

DAV UNIVERSITY JALANDHAR



**Course Scheme & Syllabus
For
B.Sc in Health & Physical Education
(Program ID - 222)**

Syllabi Applicable for Admissions in 2020-21 onwards

DAV University, Jalandhar
Scheme of Under Graduate Course {B.Sc in Health & Physical Education Program (Program ID- 222)}

SEMESTER- I

S.No	Paper Code	Course Title	L	T	P	Cr	INT. ASS.	MSE	ETE	TOTAL
Core Courses										
1	PHE 117	Common Sports Injuries, their prevention and care	4	0	0	4	25	25	50	100
Core (Practical) Courses										
2	PHE 104	Game specialization-1	0	0	6	4				100
3	PHE 120	Drills /Calisthenics/March Past-I	0	0	3	2				50
Elective Course(Any One)										
4	PHE 122	Physical Education for Special Children	4	0	0	4	25	25	50	100
5	PHE 123	Physical activity for children	4	0	0	4	25	25	50	100
Compulsory Foundation										
6	EVS-100	Environmental Studies	4	0	0	4	25	25	50	100
7	SGS-107	Human Values and General studies	4	0	0	4	25	25	50	100
8	ENG – 155A	English Literature and Communication Skills-I	4	0	0	4	25	25	50	100
			24	0	9	30				750

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

SEMESTER- II

S.No	Paper Code	Course Title	L	T	P	Cr	INT. ASS.	MSE	ETE	TOTAL
Core Courses										
1	PHE	Sports Management	4	0	0	4	25	25	50	100
2	PHE	Health Education, Recreation and Camping	4	0	0	4	25	25	50	100
Core (Practical) Courses										
3	PHE	Game specialization-2	0	0	6	4				100
4	PHE	Drills /Calisthenics/March Past-II	0	0	6	4				100
Elective Course(Any One)										
5	PHE	Posture and Massage	4	0	0	4	25	25	25	100
6	PHE	Fundamentals of Kinanthropometry	4	0	0	4	25	25	25	100
Compulsory Foundation										
7	ENG-156A	English Literature and Communication Skills-II	4	0	0	4	20	30	50	100
			16	0	12	24				600

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

- A: Continuous Assessment: Based on objective/Practical Type Tests
 B: Mid-Term Test-1: Based on Objective Type and Subjective Type Test
 C: Mid-Term Test-2: Based on Objective Type and Subjective Type Test
 D: End-Term Exam (Final): Based on Objective/practical Type Tests
 E: Total Marks

L: Lectures T: Tutorial P: Practical Cr: Credits

DAV University, Jalandhar

Scheme of Under Graduate Course {B.Sc In Health & Physical Education Program (Program ID- 222)}

SEMESTER- III

S.No	Paper Code	Course Title	L	T	P	Cr	INT. ASS.	MSE	ETE	TOTAL
Core Courses										
1	PHE	Fitness Management	4	0	0	4	25	25	50	100
2	PHE	Sports Journalism	4	0	0	4	25	25	50	100
Core (Practical) Courses										
3	PHE	Track and Field-I	0	0	6	4				100
4	PHE	Game specialization-3	0	0	6	4				100
Elective Course(Any One)										
6	PHE	Educational Psychology and counselling	4	0	0	4	25	25	50	100
7	PHE	Sports Marketing	4	0	0	4	25	25	50	100
Compulsory Foundation Course										
8	ENG – 157A	English Literature and Communication Skills-III	4	0	0	4	25	25	50	100
			16	0	12	24				600

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

SEMESTER- IV

S.No	Paper Code	Course Title	L	T	P	Cr	INT. ASS.	MSE	ETE	TOTAL
Core Courses										
1	PHE	Organization & Administration	4	0	0	4	25	25	50	100
2	PHE	Global Perspective of Sports Business.	4	0	0	4	25	25	50	100
Core (Practical) Courses										
3	PHE	Game specialization-4	0	0	6	4				100
4	PHE	Track and Field-II	0	0	6	4				100
Elective Course(Any One)										
6	PHE	Organizational behaviour	4	0	0	4	25	25	50	100
7	PHE	Sports Sociology	4	0	0	4	25	25	50	100
Compulsory Foundation Course										
8	ENG- 158A	English Literature and Communication Skills-IV	4	0	0	4	25	25	50	100
			16	0	12	24				600

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

- A: Continuous Assessment: Based on objective/Practical Type Tests
 B: Mid-Term Test-1: Based on Objective Type and Subjective Type Test
 C: Mid-Term Test-2: Based on Objective Type and Subjective Type Test
 D: End-Term Exam (Final): Based on Objective/practical Type Tests
 E: Total Marks

L: Lectures T: Tutorial P: Practical Cr: Credits

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SEMESTER – V

S.No	Paper Code	Course Title	L	T	P	Cr	INT. ASS.	MSE	ETE	TOTAL
Core Courses										
1	PHE	History, Principles and Foundation of Physical Education	4	0	0	4	25	25	50	100
2	PHE	Anatomy and Exercise Physiology	4	0	0	4	25	25	50	
Core (Practical) Courses										
5	PHE	Game Specialization- 5	0	0	6	4				100
6	PHE	Drills & Callisthenics- III	0	0	3	2				50
Elective Course(Any One)										
9	PHE	Olympic Movement	4	0	0	4	25	25	50	100
10	PHE	Fundamentals of coaching and officiating	4	0	0	4	25	25	50	100
Compulsory Foundation Course										
11	ENG – 159 A	English Literature and Communication Skills-V	3	0	0	3	25	25	50	75
12	ENG – 159 B	English Literature and Communication Skills- V (Lab.)	0	0	2	1				25
			19	0	11	26		25		650

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

SEMESTER- VI

S.No	Paper Code	Course Title	L	T	P	Cr	INT. ASS.	MSE	ETE	TOTAL
Core Courses										
1	PHE	Yoga Education	2	0	0	2	25	25	50	50
2	PHE	Yoga Education (Practical)	0	0	4	2				50
3	PHE	Sports Nutrition and Weight Management	4	0	0	4	25	25	50	100
Core (Practical) Courses										
5	PHE	Game Specialization-6	0	0	6	4				100
6	PHE	Track & Field - IV (Throwing Events)	0	0	6	4				100
Elective Course(Any One)										
9	PHE	Contemporary Issues in Physical Education.	4	0	0	4	25	25	50	100
10	PHE	Educational Technology and Methods of Teaching in Physical Education	4	0	0	4	25	25	50	100
Compulsory Foundation Course										
11	ENG - 160 A	English Literature and Communication Skills- VI	3	0	0	3	25	25	50	75
12	ENG - 160 B	English Literature and Communication Skills- VI (Lab.)	0	0	2	1	25	25	50	25
			17	0	18	28				700

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

Teaching Practice will be based on Theory & Practical classes conducted by the student teacher.

- A: Continuous Assessment: Based on objective/Practical Type Tests
 B: Mid-Term Test-1: Based on Objective Type and Subjective Type Test
 C: Mid-Term Test-2: Based on Objective Type and Subjective Type Test
 D: End-Term Exam (Final): Based on Objective/practical Type Tests
 E: Total Marks

L: Lectures T: Tutorial P: Practical Cr: Credits

NOTE: Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
8	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used as extra credits in academic activities and will be highlighted in the DMC of the students.

DETAILED SYLLABUS
SEMESTER - I

**Course Title: COMMON SPORTS INJURIES,
PREVENTION AND CARE**
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-I

Sports injuries and its types: a. Acute injuries b. Overuse injuries c. Chronic Injuries
Common sport injuries: a. Sprain b. Strain c. Fracture d. Dislocations e. Abrasion f.
Contusion g. Bruises h. Blisters i. Corn
Some common Sports Specific injuries: j. Athletes foot k. Tennis elbow l. Footballers Knee
m. Footballers Ankle
Causes, Preventive measures and treatment for common sports injuries

UNIT-II

Meaning, aim and objectives of first aid. First aid box and its articles. Types of bandages and splints.
Qualities and functions of a first aider
Principles of first aid
First aid for the common sports injuries
Concept of PRICER.

