ul style="list-style-type: none"> • Bompa, T. O., & Buzzichelli, C. (2019). <i>Periodization: Theory and Methodology of Training</i> (6th ed.). Human Kinetics. • Bompa, T. O., & Buzzichelli, C. (2021). <i>Periodization of Strength Training for Sports</i> (4th ed.). Human Kinetics. • Bompa, T., Orbach, I., Howell, S., Blumenstein, B., & Hoffmann, J. (2019). <i>Integrated Periodization in Sports Training & Athletic Development</i>. Meyer & Meyer Sport Limited. • Fisher, G. A., & Jensen, C. R. (1990). <i>Scientific Basis of Athletic Conditioning</i> (Subsequented.). Lea & Febiger. • Harre, D. (2013). <i>Principles of Sports Training</i> (1st ed.). Ultimate Athlete Concepts. • Lewindon, D., & Joyce, D. (2014). <i>High-Performance Training for Sports</i> (1st ed.). Human Kinetics. • Singh, H. (1991). <i>Sports Training</i>. DVS Publication. • Uppal, A. K. (2021). <i>Principles of Sports Training</i>. Friends Publication. |
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Subject Code	G3A15KBM		Subject Name		Kinesiology and Biomechanics			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	4	-	-	4	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-

Content:

Unit	Subject Content	Hrs
1	<p>Introduction of Kinesiology and Biomechanics</p> <ul style="list-style-type: none"> • Meaning and Definition of Kinesiology and Sports Biomechanics. • Importance of Kinesiology and Biomechanics in sports and physical activities. • Origin and Insertion on Bones and Action of Major Muscles. • Fundamental Concepts of Following Terms–Axes and Planes. 	
2	<p>Mechanical Concepts and Fundamental Concepts</p> <ul style="list-style-type: none"> • Types of Levers. • Mechanical Concepts (Kinetics, Linear and Angular Kinematics, Energy, Inertia, Mass, Pressure, Force, Moments, Equilibrium, Work, power, Momentum, Impulse, Torque, Density, Center and Line of Gravity, Fluid Resistance, Buoyancy, Speed, Velocity, Acceleration, Distance and Displacement). 	

	<ul style="list-style-type: none"> • Application of Mechanical Concepts in Sports Performance. • Quantitative and Qualitative Analysis of Human Movement. • Muscles and Mechanical Analysis of Sports Skills. 	
3	<p>Newton's Law of Motion and Its Application in Sports</p> <ul style="list-style-type: none"> • Law of Inertia. • Law of Acceleration. • Law of Action and Reaction. • Application of Law of Motion in sports. 	
4	<p>Biomechanics of the Human Extremity</p> <ul style="list-style-type: none"> • Biomechanics of the Human Lower Extremity. • Biomechanics of the Human Upper Extremity. 	

Practical Content:

- No Practical

Reference Books:

- Bartlett, R. (2014). *Introduction to Sports Biomechanics: Analysing Human Movement Patterns* (3rd ed.). Routledge.
- Blazevich, A. J. (2017). *Sports Biomechanics: The Basics: Optimizing Human Performance* (3rd ed.). Bloomsbury Sport.
- Martin, T. (2020). *Advances in Kinesiology and Sports Science*. Callisto Reference.
- McGinnis, P. M. (2013). *Biomechanics of Sport and Exercise* (3rd ed.). Human Kinetics.
- Watkins, J. (2014). *Fundamental Biomechanics of Sport and Exercise* (1st ed.). Routledge.
- Yessis, M. (2021). *Biomechanics and Kinesiology of Exercise*. Ultimate Athlete Concepts.

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Subject Code		G3A160CS		Subject Name		Officiating, Coaching and Scouting			
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total	
	L	TU	P						
Credit	04	-	-	04	Theory	30	70	100	
Hours	60	-	-	60	Practical	-	-	-	

Content:

Unit	Subject Content	Hrs
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1.	Introduction of Officiating <ul style="list-style-type: none">• Concept and Importance of officiating• Principles of officiating• Qualification and Qualities of officials.• Officiating Rules.	60
2.	Introduction of Coaching <ul style="list-style-type: none">• Coaching Philosophy and Style• Qualities and Qualification of Coach.• Roles and responsibilities of Coach• Importance of communication for Coaches with Athletes, Parents, Officials, and Media	
3.	Rules and Layout (Badminton, Kho-kho, Field Hockey and Cricket) <ul style="list-style-type: none">• Dimensions, layouts, and marking of fields.• Rules and their interpretations.• Latest Changes in rules and Regulations.• International and National Federations.• Major tournaments and Awards.	
4.	Scouting <ul style="list-style-type: none">• Meaning, Importance and Protocol of Scouting in Sports• Technical Scouting Tools• Traditional Vs Technical Scouting• Data types: Traditional/Physical/ Event/Tracking• Advantages and Limitation of Technical data	
Practical Content: <ul style="list-style-type: none">• No Practical		
Reference Books:		
	<ul style="list-style-type: none">• Book, S. U. (2021). <i>Badminton Playbook: A Badminton PlayBook Notebook for Tactics and Strategies for Beginners and professionals</i>. Independently Published.• Coallier, J. (2020). <i>Position Game Log Book</i>. Independently Published.• Diagram Group. (1994). <i>Rules ofThe Game: The Complete Illustrated Encyclopedia of All theSports of the World</i> (Alternate ed.). St. Martin’s Griffin.• Finn, C. C. (2010). <i>The Mastery of the Thing!: Transcendence in Counseling and Sports</i>. Authorhouse.• Jones, M. E. (2016). <i>Rules of the Game: Sports Law</i> (Illustrated ed.). Rowman & Littlefield Publishers.• Kulkarni, A. (2021). <i>The Gopichand Factor: The Rise and Rise of Indian Badminton</i>.Westland Sport.• Mitten, M., Davis, T., Smith, R., & Duru, J. N. (2016). <i>Sports Law and Regulation: Cases, Materials, and Problems (Aspen Casebook)</i> (4th ed.). Wolters Kluwert.• Cristopher, M. (2013). <i>Field Hockey: Understanding the game</i>. CreateSpace Independent Publishing Platform.• Somkuwar, V. E. (2018). <i>Sports Offiiating an Coaching</i>. Sports Publication.• Gitlin, M. (2014). <i>Dream job in sports scouting</i>. Rosen Young Adult	