UNIT-III

Emergency treatment for common accidents: a. Drowning b. Burning c. Insect stings & biting
d. Snake bite e. Dog bite f. Poisoning g. Unconsciousness h. Fainting i. Hysteria j. Sunstroke
k. Shock l. Electric shock m. Acid burn
Ergogenic aids in sports and their ill effects: a. Anabolic agents b. Stimulants c. Beta blockers
d. Narcotic analgesics e. Diuretics f. Blood doping

UNIT-IV

Rehabilitation meaning & definition
Need and Importance of Rehabilitation in Sports
Introduction to Rehabilitation procedures of sports injuries: a. Cold Therapy b. Heat Therapy
c. Hydrotherapy d. Exercise Therapy e. Massage and its types

REFERENCES:

- Armstrong and Tuckler(1964) ; “Injuries in sport”, London, Staples press,.
- Bolan J.P., “Treatment and prevention of athletic injuries”.
- More house, L.E. and Resch, P.J., “Sports medicine for Trainers, Philadelphia”.
- Ryans Allan; “Medical Care of the Athlete”, McGraw Hill.
- Evans, A. William; “Everyday safety”, Chicago: Iyan and Chamaha.
- Singh Ajmer et.al (2008), “Essentials of Physical Education”, Kalyani Publishers, Ludhiana, Second revised addition.

Course Title: GAME SPECIALIZATION – I
Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

1. Historical Development of the sports at National and International level. Important Tournaments/Competitions held at National and International level
2. Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.
3. Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.
4. Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conducting a match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition. (rules and signals)

L	T	P	Credits	Marks
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0	0	3	2	50
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Course Title: DRILLS & CALLISTHENICS – I
Paper Code: PHE

Free Hand Exercise(Calisthenics)

Exercise on verbal command with drum and music

Light Apparatus

Exercise with dumbbells, lazium on verbal command with drum.

Mass P.T Exercises

March Past

Drum Beat, Side drum

Commands, Attention, Stand-at-Ease, Left turn, Right turn, About turn, March time, March, Eyes Right

Flag hoisting, salute, eyes left

Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri

Apparatus/ Light apparatus Grip. Attention with apparatus/ Light apparatus . Stand – at – ease with apparatus/ light apparatus. Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count. o Standing Exercise o Jumping Exercise o Moving Exercise Combination of above all

Course Title: PHYSICAL EDUCATION FOR SPECIAL CHILDREN
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT I

Introduction to Adapted Physical Education: Definition of disabling conditions. Physical Education for persons with disabilities. Benefits of physical education for students with disabilities. Recreational sports opportunities Competition opportunities 1. Special Olympics 2. Paralympics

UNIT II

Classification of disability: Physical disabilities. Mental retardation. Visual impairment. Hearing impairment. Behavioural disorders. Characteristics and functional limitations of the above disabilities. Adapted Physical Education Programme: Guiding principles of adapted physical education programme (AAHPER principle).

UNIT III

Communication with Parents. Parental involvement. Parent Teacher association . Unified sports. Facilities and equipment for the disabled: Facilities for Elementary schools, Secondary schools and colleges. Orientation on facilities and equipment's. Aids for the disabled and its evaluation. Facilities and equipment's for recreation and sport activities. How to adapt sessions for children with special needs

UNIT IV

Rehabilitation and Welfare Programme . Importance of adapted programme in Rehabilitation . Functional rehabilitation . Psychological rehabilitation .Government welfare programme – Provision of special rights and privileges for the disabled through legislation . Social welfare programme for the disabled . Mass public education/ awareness programme .

REFERENCES :

- David Auxter and Jean Pyfer, “Principles and methods of adapted Physical Education and recreation” Mosby college publishing, St. Louis
- Athur G. Miller & James V Sullivan, “ Teaching Physical Activities to impaired youth” John Wilag& Sons Inc Canada
- Ronald W. French, & Paul J., “Special Physical Education”, Charles E. Merrics Publishing Co. Edinburgh, Ohio.
- Arthur S. Daniels “Adapted Physical Education” ,Harper & Row Publisher- New York

Course Title: PHYSICAL ACTIVITY FOR CHILDREN
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

An Introduction to Children Behaviour: Different types of behaviour; and Children's needs. Factors Influencing a Child's Behaviour: Race, Culture and religion; Separation and divorce; Re-marriage; Bereavement; The birth of a new baby; Moving house; Child abuse; Gender; Age; Short term unwanted behaviour; and Long term unwanted behaviour. Encouraging Positive Behaviour in Children using rewards.

UNIT – II

Guidelines for Dealing with Unwanted Behaviour: Setting boundaries; Policies; Sticking to rules; Tantrums; and Bribery. Responding to unwanted Behaviour, Ignoring the behaviour; Distraction; and Play therapy. Observing & Assessing Children's Behaviour: Progress; Personality; Responding; and Health. Physical Punishment: The Smacking debate; The Law and smacking. Communicating with Parents: Parenting styles; and Seeking additional support. Bullying: The bully; The victim; Seeking help and support; and Bullying policies

UNIT – III

Planning Health Related Exercise and Physical Activities for Children. Instructing Health Related Exercise and Physical Activities for Children. Maintaining health, safety and welfare in a variety of fitness environments, including safeguarding of children and vulnerable adults. Programming safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating. Planning and delivering structured health related exercise and physical activity for apparently healthy children in the 5-15 age range inclusive.

UNIT – IV

Concepts, components and principles of health and fitness, benefits of exercise for children. Warm-ups, preparatory stretching, main workout, cool down component, developmental stretching. Promoting physical activity to children and families and the psychological barriers for participation. Appropriate motivational techniques.

REFERENCES:

- Cale L, Harris J (2006) Interventions to promote young people's physical activity: Issues, implications and recommendations for practice. *Health Education Journal* 65: 320–337.
- Riddoch CJ, Mattocks C, Deere K et al. (2007) Objective measurement of levels and patterns of physical activity. *Archives of Disease in Childhood* 92: 963–969.
- Sund, A.M., Larsson, B., Wichstrom, L. Role of physical and sedentary activities in the development of depressive symptoms in early adolescence. *Soc Psychiatry PsychiatrEpidemiol.* 2011;46:431–441.
- Miller, G.E., Prinz, R.J. Enhancement of social learning family interventions for childhood conduct disorder. *Psychol Bull.* 1990;108:291–307.

Course Title: ENVIRONMENTAL STUDIES
Paper Code: EVS100

L	T	P	Credits	Marks
4	0	0	4	100

Unit 1

Introduction to Environmental Studies

- Definition, components and types of Environment.
- Meaning of Environmental Studies and its Multidisciplinary nature;
- Scope and importance; Concept of sustainability and sustainable development.

6 hours

Natural Resources: Renewable and Non---Renewable Resources

- Land resources and land use change; Land degradation, soil erosion and desertification.
- Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.
- Water: Use and over---exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter---state).
- Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

8 hours

Unit II

Ecosystems

- What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems :
 - a) Forest ecosystem
 - b) Grassland ecosystem
 - c) Desert ecosystem
 - d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

2 hours

Biodiversity and Conservation

Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots

- India as a mega---biodiversity nation; Endangered and endemic species of India
- Threats to biodiversity: Habitat loss, poaching of wildlife, man---wildlife conflicts, biological invasions; Conservation of biodiversity: In---situ and Ex---situ conservation of biodiversity.
- Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

8 hours

Unit III

Environmental

Pollution

Environmental Pollution: types, causes, effects and controls; Air, water, soil and noise pollution

- Nuclear hazards and human health risks
- Solid waste management: Control measures of urban and industrial waste.
- Pollution case studies.

8 hours

Environmental Policies & Practices

- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture
- Environment Laws: Environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD).
- Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

7 hours

Unit IV

Human Communities and the Environment

- Human population growth: Impacts on environment, human health and welfare.
- Resettlement and rehabilitation of project affected persons; case studies.
- Disaster management: floods, earthquake, cyclones and landslides.
- Environmental movements: Chipko, Silent valley, Bishnois of Rajasthan.

- Environmental ethics: Role of Indian and other religions and cultures in environmental conservation.
- Environmental communication and public awareness, case studies (e.g., CNG vehicles in Delhi).

6 hours

Field work

- Visit to an area to document environmental assets: river/ forest/ flora/fauna, etc.
- Visit to a local polluted site---Urban/Rural/Industrial/Agricultural.
- Study of common plants, insects, birds and basic principles of identification.
- Study of simple ecosystems---pond, river, Delhi Ridge, etc.

5 hours

Suggested Readings:

1. Carson, R. 2002. *Silent Spring*. Houghton Mifflin Harcourt.
2. Gadgil, M., & Guha, R.1993. *This Fissured Land: An Ecological History of India*. Univ. of California Press.
3. Gleeson, B. and Low, N. (eds.) 1999.*Global Ethics and Environment*, London, Routledge.
4. Gleick, P. H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll.*Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
6. Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36--37.