Subject Code		G3A17TTN		Subject Name		Table Tennis		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	2	2	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
• No Theory								
Practical Content:								
	<ul style="list-style-type: none">History and Development of the game at the International and National level.Dimensions, marking, and construction of playing area.Basic requirements of the playing area.Fundamental skills of the game.Skill tests, scoring, and arrangement of the skill tests.National and international organizations/federations of the game.Rules of the game with their interpretations.Team selection and coaching in that game.Officiating.Awards and Awardees.Major Sports Personalities.Latest changes.Standard equipment’s required.National and International Sports Events.							60
Reference Books:								
	<ul style="list-style-type: none">Dutta, A. (2021). <i>Advantage India: The Story of Indian Tennis</i>. Westland Sport.Hughes, M. (2014). <i>Table Tennis Rules & Regulations Explained</i>. Created For You.Publishing, L. S. (2019). <i>Table Tennis is my Sport: Lined notebook</i>. Independently Published.Wilson, J. (2021). <i>Table Tennis For Beginners: Guide, basics skills on how to play tabletennis</i>. Independently published.							
Subject Code		G3A18YGA		Subject Name		Yoga		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total

	L	TU	P					
Credit	-	-	2	2	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Unit	Subject Content							Hrs
• No Theory								60
Practical Content:								
	<ul style="list-style-type: none"> Meaning and concept of Yoga. History and Development of Yoga in India and abroad. A different form of yoga practices – Hatha yoga, Bikram yoga, Iyengar yoga, etc. Various Asanas in sitting position and their advantages. Various Asanas in standing position. Various Asanas in lying position and their advantages. Yogasana for treating various body ailments, hypertension, diabetes, postural deformities, etc. Suryanamaskar- Practice and advantages. Meaning and concept of Pranayama. Various types of Pranayama, their principles, and practice. Effect of Pranayama on the body and their role in correcting health disorders. Meditation – Types and techniques. Yoga syllabus of All India University Competition. Officiating and scoring in Yoga competitions. Coaching and career opportunities in Yoga. 							60
Reference Books:								
	<ul style="list-style-type: none"> Shankardevananda. S., (2007). <i>Effects of Yoga on Hypertension</i>. Yoga Publications Trust. Vivekananda, R. (2005). <i>Practical Yoga Psychology</i>. Yoga Publications Trust. Muktibodhananda, S. (2016). <i>Hatha Yoga Pradipika</i>. Yoga Publications Trust. Saraswati, S. S. (2015). <i>Asana Pranayama Mudra Bandha</i> (1st ed.). Yoga Publications Trust. Anderton-Davies, R. (2021). <i>The Book of Yoga Self-Practice: 20 Tools to Help you Create and Sustain a Fulfilling Independent Yoga Practice</i>. Quercus. Brown, C. (2003). <i>The Yoga Bible</i> (39820th ed.). Krause Publications. Kaminoff, L., & Matthews, A. (2011). <i>Yoga Anatomy</i> (2nd ed.). Human Kinetics. Robertson, L. H., Finlayson, D., Raj, M., Atkins, M., & Balasubramanian, S. (2021). <i>Yoga Therapy Foundations, Tools, and Practice: A Comprehensive Textbook</i>. Singing Dragon. Stephens, M., & Hemingway, M. (2010). <i>Teaching Yoga: Essential Foundations and Techniques</i> (40080th ed.). North Atlantic Books. 							

[illegible]

	<ul style="list-style-type: none"> • Different exercises to develop Balance. • Test to measure balance. • Different exercises to develop Coordination. • Test to measure Coordination. 	
Reference Books:		
	<ol style="list-style-type: none"> 1. Blagrove, R. (2015). <i>Strength and Conditioning for Endurance Running</i>. Crowood Press. 2. Brown, L. E. (2007). <i>Strength training</i>. Human Kinetics. 3. Dintiman, G. B., & Sugabo, C. (2020). <i>NASE Essentials of Next-Generation Sports Spee Training</i>. Healthy Learning. 4. Jeffreys, I., & Moody, J. (2021). <i>Strength and Conditioning for Sports Performance</i> (2nd ed.) Routledge. 5. Thompson, B. (2021). <i>Strength Training for Life</i>. EnzoBsty Publishing Press. 6. Vet, O. (2021). <i>Agility Training for Dogs: become your pet's best friend</i>. IndependentlPublished. 7. Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2020). <i>Science and Practice of Strength Training</i> (3rd ed.). Human Kinetics. 	