Course Title: HUMAN VALUES AND GENERAL STUDIES
Course Code: SGS107

L	T	P	Credits
4	0	0	4

UNIT - I

Human Values. Concept of Human Values: Meaning, Types and Importance of Values. Value Education: Basic guidelines for value education. Value crisis and its redressal. Being Good and Responsible. Self-Exploration and Self Evaluation. Acquiring Core Values for Self Development. Living in Harmony with Self, Family and Society. Values enshrined in the Constitution: Liberty, Equality Fraternity and Fundamental Duties.

UNIT – II

Value – based living. Vedic values of life. Karma Yoga and Jnana Yoga .Ashta Marga and Tri-Ratna. Ethical Living: Personal Ethics. Professional Ethics. Ethics in Education

UNIT – III

General Geography World Geography 3 The Universe, The Solar System, The Earth, Atmosphere, The World we live in, Countries rich in Minerals, Wonders of the World, Biggest and Smallest. Indian Geography 3 Location, Area and Dimensions, Physical Presence, Indian States and Union Territories, Important sites and Monuments, Largest-Longest and Highest in India. General History 3 Glimpses of India History, Ancient Indian, Medieval India, Modern India, Various Phases of Indian National Movement, Prominent Personalities, Glimpses of Punjab history with special reference to period of Sikh Gurus Glimpses of World History 3 Important Events of World History, Revolutions and Wars of Independence, Political Philosophies like Nazism, Fascism, Communism, Capitalism, Liberalism etc. Indian Polity: Constitution of India, Important Provisions, Basic Structure, Union Government, Union Legislature and Executive, State Government: State Legislature and Executive, Indian Judiciary, The Election Commission, Panchayati Raj System, RTI etc. General Economy 3 The process of liberalization, privatization, globalization and Major World Issues, Indian Economy, Indian Financial System, Major Economic Issues, Economic Terminology.

UNIT – IV

General Science 3 General appreciation and understandings of science including the matters of everyday observation and experience, Inventions and Discoveries Sports and Recreation 3 The World of Sports and recreation, Who's Who is sports, Major Events, Awards and Honours. Famous personalities, Festivals, Arts and Artists Current Affairs 3 National and International Issues and Events in News, Governments Schemes and Policy Decisions Miscellaneous Information Who is who 3

REFERENCES:

- Sreedharan, E. and Wakhlu, B. Restoring Values. New Delhi: Sage Publications Ltd, Latest Edition.
- Nagarajan, K. Indian Ethos and Values. New Delhi: Tata McGraw Hill, Latest Edition.
- Tripathi, A.N. Human Values. New Delhi: New Age International Publishers, Third Edition, Latest Edition.

- Sankar. Indian Ethos and Values in Management. New Delhi: Tata McGraw Hill Education Pvt. Ltd. , Latest Edition
- Osula. Values and Ethics. Asian Books, Latest Edition. 6. Surbiramanian,R. Professional Ethics. New Delhi: Oxford University Press, Latest Edition.

Course Title: English Literature & Communication Skills-I

Course Code: ENG 155 A

Total Lectures: 45

L	T	P	Credits
4	0	0	4

Course Objective:

- To enhance students' vocabulary and comprehensive skills through prescribed texts.
- To hone students' reading skills.
- To develop literary sensibility
- To polish students' grammar

Learning Outcomes:

Students will be able to improve their reading skills as well as will enrich their word power and grammar. They will also be able to critically respond to the literary texts.

Unit 1

Grammar

Basic Grammar (in Socio-Cultural Context)

- A. Tenses
- B. Parts of Speech

Unit 2

Literature-I

- A. Short Stories
 - a. Anton Chekhov's *Grief / Lament* b. O'Henry's *The Last Leaf*
- B. Poems
 - On His Blindness* by John Milton
 - The Solitary Reaper* by Wordsworth
 - Goodbye Party for Miss Pushpa, T.S.* by Nissim Ezekiel

Unit 3

Literature-II

- A. Prose
 - Education for New India by C. Rajagopalchari
 - Our Own Civilization by C. E. M. Joad
 - Andrew Carnegie by E.H. Carter
 - (*Selections from Modern English Prose*, Edited by Haladhar Panda. Hyderabad: University Press, 1983)

Unit 4

Developing Communication Skills

- A. Indianness
(Teacher shall cover this topic from *Communication Skills* by Sanjay Kumar and PushpLata, OUP, India, 2011)
- B. One Word Substitution

SEMESTER - II

Course Title: SPORTS MANAGEMENT

Paper Code: PHE

L	T	P	Credits
4	0	0	4

UNIT-I

Introduction to Sports Management

- Defining Sport Organisation, Administration and Management.
- Functions of Sport Management- Planning, Organising, Staffing, Directing, Coordinating, Reporting, Budgeting, Evaluating and Reforming (POSDCORB+ ER).
- Types of Management: Authoritarian Management, Laissez-Faire Management, Democratic Management and Eclectic Management.
- Theories of Management: The Classical Theory, the Neo- Classical Theory and Modern Theory.

UNIT-II

Managerial Skills, Roles and Techniques:

- Managerial Skills for Managerial Task- Personal, Interpersonal, Conceptual, Technical, and Conjoined
- Managerial Roles: Interpersonal Roles, Informational Roles, Decision Making Roles.
- Office Management: Meaning, nature (Centralized and Decentralized) and functions of office management, aspects of office management.
- Financial Management: Introduction, objective and scope of financial management, Purpose and Principles of Financial Management in Physical Education and Sports.
- Human Resource Management: Introduction, meaning, definition, planning, recruitment and selection, induction, training and personal development, managing diversity

UNIT-III

Management of Sports Facilities and Equipment's:

- Management of Facilities: Introduction, Administrative and General Principles of Planning, Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Outdoor (Marking of Standard Track) and Indoor, Facilities-Gymnasium and Swimming pool.
- Management of Equipment and Material: Introduction, Meanings of Equipment and Material, Need, importance and Types of Equipment. Principles and Purchase Procedure of Sports Equipment. Important Considerations in Selecting Sports Equipment, Receiving-Stocktaking and Storing Equipment. Care and Maintenance & Conservation of Equipment, Improvisation and Modernization of Equipment, and Disposal of Equipment.

UNIT-IV

Supervision, Evaluation, Managerial and Administrative Duties of Physical Education teacher.

- Supervision: Introduction, Meaning, Definitions, Aim and Objectives, Nature and Scope, Principles and Techniques, Need and Importance and Guidelines for Effective Supervision in Physical Education and Sports.
- Evaluation: Introduction, Concept, Meaning, Definition, Nature, Purpose, Need and Importance of Evaluation for a Teacher and an Administrator of Physical Education and Sports. Important Points, Steps and Guidelines for an Effective Evaluation Programme.
- Managerial and Administrative Duties of a Physical Education Teacher: Instructional, Office, Finance, Facilities, Public Relations, Personnel, Professional, Purchases, Intramurals, Extramurals etc.

REFERENCES:

- Bill, Karan, "Sport Management" 2009, Learning Matters Ltd 33 Southernhay East. Great Britain Padstow, Cornwall.
- Brar, R.S. and Joshi, Rosy. "Sports Management" 2007, Kalyani Publishers, New Delhi-110002.
- Brar, Rachhpal Singh et.al., Fundamentals of Physical Education. Kalyani Publishers, Ludhiana, 2012.
- Dheer, S and Radhika Kamal, "Organisation and Administration of Physical Education".(1991), Friends Publications, 6 Mukherjee Tower, Mukherjee Nagar, Com. Complex, Near Batra Cinema, Delhi-110009.
- Jenson, Clayne R. "Administrative Management of Physical Education and Athletic Programs".(1983), Lea & Febiger, 600 Washington Square, Philadelphia, PA 19106, USA.

Course Title: HEALTH EDUCATION, RECREATION AND CAMPING
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-I

Health Education: Concept, Dimensions, Spectrum and Determinants of Health. Definition of Health, Health Education, Health Instruction, Health Supervision. Aim, objective and Principles of Health Education. Health Service and guidance instruction in personal hygiene.

Health Problems in India: Communicable and Non Communicable Diseases. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Personal and Environmental Hygiene for schools. Objective of school health service, Role of health education in schools. Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

UNIT-II

Meaning, definition, aim, objective, scope and characteristics of recreation.

- Importance /significance of recreation.
- Types of recreation.
- Principles of Recreation.
- Historical development of recreation in India

Criteria and Principles of selecting recreational programmes.