Semester-IV

Subject Code	G4A20TMT		Subject Name		Test and Measurement			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	4	-	-	4	Theory	30	70	100
Hours	60	-		60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs
1.	Introduction to Test & Measurement & Evaluation <ul style="list-style-type: none"> Meaning of Test, Measurement & Evaluation in Physical Education. Importance of Test, Measurement & Evaluation in Physical Education. Criteria for selecting an appropriate test. Type and classification of the test. 							75
2.	Construction and Administration of Test <ul style="list-style-type: none"> Administration of testing program. Construction of Physical Fitness / Efficiency Test/ Knowledge and Skill Test. General types of sports skill test items. Construction of sports skill test. 							
3.	Physical Fitness Tests <ul style="list-style-type: none"> Physical Fitness Tests. Health-Related Physical Fitness Test. Motor Ability and Educability Test. Fitness Tests related to endurance, strength, speed, agility, coordination, balance, and flexibility. 							
4.	Sports Skill Tests <ul style="list-style-type: none"> Badminton. Hockey. Basketball. Football. Tennis. Volleyball. 							
Practical Content:								
1.	No Practical Content							
Reference Books:								

	<p>9. Bishop, P. A. (2018). <i>Measurement and Evaluation in Physical Activity Applications: Exercise Science, Physical Education, Coaching, Athletic Training, and Health</i> (2nd ed.). Routledge.</p> <p>10. Comfort, P., Jones, P. A., & McMahon, J. J. (2018). <i>Performance Assessment in Strength and Conditioning</i> (1st ed.). Routledge.</p> <p>11. K, A. (2021). <i>Test Measurement and Evaluation in Physical Education & Sports: Tools and Method</i>. Lap Lambert Academic Publishing.</p> <p>12. Karad, P. L. (2011). <i>Test Measurement and Evaluation in Physical Education</i>. Khel Sahitya Kendra.</p> <p>13. Macdougall, D. J., Wenger, H. A., & Green, H. J. (1990). <i>Physiological Testing of the High-Performance Athlete</i> (Subsequent ed.). Human Kinetics.</p> <p>14. Watson, A. W. S. (1996). <i>Physical Fitness & Athletic Performance: A Guide for Students, Athletes, and Coaches</i>. Routledge.</p>

Subject Code		G4A21TPE		Subject Name		Teaching Practice			
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total	
	L	TU	P						
Credit	4	-	-	04	Theory	30	70	100	
Hours	60	-	-	60	Practical	-	-	-	
Content:									
Unit	Subject Content								Hrs
	Practice – Teaching Lesson Plans of 30 Minutes to 1 Hour duration each (5 to 10 lessons). There will be few individual lessons and few group lessons. The lesson plan includethe following aspects: - <ul style="list-style-type: none">• Course and Session Titles.• Planned activities.• Learning outcome(s) of the session.• Planned activities – lecture, group discussion, game, feedback, etc.• Resources / references / recommended readings.								60

Semester	IV		Version	I
Subject Code	G4A22KBD	Subject Name	Kabaddi	
Teaching scheme			Examination scheme (Marks)	

(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	2		Theory	-	-	-
Hours	-	-	60		Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
<ul style="list-style-type: none"> No Theory 								
Practical Content:								
	<ul style="list-style-type: none"> History and Development of the game at the International and National level. Dimensions, marking, and construction of playing area. Basic requirements of the playing area. Fundamental skills of the game. Skill tests, scoring, and arrangement of the skill tests. National and international organizations/federations of the game. Rules of the game with their interpretations. Team selection and coaching in that game. Officiating. Awards and Awardees. Major Sports Personalities. Latest changes. Standard equipment's required. National and International Sports Events. 							60
Reference Books:								
	<ul style="list-style-type: none"> Hall, C. (2018). <i>The Book on Pro Wrestling: Lessons from Rip Rogers</i>. Independently Published. Man, A. (2019a). <i>Taekwondo fun activity book: Activity book for kids, fun puzzles, coloringpages, mazes, and more</i>. Independently Published. Man, A. (2019b). <i>The Illustrated Taekwondo Dictionary for Beginners and Kids: A great practical guide for Taekwondo Beginners and kids</i>. Independently Published. Publishing, Y. S. G. (2019). <i>Eat Sleep Kabaddi Repeat</i>. Independently Published. 							

Subject Code	G4A23TNS		Subject Name		Tennis			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	2	2	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
<ul style="list-style-type: none"> • No Theory 								
Practical Content:								
	<ul style="list-style-type: none"> • History and Development of the game at the International and National level. • Dimensions, marking, and construction of playing area. • Basic requirements of the playing area. • Fundamental skills of the game. • Skill tests, scoring, and arrangement of the skill tests. • National and international organizations/federations of the game. • Rules of the game with their interpretations. • Team selection and coaching in that game. • Officiating. • Awards and Awardees. • Major Sports Personalities. • Latest changes. • Standard equipment's required. • National and International Sports Events. 							60
Reference Books:								
	<ul style="list-style-type: none"> • Brown, R. (2021). <i>Gymnastics: Skills & Drills for the Level 1, 2 & 3 Coach & Gymnast</i> (2nded.). RJC Publishing. • Cervin, G. (2021). <i>Degrees of Difficulty: How Women's Gymnastics Rose to Prominence and Fell from Grace: Sport and Society Book 1</i> (1st ed.). University of Illinois Press. • Hall, G., & Murphy, D. (2020). <i>Fundamentals of Fast Swimming: How to Improve Your Swim Technique</i>. Bowker. • Lohn, J. (2021). <i>Below the Surface: The History of Competitive Swimming</i>. Rowman & Littlefield Publishers. • Brkic, C. A. (2014). <i>The First Rule of Swimming: A Novel</i> (Reprint ed.). Back Bay Books. • Lohn, J. (2021). <i>Below the Surface: The History of Competitive Swimming</i>. Rowman & Littlefield Publishers. 							

	<ul style="list-style-type: none">Evans, R. (2021). <i>The History of Tennis: Legendary Champions: Magical Moments</i>. Rizzoli.Dutta, A. (2021b). <i>Advantage India: The Story of Indian Tennis</i>. Westland Sport.Schlegel, E., & Dunn, C. (2018). <i>The Gymnastics Book: The Young Performer’s Guide to Gymnastics</i> (Third Edition, Revised and Updated ed.). Firefly Books.							
Subject Code		G4A22SCIV		Subject Name		Strength and Conditioning-IV		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	2	2	Theory	-	-	
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
<ul style="list-style-type: none">No Theory								
Practical Content:								
I	: Warming up and cooling down <ul style="list-style-type: none">General warming up: Procedures & various methods.Specific Warming up: Procedures & various methods.Cooling down: Procedures & various methods.Different general adoption exercises.Freehand exercises.Free weight exercises.Machinery exercises.							60
II	Endurance Training and Strength Training <ul style="list-style-type: none">Different methods and ways to develop endurance.Endurance training through recreation.Test to measure endurance.Various methods of strength development training.Tests to determine the strength of various muscles.Getting acquainted with the gym and its equipment.Essential Safety measures and precautions required in the gym.							
III	Speed and Agility Training <ul style="list-style-type: none">Various Techniques and Exercises to Improve Speed.Test to measure the speed.Different Drills for Agility Development.							

	<ul style="list-style-type: none"> • Test to measure Agility. 	
—	: Balance & Coordination Training <ul style="list-style-type: none"> • Different exercises to develop Balance. • Test to measure balance. • Different exercises to develop Coordination. • Test to measure Coordination. 	

Reference Books:

	<ul style="list-style-type: none"> • Blagrove, R. (2015). <i>Strength and Conditioning for Endurance Running</i>. Crowood Press. • Brown, L. E. (2007). <i>Strength training</i>. Human Kinetics. • Dintiman, G. B., & Sugabo, C. (2020). <i>NASE Essentials of Next-Generation Sports Spee Training</i>. Healthy Learning. • Jeffreys, I., & Moody, J. (2021). <i>Strength and Conditioning for Sports Performance</i> (2nd ed.) Routledge. • Thompson, B. (2021). <i>Strength Training for Life</i>. EnzoBsty Publishing Press. • Vet, O. (2021). <i>Agility Training for Dogs: become your pet's best friend</i>. Independentl Published. • Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2020). <i>Science and Practice of Strength Training</i> (3rd ed.). Human Kinetics.
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Semester	IV				Version	I		
Subject Code	G4B25TAS		Subject Name		Technology and Sports			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	2	-	-	2	Theory	15	35	50
Hours	30	-	-	30	Practical	-	-	-

Content:

Unit	Subject Content	Hrs
1.	INTRODUCTION TO TECHNOLOGY AND SPORTS <ul style="list-style-type: none"> • Meaning, purpose, advantages and applications of Sports Technology • General Principles and purpose of instrumentation in sports • Workflow of instrumentation and business aspects • Technological impacts on sports. 	30
2.	MODERN EQUIPMENT <ul style="list-style-type: none"> • Playing Equipments: Balls: Types, Materials and Advantages • Bat/Stick/ Racquets: Types, Materials and Advantages • Clothing and shoes: Types, Materials and Advantages. • Measuring equipments: Throwing and Jumping Events. • Protective equipments: Types, Materials and Advantages. Sports equipment with nanotechnology, Advantages. Reflexion of materials and advantages in playing with productive equipment in sports and games. 	

2.	<p>Sports Bulletin</p> <ul style="list-style-type: none"> • Concept of Sports Bulletin. • Types of the bulletin. • Journalism and sports education. • Structure of sports bulletin – Compiling a bulletin. • General news reporting and sports reporting.
3.	<p>Mass Media</p> <ul style="list-style-type: none"> • Mass Media in Journalism: Radio and T.V. • Commentary – Running commentary on the radio – Sports expert’s comments. • Role of Advertisement in Journalism. • Sports Photography. • Editing and Publishing. • Globalization and Digitization.
4.	<p>Report Writing in Sports</p> <ul style="list-style-type: none"> • Brief review of Olympic Games, Asian Games, Common Wealth Games, and WorldCup. • National Games and Indian Traditional Games. • Preparing report of an Annual Sports Meet for Publication in Newspaper. • Organization of Press Meet. • Practical assignments to observe the matches and prepare reports and news of the same. • Visit News Paper office and TV Centre to know various departments and their working.
Reference Books:	
	<ol style="list-style-type: none"> 1. Chakrabarti, M. (2008). <i>Value Education: Changing Perspective</i>. Kanishka Publication. 2. Joshi, D. (2010) <i>Value Education in Global Perspective</i>. Lotus Press. 3. Stofer, K. T., Schaffer, J. R., & Rosenthal, B. A. (2019). <i>Sports Journalism: An Introduction to Reporting and Writing</i> (Second ed.). Rowman & Littlefield Publishers. 4. Washburn, P. S., & Lamb, C. (2020). <i>Sports Journalism: A History of Glory, Fame, and Technology</i>. University of Nebraska Press.

Semester-V

Semester	V				Version	I		
Subject Code	G5A27SPY		Subject Name		Sports Psychology			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	4	-	-	4	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs
1.	Introduction to Sports Psychology <ul style="list-style-type: none"> Meaning and Nature of Sports Psychology. Historical Evolution of Sports Psychology. Relevance of Sports Psychology in Sports. 							60
2.	Personality, Group Process, Motivation, Arousal, Stress, and Anxiety <ul style="list-style-type: none"> Meaning and Nature of personality. Theories of Personality in Sports. Dimensions of Personality and Development of Personality. Measuring Personality. Group and Team Dynamics and Group Cohesion. Define Motivation, Arousal, Stress, and Anxiety. Measuring Motivation, Arousal, Stress, and Anxiety. Connecting Motivation, Arousal, Stress, and Anxiety to Performance. 							
3.	Growth and Development and Individual Difference <ul style="list-style-type: none"> Developmental Psychology. Stages of Growth and Development. Difference between Growth and Development. Individual Difference. Factor Affecting Individual Difference. 							
4.	Learning and Improving Performance <ul style="list-style-type: none"> Meaning, Nature, and Principles of Learning. Laws of Learnings and Transfer of Learning. Factors affecting Learning. Learning Curves and Plateau. 							