Indoor and outdoor activities. (Merits and Demerits)

1. Water sports activities.
2. Cultural activities.
3. Literary activities.
4. Nature and outing.
5. Social events.
6. Adventure activities.

UNIT-III

Factors Responsible for the need of recreation: a. the growth of cities. b. Changing home conditions. c. Increase in leisure time. d. Specialization and automation in Industry. e. Population changes. f. Rising economy. g. Technological Development, etc.

Recreational activities for different age groups. a. Recreation for handicaps b. Facilities required for community recreation, industrial recreation, institutional recreation, family recreation and commercial recreation.

UNIT-IV

Camping: Meaning, aim and objective of the camping, Scope of camping, Need and importance of the camp, Types of camp, uses of camping/outdoor activities, Organization and administration of camping, Selection and layout of the camp site, Camp programme, Agencies promoting camp, Evaluation of camp, Educational values of camp, Different types of camping f. Staff needed for camping, Activities for the camping.

Leadership in Recreation: Meaning and definition of a leadership. Nature, qualities and characteristics of leader. Types of leaders. Need and importance of leadership in physical education

REFERENCES:

- George D. Butler, “Introduction of community recreation”, McGraw Hills, 1969.

- Zeigler F.F., “Philosophical Foundations for Physical Health and Recreation Education,” Prentice Hill Inc. Eagle Wood Cliffs N.J. Prentice Hall, 1964.
- Mayer and Bright Bill, “Recreation Administration.” Englewood Cliffs N.J. Prentice Hall Inc. 1961.
- Singh Ajmer et.al, “Essentials of Physical Education.” Kalyani Publishers Ludhiana second revised addition 2008.

Course Title: GAME SPECIALIZATION - 2

Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

1. Historical Development of the sports at National and International level. Important Tournaments/Competitions held at National and International level

2. Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.

3. Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.

4. Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conducting a match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition. (rules and signals)

Course Title: CALISTHENICS AND MARCH PAST-I
Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

Free Hand Exercise(Calisthenics)

Exercise on verbal command with drum and music

Light Apparatus

Exercise with dumbbells, lazium on verbal command with drum.

Mass P.T Exercises

March Past

Drum Beat, Side drum

Commands, Attention, Stand-at-Ease, Left turn, Right turn, About turn, March time, March, Eyes Right

Flag hoisting, salute, eyes left

Course Title: POSTURE AND MASSAGE
Paper Code: PHE 118

L	T	P	Credits	Marks
4	0	0	4	100

UNIT- I

Introduction, meaning and types of posture, causes of poor posture, prevention and remedial measures of a poor posture. Classification of Posture: (a) Good (b) 'Bantom' type; and (c) Fatigue Type. Postural defects and their causes: Kyphosis' Lordosis, Scoliosis, Bow legs, Knock knees, flat foot. Removal of Postural Defects: (a) Corrective exercise for various postural defects. (b) Psychological and habitual considerations preventing postural defects Postural defects. (c) Physiotherapy Treatment in correcting postural defects.

UNIT-II

Definition of Remedial Massage. History of Massage. Benefits of Massage and its guidelines. Types of Massage. The general effects of massage with practical instruction on mechanical points. Classification of Manipulation and Movements:

UNIT - III

Application of Massage on different body parts: The technique of massage for the human back, chest, abdomen, head and face. b. The technique of massage for the human limbs and back with the practical instruction. Indications and contraindications of massage. Principles and effects of Massage. Career prospects.

UNIT-IV

Classification of positions: Classification of the fundamental positions, the derived and modified positions and its respective purposes. Exercises with practical instructions in Free mobility exercises, assisted exercises and Resisted exercises. Exercises with practical instruction in exercises for: (a) foot and knee joints. (b) finger, wrist, elbow, radius-ulna joints. (c) trunk, shoulder joint and head

REFERENCES:

- Mary V. Laoe : Massage and Medical Gymnastics, 1956.
- Tidy : Massage an4a Remedial Gymnastics, 1976.
- Joke Ernest : Scope of Exercises in Rehabilitations.
- Joke Ernest : Philosophy of Exercises. 5. Horns Kans : Therapeutic Exercises.

Course Title: FUNDAMENTALS OF KINANTHROPOMETRY
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

Unit-I

Introduction

- Meaning and definition of Anthropometry and Kinanthropometry.
- A brief historical background of Kinanthropometry.
- Factors affecting Kinanthropometry.
- Basic sights of measuring human body in Kinanthropometry.
- Scope of Kinanthropometry
 - a. Sports Scientists,
 - b. Physical Educationist,
 - c. Coaches,
 - d. Human Biologists,
 - e. Physical Anthropologists

Unit-II

Human Body Measurements

- Meaning of human body measurements
- Techniques of human body measurements
 - a. Different Height Measurements.
 - b. Different Width Measurements.
 - c. Different Girth Measurements.
 - d. Methods for Determination of Age:
 - Chronological, Skeletal , Dental , Physiological and Training

Unit-III

Human Body Composition

- Elementary Composition of Human Body.
- Models of Body Composition.
- Methods for Estimating Body Fat.
 - a. Densitometry,
 - b. Body Mass Index,
 - c. Skin Fold Method (Four Sites),
 - d. Hydro Static Weighing,
 - e. Bioelectrical Impedance Analysis,
 - f. Magnetic Resonance Imaging (MRI),
 - g. BodPod

Unit-IV

Human Growth

- Meaning and Definition of Growth.
- Phases of growth
- Methods of Studying Human Growth.
- Factors affecting growth.

Somatotyping

- Meaning and definition of Somatotyping
- Viola's and Kretschmer's Classification
- Sheldon's Methods of Somatotyping
 - a. Endomorphy,
 - b. Mesomorphy,
 - c. Ectomorphy
- Heath-Carter procedure for Anthropometric Somatotype

REFERENCES:-

- Koley Shyamal and Sandhu Jaspal Singh, “An Introduction to KINANTHROPOMETRY”, Friends Publications 2005.
- Ross W.D. and Wilson N.C., “A Stratagem for Proportional Growth Assessment” 1974.
- Ross W.D., “Kinanthropometry: An Emerging Scientific Technology” Miami 1978.

Course Title: English Literature and Communication Skills-II**Course Code: ENG 156 A****Total Lectures: 45**

L	T	P	Credits
4	0	0	4

Course Objective:

- To enhance students’ vocabulary and comprehensive skills through prescribed texts.
- To hone students’ reading skills.
- To develop literary sensibility
- To polish students’ grammar

Learning Outcomes:

Students will be able to improve their reading skills as well as will enrich their word power and grammar. They will also be able to critically respond to the literary texts.

Unit 1**Grammar**

Unit 1 to 25

Murphy's English Grammar, (Raymond Murphy), 3rd Ed. CUP 2004, Rept. 2005

Unit 2**Literature-I***The Race of My Life*- Milkha Singh**Unit 3****Literature-II**

- ‘The Gold Medal’ in *The Greatest: My Own Story*- Muhammad Ali
- ‘Mr. Indian Official: Thanks for Nothing’ in *A Shot at History*- AbhinavBindra
- ‘Night Golf’- Billy Collins

Unit 4**Reading Skills**

Reading Comprehension

(Teacher shall cover this topic from *Communication Skills* by Sanjay Kumar and PushpLata, OUP, India. Students will be encouraged to read sports news and columns from reputed English newspapers.)

SEMESTER - III

Course Title: FITNESS MANAGEMENT
Paper Code: PHE

L	T	P	Credits
4	0	0	4

UNIT-I

Meaning and Definition of Fitness and Its Components. Concept of Fitness Management in Modern Era. Basic Principles of Physical Fitness: How much physical activity is enough? Benefits of physical activity. Health related components of physical fitness, skill related components of fitness. Principles of physical training: Specificity, progressive overload (FITT), Reversibility, individual difference. Prominent Health Problems associated with inactivity.

UNIT-II

Developing a personal fitness plan: Guidelines for personal fitness plan- set goals, select activity, set target, system of mini goals & rewards, lifestyle activity, monitoring, commitment. Maintaining fitness program for life. Exercise guidelines for people with special concerns- arthritis, asthma, diabetes, heart disease, hypertension, obesity. Exercise guidelines for life stages: children & adolescents, pregnant women, older adults. Benefits of aerobic exercises and monitoring heart rate.