	<ul style="list-style-type: none">Introduction to Psychological Skills Training; Arousal regulation, Imagery, Self – Confidence, Goal Setting and Concentration.							
Practical Content:								
<ul style="list-style-type: none">No Practical								
Reference Books:								
	<ol style="list-style-type: none">Afremow, J., & Craig, J. (2015). <i>The Champion’s Mind: How Great Athletes Think, Train, and Thrive</i>. Rodale Books.Cox, R. (2011). <i>Sport Psychology: Concepts and Applications</i> (7th ed.). McGraw-Hill Education.Knight, C. J., Harwood, C. G., & Gould, D. (2017). <i>Sport Psychology for Young Athletes</i> (1sted.). Routledge.Rios, E., & Bahl, W. (2019). <i>Sports Psychology for Athletes 2.0: Develop a Champion Mindset and Train for Optimal Performance</i>. Epic Rios.Sanderson, C. (2016). <i>Sport Psychology</i> (1st ed.). Oxford University PressWeinberg, R., & Gould, D. (2018). <i>Foundations of Sport and Exercise</i> (7th ed.). Human Kinetics.Williams, J., & Krane, V. (2014). <i>Applied Sport Psychology: Personal Growth to Peak Performance</i> (7th ed.). McGraw-Hill Education.							
Subject Code		G5A28ACR		Subject Name		Athletic Care and Rehabilitation		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	4	-	-	4	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs
1.	Introduction of Athletic Care and Rehabilitation <ul style="list-style-type: none">Meaning, Need, and Importance of Athletic Care and Rehabilitation.							
2.	Sports Injuries Care, Treatment and Support <ul style="list-style-type: none">Meaning of Sports Injuries.Types and Causes of Sports Injuries: Acute & Chronic.Principles about the Prevention of Sports Injuries.Care and Treatment of Sports Injuries.Principles of applying Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy.Principles and Techniques of Strapping and Bandages.Pharmacological drugs after injury.							

<p>3.</p>	<p>Posture and Rehabilitation Exercises</p> <ul style="list-style-type: none"> • Posture and Body Mechanics, Standards of Standing Posture. • Value of Good Posture, Drawbacks, and Causes of Bad Posture. • Posture Test – Examination of the Spine. • Normal Curve of the Spine and its Utility. • Deviations in Posture. • Causes for Deviations and Treatment Including Exercises. • Passive, Active, Assisted, Resisted Exercise for Rehabilitation. 	
<p>4.</p>	<p>Massage and Therapeutic Modalities</p> <ul style="list-style-type: none"> • Brief History of Massage, Massage as an Aid for Relaxation, Points to be Considered in giving Massage. • Physiological, Chemical, Psychological Effects of Massage, Indication /Contra Indication of Massage. • Classification of the Manipulation used Massage and their Specific Uses in the Human Body. • Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion. Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage. • Principles of applying Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy. 	

Practical Content:

- No Practical

Reference Books:

- Bindal, V. D. (2016). *Therapeutic & Sports Massage*. Associated Publishing House.
- Bindal, V. D. (2019). *Sports Injuries & Therapeutic Modalities*. Sports Publication.
- Cleary, M., & Flanagan, W. K. (2019). *Acute and Emergency Care in Athletic Training* (1sted.). Human Kinetics.
- Draper, D., & Jutte, L. (2020). *Therapeutic Modalities: The Art and Science* (3rd ed.). WoltersKluwer Health.
- Walker, B. (2018). *The Anatomy of Sports*. North Atlantic Books.
- Singh, H. (2016). *Athletics Care and Rehabilitation*. Khel Sahitya Kendra.

Subject Code	G5A29RMI		Subject Name		Research Methodology-I			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical(Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	04	-	-	04	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs

1.	Introduction to research <ul style="list-style-type: none"> Research: Integral part of life Research Methodology: Meaning, Objectives, Significance of Research in Physical Activity, Criteria of Good Research, Types of Research- <i>Based on Application</i>: Pure, Action and Applied research; <i>Based on Objective</i>: Descriptive, Correlational, Explanatory (Experimental), Analytical; <i>Based on Enquiry mode</i>: Qualitative and Quantitative 	60
2.	Research process: An overview <ul style="list-style-type: none"> Identification and formulation of Research Problem, Literature Review, Setting Research Questions, Objectives, and Hypotheses, Research Design (methodology), Sample Design, Data collection, Data Analysis (statistics) and Interpretation, Writing report. Introduction to terms- Synopsis, Research Proposal, Thesis, Dissertation & Research Article 	
3.	Measurements Scale and Sampling <ul style="list-style-type: none"> Scale of measurement: nominal, ordinal, interval and ratio Sampling: Concepts of Statistical Population, Sample, Importance of Sampling, Characteristics of a good sample, Sampling Error, Sample Size. Probability & Non-Probability Sampling. 	
4.	Elementary Statistics <ul style="list-style-type: none"> Role of Statistical Methods in Research Concept of Normal Distribution Descriptive Statistics: measure of central tendency- mean, median, mode; grouped and ungrouped data, measures of dispersion: range, quartile deviation, mean deviation, standard deviation, variance. numerical problems based on measures of central tendency and measures of dispersion Graphical representation of data, Basic tools for data analysis- Excel. 	

Practical Content:

- No Practical

Reference Books:

- Research Methodology- C. R. Kothari
- Kumar, R. (2011) Research Methodology: A Step-by-Step Guide for Beginners. 3rd Edition. Sage, New Delhi.
- Thomas, J. R., Nelson, J. K., & Silverman, J. (2005). Research Methods in Physical Activity (5th ed.). Champaign, IL: Human Kinetics.
- Verma, J. P. (2012). Data Analysis in Management with SPSS Software.
- Verma, J.P. (2019). Importance of Statistics in Psychology. In: Statistics and Research Methods in Psychology with Excel. Springer, Singapore. https://doi.org/10.1007/978-981-13-3429-0_1.