UNIT-III

Establishment and Management of Fitness Centre: Environmental Considerations for fitness center., Formalities prior to conducting fitness programme for various categories of clients. Principle of starting a fitness center- location, policy, offer of programmes, record keeping, public relation. Purchasing and maintenance of fitness equipments. Fitness centre membership and its types.

UNIT-IV

Trends in weight loss, weight gain. Causes of obesity, implications of overweight & obesity. Underweight conditions & eating disorders. Calculation of Target Heart Rate Zone for exercise. Concept of free weight Vs. machine, sets and repetitions, variation of sets and repetitions for weight training. Career option and business of fitness center: Qualification and qualities for a fitness trainer. Management skills needed for a successful fitness manager. Instructor's duties for handling beginners.

REFERENCES:

- Fahey, Insel, Roth (2004). Fit & well (6th Ed.). Boston: McGraw Hill co.
- Greenberg, Dintiman, Oakes. (2004). Physical fitness & wellness (3rd Ed.). IL: Human Kinetics
- Durstine & Moore (2003) ACSM's exercise management for person's with chronic diseases & disabilities (2 nd Ed.) IL: Human Kinetics.
- Uppal and Gautam., Health and Physical Education, Friends Publication, 2008.

- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

Course Title: SPORTS JOURNALISM

Paper Code: PHE

L	T	P	Credits
4	0	0	4

UNIT-I

- Meaning, definition and concept of journalism.
- Historical background of journalism.
- Introduction to Mass Media; Print, Electronic and Informal media.
- Role of Journalism in society.
- Role of IT in Journalism.
- Problems of Journalism, Press Council of India and its Role, Characteristic of Good Journalist.
- Sports Writers, Commentators and Broadcasters.

UNIT-II

- News Content: Entertainment Features, Timely and Timeless, Stories, Levels of News.
- Hard News, Soft News, Objectives of News writing
- The “New” Journalism
- Procedure of News writing: The Heading, The Slug,
- Writing of News Papers Story

UNIT-III

- Ethical Journalism and the Laws: Libel, Definition of libel,
- Making of the Head lines
- Supplements and Sections: Types of stories, Scores alone, Women section, Traditional contents, Sunday Magazines and other sections.
- Ingredients of News
- Concept of 5 W’s
- Beat Reporting: Defining a beat, Types of Beat
- Lead: Types of Lead.

UNIT-IV

- Starting of campus or student Newspaper: Paper Dimension and Quantity. Cost of Illustration, Delivering the newspaper, Finance, Sales of advertising, establishing newspaper policies, Formation of an editorial board. •Selecting staff members, Choosing the Editors and Evaluating the Newspapers success.
- Opportunities in Journalism
- Starting positions
- Writing reports of sports events
- Covering sports for radio and television channels (Art of Commentating)

REFERENCES:

- Aamidor A (2003). Real Sports Reporting. Indiana University Press. Valparaiso. Indiana. U.S.A.
- Ahuja, B.N (1988).Theory and Practice of Journalism. Surjeet. Delhi.
- Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
- Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.

Course Title: TRACK AND FIELD-I
Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

Introduction of events, Brief History

Rules and Regulations: Rules according to IAAF

Equipment's Required and Marking

Conditioning: Specific exercises for conditioning

Techniques: Phases of the event / Different Stages of Teaching

Officiating: Total number of officials required, Position of officials, Officiating signals, Preparation and filling of Score sheet.

Marking of the arena and sector.

REFERENCES:

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006), New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),New Delhi.
- SayalMeenu, Teach Yourself Running, PrernaPrakashan,(2005),Delhi.
- NarangPriyanka, Teach Yourself Jumping, PrernaPrakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: GAME SPECIALIZATION – III
Paper Code: PHE

L	T	P	Credits	Marks
0	0	8	4	100

Historical Development of the sports at National and International level. Important Tournaments/Competitions held at National and International level

Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.

Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.

Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conducting match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition (rules and signals)

Course Title: EDUCATIONAL PSYCHOLOGY AND COUNSELLING
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-I

Psychology and Educational Psychology.

- Meaning, Definition, Nature and Scope of Psychology and Educational Psychology
- Importance of Educational Psychology for the teacher.
- Historical Development of Educational Psychology.
- Psychology and its usefulness in the field of Physical Education.
- Methods of studying human behaviour: Introspection, observation method, experimental method, clinical and case study methods.

UNIT – II

Growth and Development

- Meaning of growth and development.
- Nature of growth and development.
- Characteristics or principles of growth and development.
- Distinction between growth and development.
- **Stages of growth and development.** Psychological and Emotional development during different stages of Growth and Development.
- The role of physical education and sports in solving the problems faced by adolescents.
- Educational implications of Principles of growth and development.
- Factors affecting growth and development – Heredity and Environment.

UNIT - III

Learning

- Learning: Meaning, definition and Nature of learning.
- Factors affecting learning. Principles of learning.
- Laws and associated laws of learning given by Thorndike.
- Individual differences: Meaning, Definitions and Areas.
- Nature of Individual Differences, Causes of Individual Differences, Sport and Individual Differences
- Transfer of training: Meaning and definitions.
- Theories of transfer of training: Theory of mental discipline (Faculty Theory), Appreciation theory of Transfer training, Theory of Identical Elements, Theory of Generalization, Transposition Theory of Transfer Training and Theory of Ideals.
- Factors affecting transfer of training, Educational implication of transfer of training.

Unit-IV

Guidance and Counseling

- Meaning and concept of guidance, Purpose and need of guidance programmes, Organisation of the guidance programme in schools.
- Meaning, Definition and types of counseling. Characteristics or qualities of an effective counselor.
- Principles of counseling, duties and functions of counseling.

REFERENCES:

- Singh Jeet and Vaid, Rajesh, “Physical Education and Sports Psychology” (2007) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Gangopadhya, S. R. “Sports Psychology”, (2007) Sports Publication G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Singh Ajmer and et al, “Essential of physical Education” (2007) 3rd edition, Kalyani Publisher 1/292, Rajinder Nagar Ludhiana Punjab.
- K. K. Bhatia and et al, “Advance Educational Psychology of Teaching” Learning Process” (2005)
- Mangal S.K. “Advance Educational Psychology” (2004)
- Dweey John, “Psychology”(1998) Khel Sahitya Kendra, New Delhi 1998
- Mathur, S.S. “Educational Psychology” (1994) Vinod Pustak Mandir Agra.

Course Title: SPORTS MARKETING
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT - I

Introduction to sports marketing. Scope of sports marketing. Internal marketing, stakeholders and consumers of the sports industry. Sports marketing environments and markets. Sports marketing strategy. Media policies. Public relations in sports policy.

UNIT - II

Benefits of Sport Marketing, Sports marketing revenue & The difference between indirect and direct sources. The marketing of sports teams and events. The marketing of products through sport. Examples of marketing of products through sport, TV advertising during broadcast sports events, Marketing of Athletics through Social Media , Grassroots sport marketing.

UNIT - III

Introduction to Sponsorship: Concepts, Objectives and Components. Sponsorship of events, Sponsorship of teams, Pre-Event Evaluation: The Assessment of Sponsorship Opportunities. Developing a Promotional Strategy for the Marketing of Sports Products. Pricing Decisions in Sports Marketing

UNIT – IV

Emerging Issues and controversies in Sports Marketing. Relationship Marketing in the Business of Sports and Principals of relationship marketing. The Role of Technology in Sports Marketing.

REFERENCES:

- Aral, A., Y. J. Ko and S. Ross (2014). “Branding athletes: Exploration and conceptualization of athlete brand image”. *Sport Management Review*, 17 (2): 97-106.
- Biscaia, R., A. Correia, S. Ross, A. Rosado and J. Maroco (2013). “Spectator-based brand equity in professional soccer”. *Sport Marketing Quarterly*, 22 (1): 20-32.
- Carlson, B. D. and D. T. Donovan (2013). “Human brands in sport: Athlete personality and identification”. *Journal of Sport Management*, 27 (3): 193-206.

- Kelly, S. J., T. B. Cornwell, L. V. Coote and A. R. McAlister (2012). ““Event-related advertising and the special case of sponsorship-linked advertising””. *International Journal of Advertising*, 31 (1): 15-37.
- Levin, A., J. Cobbs, F. Beasley and C. Manolis (2013). “Ad nauseam? Sports fans’ acceptance of commercial messages during televised sporting events”. *Sport Marketing Quarterly*, 22 (4): 193-202

Course Title: English Literature and Communication Skills-III
Course Code: ENG 157 A
Total Lectures: 45

L	T	P	Credits
4	0	0	4

Course Objective:

- To enhance students’ vocabulary and comprehensive skills through prescribed texts.
- To hone students’ reading and writing skills.
- To develop literary sensibility
- To polish students’ grammar

Learning Outcomes:

Students will be able to improve their reading and writing skills; they will have better vocabulary and grammar. They will also be able to critically respond to the literary texts.