Subject Code	G5A30WLG	Subject Name	Weight Lifting				
Teaching scheme				Examination scheme (Marks)			
(Per week)	Lecture	Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P				

Credit	-	-	2	2	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
<ul style="list-style-type: none"> No Theory 								
Practical Content:								
	<ul style="list-style-type: none"> History and Development of the game at the International and National level. Dimensions, marking, and construction of playing area. Basic requirements of the playing area. Fundamental skills of the game. Skill tests, scoring, and arrangement of the skill tests. National and international organizations/federations of the game. Rules of the game with their interpretations. Team selection and coaching in that game. Officiating. Awards and Awardees. Major Sports Personalities. Latest changes. Standard equipment's required. National and International Sports Events. 							60
Reference Books:								
	<ul style="list-style-type: none"> Hunt, K. (2020). <i>Beginner's Guide to Weight Lifting: Simple Exercises and Workouts to Get Strong</i> (Illustrated ed.). Rockridge Press. Jaquish, J., Alkire, H., & Griffin, F. (2020). <i>Weight Lifting Is a Waste of Time: So Is Cardio, and There's a Better Way to Have the Body You Want</i>. Lioncrest Publishing. Log, M. (2021). <i>Weight Lifting Log Book: Workout Tracker for Men and Women, Exercise Notebook and Fitness Journal for Personal Training</i>. Independently Published. Newcombe, R. (2020). <i>The Magic of Lifting Weights</i>. Creators Publishing. Xiong, A., & McLean, B. (2019). <i>Strength Training Revolution: Grow Bigger and Stronger with the 4 Step Training System That Redefines Strength for Intermediate-Advanced Barbell Powerlifting, and Strength Athletes</i>. Andy Xiong. 							

Subject Code	G5A31SCV	Subject Name	Strength and Conditioning-V					
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	2	2	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs
<ul style="list-style-type: none"> No Theory 								
Practical Content:								
1.	Warming up and cooling down <ul style="list-style-type: none"> General warming up: Procedures & various methods. Specific Warming up: Procedures & various methods. Cooling down: Procedures & various methods. Different general adoption exercises. Freehand exercises. Free weight exercises. Machinery exercises. 							60
2.	Endurance Training and Strength Training <ul style="list-style-type: none"> Different methods and ways to develop endurance. Endurance training through recreation. Test to measure endurance. Various methods of strength development training. Tests to determine the strength of various muscles. Getting acquainted with the gym and its equipment. Essential Safety measures and precautions required in the gym. 							
3.	Speed and Agility Training <ul style="list-style-type: none"> Various Techniques and Exercises to Improve Speed. Test to measure the speed. Different Drills for Agility Development. Test to measure Agility. 							
4.	Balance & Coordination Training <ul style="list-style-type: none"> Different exercises to develop Balance. Test to measure balance. Different exercises to develop Coordination. Test to measure Coordination. 							

Reference Books:

- | | |
|--|--|
| | <ol style="list-style-type: none"> 2. Blagrove, R. (2015). <i>Strength and Conditioning for Endurance Running</i>. Crowood Press. 3. Brown, L. E. (2007). <i>Strength training</i>. Human Kinetics. 4. Dintiman, G. B., & Sugabo, C. (2020). <i>NASE Essentials of Next-Generation Sports Spee Training</i>. Healthy Learning. 5. Jeffreys, I., & Moody, J. (2021). <i>Strength and Conditioning for Sports Performance</i> (2nd ed.) Routledge. 6. Thompson, B. (2021). <i>Strength Training for Life</i>. EnzoBsty Publishing Press. 7. Vet, O. (2021). <i>Agility Training for Dogs: become your pet's best friend</i>. Independentl Published. 8. Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2020). <i>Science and Practice of Strength Training</i> (3rd ed.). Human Kinetics. |
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Subject Code	G5B32TLN		Subject Name		Training Lesson			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	2	2	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50

Content:

Unit	Subject Content	Hours
	<p>Practice – Training Lesson Plans of 30 Minutes to 1 Hour duration each (5 to 10 lessons). There will be few individual lessons and few group lessons. The lesson plan includes the following aspects: -</p> <ul style="list-style-type: none"> • Course and Session Titles. • Planned activities. • Learning outcome(s) of the session. • Planned activities – lecture, group discussion, game, feedback, etc. <p>Resources / references / recommended readings.</p>	60

Subject Code		G5B33EPN		Subject Name		Exercise Prescription		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		IT	EXT	Total
	L	TU	P					
Credit	2	-	-	2	Theory	15	35	50
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs

1.	Exercises and their Types <ul style="list-style-type: none">• Meaning and definition of exercise.• Types of exercises- Aerobics, Anaerobic, and Conditioning.• Importance of warming up, cooling down, and stretching.• Therapeutic exercises and their principles.	60
2.	Weight management & Gym Exercises <ul style="list-style-type: none">• Understanding body weight, components of body weight, and ideal weight.• Fat-burning exercises and their variations.• Gym training exercises for weight loss and strengthening.• Dance, Aerobics, cycling, and swimming for weight loss.	
3.	Exercises and Elderly People <ul style="list-style-type: none">• Understanding aging and characteristics.• Need and importance of exercises in aged people.• Principles and precautions while giving exercises to elderly people.• Type of exercises and recreational activities for elderly people.	
4.	Exercises for special needs <ul style="list-style-type: none">• Exercises for rehabilitation after injuries.• Exercise for diabetics, Exercises during & after Pregnancy.• Exercises for casuals and weekenders.• Exercises for recreations and kids.	
Practical Content: <ul style="list-style-type: none">• No Practical		
Reference Books:		
	<ol style="list-style-type: none">1. Delavier, F., & Gundill, M. (2020). <i>Strength Training Anatomy for Athletes</i> (1st ed.). Human Kinetics.2. Pearson, D. (2012). <i>Weight Management: A Practitioner’s Guide</i>. Wiley-Blackwell.3. Heyward, V. H., & Gibson, A. L. (2013). <i>Advanced Fitness Assessment and Exercise Prescription</i> (7th ed.). Human Kinetics.4. Ratamess, N. (2021). <i>ACSM’s Foundations of Strength Training and Conditioning (American College of Sports Medicine)</i> (2nd ed.). Wolters Kluwer Health.5. Robergs, R., & Keteyian, S. (2003). <i>Fundamentals of Exercise Physiology: For Fitness, Performance, and Health</i>. McGraw Hill Education.	