Unit 1

Grammar

Unit 26 to 48

Murphy's English Grammar, (Raymond Murphy), 3rd Ed. CUP 2004, Rept. 2005.

Unit 2

Literature-I

Unbreakable- Mary Kom

Unit 3

Literature-II

- ‘The Sporting Spirit’- George Orwell
(*Selections from Modern English Prose*, Edited by Haladhar Panda. Hyderabad: University Press, 1983)
- ‘Is My Team Ploughing’- A.E. Housman
- ‘The Homesick Colonial and the Imitative Native’ in *A Corner of a Foreign Field: The Indian History of a British Sport*– RamachandraGuha

Unit 4

Writing Skills

A. The Art of Condensation / Précis Writing

B. Sports News Writing

Analysis of Current Sports Columns from *The Tribune* (Any Ten)

SEMESTER - IV

Course Title: ORGANISATION AND ADMINISTRATION

Paper Code: PHE 211

L	T	P	Credits
4	0	0	4

UNIT - I

Meaning and Definition of Planning, Organisation & Administration and their nature and scope. Scheme of organisation in school, college and university. Scheme of organisations of Physical Education and sports at national, state and district levels.

UNIT - II

Facilities and Equipment: Lay-out of Physical Education facilities—indoor and outdoor. Need and Importance of equipment for physical educations. Procedure in purchase of equipment. Development of improvised equipment. Care, maintenance and disposal of unserviceable equipment. Staff and Leadership: Role of leadership in efficient management of Physical Education programme in an organisation. Qualities of good teacher/leader of Physical education. Importance of qualified teacher/leader of physical education. Student's leadership, its importance and limitations. Staff Co-operations. Selection and Training of student's leader.

UNIT-III

Tournaments: Types of tournaments. Intramurals: Its importance and planning. Events of competitions, time and facility factor. Point system, awards, recognitions. Extramural: Outcomes of participations (Educational) Limitations in participations. Selection and training of teams. Participation, finance and other aspects. Organising a successful Athletic Meet: Pre-Meet, During Meet & Post meet duties.

UNIT-IV

Public Relations: Definition and need. Principle of public relations in physical education. Techniques in public relations and their use in media. Relations with parents, public and other bodies. Demonstration, and displays on special occasions. Office Management and Budget: Maintenance of Records. Office Correspondence, and reports. Physical education budget and its preparation. Income and expenditure (sources) Petty Cash. Time table: its need & importance, principles to be kept in mind while constructing time table.

REFERENCES:

- Joseph, P.M.(1963), Organisation of Physical Education, The Old Students' Association, TiteKandivali (Bombay),.
- Voltmer, EE, et al.(1979), The Organisation and Administrations of Physical Education, New Jersey, Prentice Hall Inc.,.
- Bucher, C.A.(1983), Administration of Physical Education and Athletic Programme, London, The C.V. Mosby Company.
- Zugler, E.F. and Bowle, G.W.(1983) Management Competency, Developments in Sports and Physical Education, Philadelphia, Lea and Febiger,.
- Maheshwari, B.L.(1982), Management by Objectives, New Delhi, Tata McGraw Hill Publishing Company Ltd.,.

Course Title: GLOBAL PERSPECTIVE IN SPORTS BUSINESS.

L	T	P	Credits
4	0	0	4

Paper Code: PHE

UNIT-I

Introduction: Organization, economic system & Global business.

The Sports Industry in the 21st Century.

Marketing strategies & techniques,

Importance of sports business.

Sports business ideas

UNIT-II

Branding—Is there an audience for your brand in Sports.

The marketing of sport and the marketing through sport as an introduction to branding and how commercial organisations utilize the attractiveness of sport as vehicle to influence their own customers. Why do commercial organisations sponsor charities and charitable events.

Letter writing to request for sponsorship. Proposal for sponsorship

UNIT-III

Strategic Marketing in Sports & Strategic management

ROI: Definition & ways to measure ROI

Market Segmentation: Definition, factors, strategies & types

Segmenting the Sports Fan Marketplace: Where to start Marketing.

The Value and ROI of Sports Sponsorships and Partnerships

UNIT-IV

Sports event planning, marketing and execution.Sports Events checklist

Sports—Opportunities and Threats—Why you need integrated marketing.

Ethical issues in sport

REFERENCES:

- Beech J & Chadwick, S (Eds), (2004), The Business of Sport Management, Pearson FT/Prentice Hall, Harlow.
- Chadwick, S & Arthur, D (Eds), (2008), International Cases in the Business of Sport, Butterworth-Heinemann, Oxford.

- Dawson, P, (2011), The Economics of Sport: An Integrated Approach, Routledge, London.
- Donnelly, P &Coakley, J, (2011), Sports: A Short Introduction, Routledge, London.
- Trenberth, L & Hassan, D (Eds), (2011), Managing Sport Business: An Introduction, Routledge, London.

Course Title: GAME SPECIALIZATION – IV
Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

1. Historical Development of the sports at National and International level. Important Tournament/Competition held at National and International level

2.Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.

3.Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.

4.Sports Specific Skill Test.Knowledge of rules and regulations. Duties of official & conduct of official match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition (rules and signals)

Course Title: TRACK AND FIELD-II
Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

Introduction of events, Brief History

Rules and Regulations: Rules according to IAAF

Equipment's Required and Marking

Conditioning: Specific exercises for conditioning

Techniques: Phases of the event / Different Stages of Teaching

Officiating: Total number of officials required, Position of officials, Officiating signals, Preparation and filling of Score sheet.

Marking of the arena and sector.

REFERENCES:

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006), New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),New Delhi.
- SayalMeenu, Teach Yourself Running, PernaPrakashan,(2005),Delhi.
- NarangPriyanka, Teach Yourself Jumping, PernaPrakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: ORGANIZATIONAL BEHAVIOUR
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT - I

Organizational Behaviour: Definition of Management, Organization and Organizational Behaviour; Elements of Organizational Behaviour. Nature of Organizational Behaviour; need, purpose and importance for studying Organizational Behaviour, Levels of Analysis; Six Fundamental Concepts of Organizational Behaviour; Holistic Organizational Behaviour. Limitations and Failure of Organisational Behaviour

FOUNDATION OF INDIVIDUAL BEHAVIOUR: - Individual Behaviour, Nature of Individual Differences; Important Dimensions of Individual Differences- Self Concept, Self Esteem, Self-Efficacy and its Implications for Managers; Personality Dimensions; Abilities, Skills and Competencies; Physical and Intellectual Abilities; personal values and Ethics.

UNIT - II

ATTITUDE - Meaning and Definition, Components of Attitude (Affective, Cognitive and Intentional); Attitude Formation and Change- Work Related Attitudes, Job Satisfaction, Organizational Commitment and Involvement; Attitude- its Importance in Organizational Behaviour.

PERCEPTION: Meaning, Definition and Basic Perceptual Processes (Selective Perception, Stereo- -typing Perception, Perception and Attribution); Impression Management. The Process of Impression Management, Employees' Impression Management Strategies, Coping with Individual Differences.

UNIT – III

CONFLICT AND ORGANIZATIONAL BEHAVIOUR-: Meaning, Definition, Types, and Reasons for Conflict; Dynamics of Inter-Group Conflict, Group Strategies to Gain Power; Direct and Indirect Methods to Solve Inter Group Conflicts.

JOB SATISFACTION: Meaning and Definition of Job Satisfaction; Factors Relating to Job Satisfaction- Personal Factor, Job Factors and Organizational Factors; Importance of Job Satisfaction Evaluation and Measurement of Job Satisfaction. Measures / Steps to Enhance Job Satisfaction.

UNIT- IV

ORGANIZATIONAL COMMUNICATION- Meaning and Definition, Objectives, Importance of Organizational Communication; Communication Process, Methods of Communication and their

Advantage and Disadvantages; Forms of Organizational Communication-, Barriers to Communication and Overcoming of Communication Barriers and Guidelines for Effective Communication.

STRESS MANAGEMENT IN ORGANIZATIONAL BEHAVIOUR- Meaning and Definition and Sources of Job Stress; Factors of Stress- Organizational and Personal Factors; Effects of Job Stress on Individual, Family and Organization; Methods of Managing Stress.