Semester-VI

Semester	VI				Version	I		
Subject Code	G6A34SMT		Subject Name		Sports Management			
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	4	-	-	4	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs
1.	Introduction of sports management <ul style="list-style-type: none"> The management process: Definition, principles, Nature, and concept of Sports management. Progressive concept of sports management. The purpose and scope of sports management. Essential skills of sports management. 							60
2.	Leadership and Planning <ul style="list-style-type: none"> Leadership in Sports Management; Meaning and Definition of Leadership, Leadership styles, Importance of Leadership Styles in Sports Planning and Management. Leadership Qualities. Planning and Management of sports events. Factors affecting planning, directing, and controlling at the organizational level. Establishing a reporting system, Reward system, and Evaluation Process. Communication and media relation in sports. Sponsorship and sales in the sports industry. Event management. 							
3.	Facilities and Equipments: <ul style="list-style-type: none"> The Need for Out-door Facilities, Care, and Maintenance of Outdoor Facilities Selection/Types of Surfaces. Guidelines/Principles for the Lay-out of Outdoor Facilities. Gymnasium: The need, Location, Dimensions, Sample Floor Plans, and Construction. Types of sports equipment and its Need & importance in Physical education. Principles and Procedure for the Purchase of Sports Equipment. Budgeting: the objective of Budgeting, planning budget, and approaches to budget preparation. 							

4.	Financial Management and Accounting <ul style="list-style-type: none">Financial Management in sport.Mechanism of Purchase and Audit.Examining sources of Income.Fundraising Activity and challenges.Sustainable Revenue generation.							
Practical Content:								
<ul style="list-style-type: none">No Practical								
Reference Books:								
	<ul style="list-style-type: none">Frosdick, S., & Walley, L. (1999). <i>Sports and Safety Management</i>. Taylor & Francis.Greenberg, J. D., & LoBianco, J. L. (2018). <i>Organization and Administration of Physical Education: Theory and Practice</i> (1st ed.). Human Kinetics.Jr., W. C. T., Karcher, R. T., & Ruddell, L. S. (2019). <i>Sports Ethics for Sports Management Professionals</i> (2nd ed.). Jones & Bartlett Learning.Kamlesh, M. L. (2016). <i>Management Concepts in Physical Education and Sport</i>. Khel Sahitya Kendra.Wilson, R., & Piekarz, M. (2015). <i>Sport Management: The Basics</i> (1st ed.). Routledge.Charles A. Bucher, March L. Krotee. <i>Management of Physical Education and Sport</i> (Mc Graw Hill NY) 2007.Bucher, C.H. <i>Administration of Physical Education and Athletic Programmes</i>, The C.V. Mosby Company, London, 1983.Dr. S. Dheer & Radhika Kamal, <i>Organisation and Administration of Physical Education</i>, Friends, Publication (India), 2002.Griffin, <i>Fundamentals of Management</i> (IV Edition), Houghton Mifflin Company, Boston, New York, 2006.							
Subject Code		G5A35RMII		Subject Name		Research Methodology-II		
Teaching scheme				Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	04	-	-	04	Theory	30	70	100
Hours	60	-	-	60	Practical	-	-	-
Content:								
Unit	Subject Content							Hrs
1.	Research Design <ul style="list-style-type: none">Research Design: Concept and Importance in Research – Features of a good research design, Concept of Independent & Dependent variablesExploratory research Design – concept, types and uses.Descriptive Research Designs – concept, types and uses.Experimental Design: concept, types and uses.							60

<ul style="list-style-type: none"> • No Theory 								
Practical Content:								
	<ul style="list-style-type: none"> • History and Development of the game at the International and National level. • Dimensions, marking, and construction of playing area. • Basic requirements of the playing area. • Fundamental skills of the game. • Skill tests, scoring, and arrangement of the skill tests. • National and international organizations/federations of the game. • Rules of the game with their interpretations. • Team selection and coaching in that game. • Officiating. • Awards and Awardees. • Major Sports Personalities. • Latest changes. • Standard equipment's required. • National and International Sports Events. 							60
Reference Books:								
	<ul style="list-style-type: none"> • Austin, D., & Mann, B. (2021). <i>Powerlifting: The complete guide to technique, training, and competition</i> (2 nd ed.). Human Kinetics. • Hultquist, C. (2021). <i>Power Stories: Special People Lifting Our World</i>. IndependentlyPublished. • Hatfield, F. C. (2015). <i>Powerlifting: A Scientific Approach</i>. Createspace Independent Publishing Platform. 							
Subject Code		G6A37WSU		Subject Name		WUSHU		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	02	02	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50
Content:								
Unit	Subject Content							Hrs.
<ul style="list-style-type: none"> • Theory & Practical 					60			
Practical Content:								