Management of Change- Meaning and Forces for Change- External and Internal and Nature of Change; Approaches to Organizational Change- A Comprehensive Model Change-Seven Steps; Resistance to Change, Source of Resistance to Change- Organizational and Individual, Overcoming Resistance to Change; Organizational Development- Nature and Interventions with Techniques.

REFERENCES:

- “Organisation Behaviour (1996) Stephen Robbins New Delhi, Prentice Hall.
- “Organisational Behaviour” Fred Luthans (1997) New York, Mc Graw Hill.

Course Title: SPORTS SOCIOLOGY
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

Unit-I

- Meaning, definition, nature and scope of sociology and sociology of sports.
- Basic concepts of sociology: family, society, community, association, institution, state, folks, culture, value and norms.
- Relationship of sports sociology with other disciplines. Psychology, history of mankind and physical education.
- Historical approaches to social theory: Agency theories (social action theory) and structure theories (social system theories).
- The History of sociology of sport: The developmental phase of the sociology of sports - reflection, reproduction and resistance.
- Methodology and future trends in the sociology of sport.

Unit – II

- Politics and sport: Definitions of politics, policy, the state and government.
- Women participation in the Olympic Games – (brief history of female experience of sport and changing trends).
- Economy and sports industry, sponsorship, tourism, hotel industry and entertainment.
- Social exclusion (sexually, gender, race, age, ethnicity, disability location and poverty).
- Brief description of social exclusion and poverty and its relationships with sport and leisure.
- Combating poverty and exclusion in sport and leisure – talent search schemes / cards.

Unit-III

- Sports as a game occurrence
- Sports as an Institutional game.
- Sports as a social institution.
- Sports as a Social Situation or Social System.
- Sports and Sportsmanship.
- Sports and Personality.

UNIT - IV

- Background of sport and disability.

- Constraints of disabled people in participation in physical activity and sports; (lack of motivation and confidence; negative school experience; no proper support from family, friends and society, lack of information on opportunities; transport problems; lack of time and money; poor physical access; poor knowledge of provisions among physical education teachers; poor physical education training for teachers in special schools).
- The Paralympics movement: classification, integration and the Paralympics.
- Perspectives on disability sport.
- Sport as a form of therapy and socialization.

REFERENCES:

- Barric Houlihan, "Sports and Society", SAGE Publication, (2005) 2nd edition, New Delhi.
- Singh, Yadwinder "Sociology in Sports", (2005) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Sharma, Sita Ram "Sociological Foundation in Physical Education and Sports" (2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- Jay Coaklay, Sports in Society, (2004) McGraw Hill Publication.

Course Title: English Literature & Communication

Skills-IV

Course Code: ENG 158 A

Total Lectures: 45

L	T	P	Credits
4	0	0	4

Course Objective:

- To enhance students' vocabulary and comprehensive skills through prescribed texts.
- To hone students' reading and writing skills.
- To develop literary sensibility
- To polish students' grammar

Learning Outcomes:

Students will be able to improve their reading and writing skills; they will have better vocabulary and grammar. They will also be able to critically respond to the literary texts.

Unit 1

Grammar

Unit 49 to 81

Murphy's English Grammar, (Raymond Murphy), 3rd Ed. CUP 2004, Rept. 2005.

Unit 2

Literature-I

- 'The Mystery of the Barefoot Footballers'
- 'That Tragic November Day of 1982'
- 'Gold, Silver, and Bronze'

(From *The Best of Indian Sports Writing*. Ed. Sundeep Misra. Delhi: Wisdom Tree, 2013. Print.)

Unit 3

Literature-II

- Opportunity for Youth by Jawaharlal Nehru
(*Selections from Modern English Prose*, Edited by Haladhar Panda. Hyderabad: University Press, 1983)
- 'Vitai Lampada' - Sir Henry Newbolt

- C. 'Baloo's Struggle' in *A Corner of a Foreign Field: The Indian History of a British Sport*–
RamachandraGuha

Unit 4

Writing Skills

- A. Formal Letter Writing and Email
B. Report Writing (Based on games and sports)
C. Transcoding: Prose to Dialogue/Dialogue to Prose

SEMESTER – V

Course Title: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Meaning, Definition and Scope of Physical Education. Aims and Objective of Physical Education. Importance of Physical Education in present era. Misconceptions about Physical Education. Relationship of Physical Education with General Education. Physical Education as an Art and Science.

Principles of Physical Education.

UNIT- II

Biological basis of Physical Education, Growth and development, its principles. Age and gender characteristics, Body Types, Sights of Anthropometric measurements.

Psychological basis of Physical Education: Play and Play theories.

Sociological basis of Physical Education, Socialization process, Social nature of men and Physical Activity: Society and culture, Social acceptance and recognition, Social integration and cohesiveness, Sports as cultural heritage of mankind, customs, traditions and sports, competition and cooperation. Leadership.

Philosophical basis of Physical Education, Philosophies of Physical Education: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism.

UNIT- III

Historical Development of Physical Education in India. Indus Valley Civilization Period. (3250 BC – 2500 BC) Vedic Period (2500 BC – 600 BC) Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD) Medieval Period (1000 AD – 1757 AD) British Period (Before 1947) Physical Education in India (After 1947) Contribution of Akhadas and Vyayamshalas .Y.M.C.A. and its contributions. Recent National policy of Sports and Physical education.

UNIT-IV

Physical Education in Ancient Greece, Rome, Contemporary Germany, Sweden, Denmark and Russia.

Modern perspectives: USA, UK and China.

Career Avenues, National awards, recent awardees and Honours

Major tournaments and Competitions related to various sports/games.

REFERENCES:

- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande,
- S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
- Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.

Course Title: ANATOMY AND EXERCISE PHYSIOLOGY

Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-I

Brief Introduction of Anatomy and physiology in the field of Physical Education. Introduction of Cell and Tissue.

Skeleton: Axial and Appendicular, gender differences.

Bone: definition, structure, types and functions.

Joints: types and movement.

Muscle: definition, meaning, Structure, types, location and functions. Sliding filament theory.

UNIT-II

Blood: Constituents of blood and their function. Blood groups and blood transfusion, clotting of blood

Circulatory system: Structure of heart and blood vessels. Types of circulation.

Properties of the heart muscle, Terminologies: cardiac cycle, cardiac output, blood pressure: diastolic, systolic. Athletic heart

The Respiratory system: Types, organs, structure and mechanism of respiration. Respiratory volumes, VO_2 max. ,oxygen debt, second wind

UNIT-III

Digestive System: Organs and mechanism of Digestion, nerve control of Digestive system.

Nervous System: Parts of Nervous system, functional classification of nervous system.

UNIT-IV

Balanced Diet and diet before, during and after competition. Daily energy requirement.

Bio-energetics: Utilization of carbohydrate, fats, vitamins, proteins in energy production.

REFERENCES:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.

- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications. Morehouse,
- L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

Course Title: GAME SPECIALIZATION – 5
Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

1. Historical Development of the sports at National and International level. Important Tournament/Competition held at National and International level

2. Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.

3. Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.

4. Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conduct of official match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition.(rules and signals)

Course Title: DRILLS & CALLISTHENICS – III
Paper Code: PHE

L	T	P	Credits	Marks
0	0	6	4	100

Free Hand Exercise(Calisthenics)

Exercise on verbal command with drum and music

Light Apparatus

Exercise with dumbbells, laziium on verbal command with drum.

Mass P.T Exercises

March Past

Drum Beat, Side drum

Commands, Attention, Stand-at-Ease, Left turn, Right turn, About turn, March time, March, Eyes Right

Flag hoisting, salute, eyes left

Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri

Apparatus/ Light apparatus Grip. Attention with apparatus/ Light apparatus . Stand – at – ease with apparatus/ light apparatus. Exercise with verbal command,drum, whistle and music – Two count, Four count, Eight count and Sixteen count. o Standing Exercise o Jumping Exercise o Moving Exercise Combination of above all

Course Title: OLYMPIC MOVEMENT

Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Origin of Olympic Movement. Philosophy of Olympic movement. The early history of the Olympic movement. Educational and cultural values of Olympic movement

UNIT – II

Modern Olympic Games: The significant stages in the development of the modern Olympic movement. Significance of Olympic Ideals, Olympic Rings, Olympic Torch, Olympic Flag. Olympic Protocol for member countries. Olympic Code of Ethics. Olympism in action. Sports for All

UNIT – III

Different Olympic Games. Para Olympic Games. Summer Olympics. Winter Olympics. Youth Olympic Games

UNIT – IV

Committees of Olympic Games. International Olympic Committee - Structure and Functions. National Olympic committees and their role in Olympic movement. Olympic commission and their functions. Olympic medal winners of India

REFERENCES:

- Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. &Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner

Course Title: FUNDAMENTALS OF COACHING AND OFFICIATING

Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-1

Coaching:- Meaning & definition, Sports training- meaning, definition, aims, objectives, Characteristics and principles. Coach:- Qualification, qualities, characteristics and responsibilities. Warming up, Conditioning, Cooling down --- Meaning, benefits and significance. Fitness:- Meaning and components of physical fitness, motor fitness and health related physical fitness.