	<ul style="list-style-type: none"> • Introduction of Wushu Sports. • Historical development of the Wushu at the International level and National levels. • List of Events in the Wushu Sanda Weight category and Taolu Events. • Arena Measurement for Sanda & Taolu players. • Uniform Measurement and design for different events. • Rules and regulations (Brief description) of Wushu Sanda & Taolu Events. • Standard Equipment required in Sanda & Taolu events. • National and International Organizations / Federations of Wushu. • Officiating the above-selected events. • Footwork technique; for playing Wushu. • Hand techniques for Sanda: Straight punches, hook punches, uppercut punches, and round punches. • Leg techniques for Sanda: All types of kicking. • Throwing techniques for Sanda: Neck, shoulder, upper torso, hip, knee, and ankle throws. • Hand techniques for Taolu: Figure of eight, stamping, palm, fist all types. • Leg techniques for Taolu: All types of kicking. • Jumps techniques for Taolu: Butterfly, worldwide, lotus, cartwheel, and any other types of jumps. • Stances: All types stances. • Choreograph the events of Taolu. • Players Selection. 	60
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Reference Books:

	<ul style="list-style-type: none"> • SHIFU SALREDNER, (2019) Wushu Basics Chinese Modern Martial Arts. Publication LULU.COM. • Mr. Wuwen Ching, (1993) Simplified Taichi Chuans. (1st ed.) Publication YAAA.COM. • Mirztoohaf, (1996). Sanshou Kungfu of the Chinese Red Army (2nd ed.). Publication Paladin Press. • Cung lee & Glen Cordoza, (2010). San-Shou the Complete Fighting System, (1st ed.) Publication LULU.COM.
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Subject Code		G6A38HBL		Subject Name		Handball		
Teaching scheme					Examination scheme (Marks)			
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	02	02	Theory	-	-	-
Hours	-	-	60	60	Practical	15	35	50

Content:		
Unit	Subject Content	Hrs.
	<ul style="list-style-type: none"> Theory & Practical 	60
Practical Content:		
	<ul style="list-style-type: none"> Introduction & Brief history of the game Measurements and Marking of Handball Court Basic structure and terminology <p>Handball at school philosophy</p> <ul style="list-style-type: none"> Learning by Doing Methodology Handball Game -Based Approach Implementing Handball Game -Based Approach Unit Planning <p>Fundamental Skills</p> <ul style="list-style-type: none"> Catching - Chest level & air. Waist level & holdin <p>Passes Skills</p> <ul style="list-style-type: none"> Wrist pass Reverse pass Bounce pass Bounce pass <p>Shooting/Throws on goal</p> <ul style="list-style-type: none"> SSB - Straight Shot with Blocking Step SSWB - Straight Shot without Blocking Step JSL - Jump Shot Long JSH - Jump Shot High 5.7 Meter penalty shots <p>Dribbling /Bouncing</p> <ul style="list-style-type: none"> High Dribble Medium Dribble <p>Feinting /Faking</p> <ul style="list-style-type: none"> Single feint Double feint False shot feint Rotation feint <p>Basic Attack Skills</p> <ul style="list-style-type: none"> Backcourt position Wing position Pivot position Attack skills from different position Simple counter attack Counter attack from wings <p>Basic Defense Skills</p>	60

	<ul style="list-style-type: none">• Zone defence• Man – Man defence/individual defence• Blocking <p>Goalkeeping</p> <ul style="list-style-type: none">• Basic stance and positioning• Footwork & Speed work <p>Officiating</p> <ul style="list-style-type: none">• Rules and their interpretations and duties of officials• Officials Signals and Handball Score sheets <p>Training methods</p> <ul style="list-style-type: none">• Beginners Level, Intermediate Level and Advance Level• Planning for Competitions: Short- & Long-term training plan• General and Specific Fitness tests, Playing ability and skill test• Teaching and Coaching Lessons plan							
Reference Books:								
<ul style="list-style-type: none">• https://www.sportplan.net/drills/Handball/533-attacking-against-man-to-man-defence/533-attacking-against-man-to-man-defence-aanvmand6.jsp• http://ebook.eurohandball.com/BasicHandball1/html/41.hTml#• Bana, P., Späte, D., Lund, A., Strub, P., & Khalifa, A. (2011). Teaching Handball at school, Introduction to handball for students aged 5 to 11. International Handball Federation• Estriga, L. (2019). Teaching and learning handball: step-by-step. A teacher ‘s guide.								
Subject Code	G6B39ISP	Subject Name	Internship					
Teaching scheme				Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total
	L	TU	P					
Credit	-	-	4	4	Theory	-	-	-
Hours	-	-	120	120	Practical	30	70	100
Content:								
Unit	Subject Content							Hrs

	Internship Description: The Internship Program allows BPES students to gain practical experience in the workplace before receiving their degree. The internship is a required academic course. The student identifies companies/organizations/Gyms/schools/colleges/universities willing to hire him/her on a full-time basis for 4 weeks. The Internship Program supervises the students and awards academic credits (08) upon successful completion of all the required assignments. The student has to submit the report after the completion of the internship. The report should consist of the following points: - <ul style="list-style-type: none">• Title Page includes a title or cover page with name, class, duration, date, and the name of the organization.• Information of the Organization and Infrastructure.• Position and responsibilities in the internship.• Roles and responsibilities in the organization.• Preparation of training plan.• Developing of the skills.• Specific experiences within the organization that contributed to your development.• Relevant Experiences.• Client experience and Feedbacks.								60
Subject Code		G6B40PJT		Subject Name		Project			
Teaching scheme					Examination scheme (Marks)				
(Per week)	Lecture		Practical (Lab.)	Total		INT	EXT	Total	
	L	TU	P						
Credit	-	-	4	4	Theory	-	-	-	
	-	-	120	120	Practical	30	70	100	
Content:									
Unit	Subject Content								Hrs
	A project of a minimum of 50 pages needs to be submitted on any topic related to physical education and sports. Subject to the approval of the higher authority of the SPES.								