Load and Recovery:- Meaning, factors-intensity & volume, judgement of load.Over load:- Meaning and tackling over load. Recovery:- Phases, means and factors affecting recovery

UNIT-2

Training methods:- Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek/speed play and weight training). Development of Techniques and Tactics. Psychological preparation of team and individual sports persons. Concept of different training periods:-Periodisation-Preparatory, Competition and Transition periods and their aim and objectives. Preparing coaching schedule – Yearly and Short term.

UNIT-3

Officiating- Meaning and principles. Reasons for poor officiating and their remedies. Duties of officials:- Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Handball, Hockey,Kabaddi, Kho-Kho and Volleyball.Marking of Track/Field/Court/ground for following: - Athletics, Badminton, Basketball, Cricket,Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

UNIT-4

Rules and their interpretations of events in Athletics.Rules and their interpretations of larger area games:- Cricket, Football, Handball and Hockey.Rules and their interpretations of small area games:- Badminton, Basketball, Kabaddi, Kho-Kho andVolleyball.

REFERENCES:

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology.New York: M.C. Graw Hill.

Course Title: English Literature and Communication

Skills- V

Course Code: ENG 159 A

Total Lectures: 45

L	T	P	Credits
3	1	0	3

Course Objective:

- To enhance students' vocabulary and comprehensive skills through prescribed texts.
- To hone students' reading skill.
- To develop literary sensibility
- To polish students' grammar

Learning Outcomes:

Students will be able to improve their reading skill; they will have better vocabulary and grammar. They will also be able to critically respond to the literary texts.

Unit 1

Communication Skills

Verbal and Non-verbal Communication: Concept and Face-to-face Communication (Formal and Informal)
Interview Skills

Unit-2

Literature

- A. Guru Nanak:
(i) As pieces of metal of the same kind melt into one another
(ii) The body is like a pitcher of soft clay
(iii) The Simal tree is huge and straight
- B. *Bhagavad-Gita As It Is* : Chapter- 3, (The Eternal Duties of a Human Being/ Karma
Yog)

Prabhupada, A.C. Bhaktivedanta. *Bhagavad-Gita As It Is*. India: The Bhaktivedanta Book Trust, 2012
(38th Printing). Print.

- C. Swami Vivekanand: 'Work and its Secret'

Unit 3

Grammar

Unit 82 to 112

Murphy's English Grammar, (Raymond Murphy), 3rd Ed. CUP 2004, Rept. 2005.

Unit 4

Building Advanced Vocabulary

Synonyms and Antonyms

Sports and Games Terminology

**Course Title: English Literature and Communication
Skills- V (Lab.)**

Course Code: ENG 159 B

Course Objective:

- To improve fluency in speaking English.
- To promote interactive skills through Group Discussions and role plays.

Learning Outcome: Students will be able to speak in English confidently and fluently. In addition, they will develop a technical understanding of language learning software, which will further help them improve their communicative skills.

Unit -1

Practical Approach to Listening and Speaking

Listening: Throughout the course, listening will be a part of activities at every level and the focus will be to provide the learners with enough samples in order to encourage auditory understanding.

Speaking: The students shall be introduced to RP symbols and English Pronunciation dictionary by Daniel Jones. The focus shall be on correct articulation/ production of speech sounds, stress and intonation.

Part-I: Phonetics

Part-II: English Conversations (Unit 1 to 20)

Prescribed Textbook:

- A PRACTICAL COURSE IN SPOKEN ENGLISH By J. K. GANGAL (PHI Private Limited, 2012)

Unit-2

- Basics of Sports Commentary

Instructions:

1. Each student will prepare a scrap file on any of the topics given by class teacher. Student should be able to justify the contents of his/her Scrap file. Marks will be given for originality, creativity and presentation of thoughts.
2. In the end of semester, viva exam will be conducted. Spoken English will be the focus of exam. Examiner will ask questions related to scrap file and other general (non-technical) topics.
3. Acknowledge all the sources of information in your scrap file.
4. This paper includes only one evaluation in the end term examination.

References:

Books

1. Gangal, J. K. *A Practical Course in Spoken English*. India: Phi Private Limited, 2012.
2. Kumar, Sanjay and PushpLata. *Communication Skills*. India: OUP, 2012.

SEMESTER - VI

Course Title: YOGA EDUCATION
Paper Code: PHE

L	T	P	Credits	Marks
3	0	0	3	75

UNIT – I

Introduction: Meaning and Definition of Yoga, Aims and Objectives of Yoga, Yoga in Early Upanisads, The Yoga Sutra: General Consideration, Need and Importance of Yoga in Physical Education and Sports

UNIT – II

Foundation of Yoga, The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

UNIT - III

Asanas : Meaning, definition, types and benefits. Effect of Asanas and Pranayama on various system of the body , Classification of asanas with special reference to physical education and sports, Influences of relaxative, meditative posture on various system of the body, Types of Bandhas and mudras, Type of kriyas

UNIT – IV

Yoga Education o Basic, applied and action research in Yoga o Difference between yogic practices and physical exercises o Yoga education centers in India and abroad o Competitions in Yogasanas

REFERENCES:

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.
- Rajjan, S. M. (1985). Yoga strentheningofrelexation for sports man. New Delhi:Allied Publishers.
- Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). Yoga for health. Delhi: KhelSahitya Kendra.

Course Title: YOGA EDUCATION (PRACTICALS)
Paper Code: PHE

L	T	P	Credits	Marks
0	0	2	1	25

Surya Namaskara,

Pranayams

Corrective Asanas

Kriyas

Asanas

Standing

Sitting

Laying Prone Position,

Laying Supine Position

Inverted Position

Course Title: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Introduction: Education and Educational Technology- Meaning and Definitions, Types of Education- Formal, Informal and Non- Formal education. Educative Process, Importance of Teaching aids and Methods of Teaching.

UNIT – II

Teaching Technique– Lecture method, Command method, Demonstration method, Imitation method, project method etc. Teaching Procedure – Whole method, whole – part – whole method, by part method. o Presentation Technique – Personal and technical preparation, Command-Meaning, Types and its uses in different situations.

UNIT – III

Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids. Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc. Team Teaching – Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid.

UNIT – IV

Lesson Planning and Teaching Innovations: Lesson Planning – Meaning, Type and principles of lesson plan. General and specific lesson plan. Micro Teaching – Meaning, Types and steps of micro teaching. Simulation Teaching - Meaning, Types and steps of simulation teaching.

REFERENCES:

- Bhardwaj, A. (2003). New media of educational planning. NewDelhi: Sarup of Sons.
- Bhatia,& Bhatia,(1959). The principles and methods of teaching. New Delhi: Doaba House.
- Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K.,Pannirselvam, A. &Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). Principles and methods of education. Jullandhar:Paul Publishers.

Course Title: GAME SPECIALIZATION – 6
Paper Code: PHE

L	T	P	Credits	Marks
0	0	8	4	100

1. Historical Development of the sports at National and International level. Important Tournament/Competition held at National and International level
2. Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.
3. Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.
4. Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conduct of official match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition. (rules and signals)

Course Title: TRACK AND FIELD-IV (RUNNING EVENTS)

L	T	P	CREDITS	MARKS
0	0	8	4	100

PAPER CODE: PHE

Introduction of events, Brief History

Rules and Regulations: Rules according to IAAF

Equipment's Required and Marking

Conditioning: Specific exercises for conditioning

Techniques: Phases of the event / Different Stages of Teaching

Officiating: Total number of officials required, Position of officials, Officiating signals, Preparation and filling of Score sheet.

Marking of the arena and sector.

REFERENCES:

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006), New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),New Delhi.
- SayalMeenu, Teach Yourself Running, PrernaPrakashan,(2005),Delhi.
- NarangPriyanka, Teach Yourself Jumping, PrernaPrakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION
Paper Code: PHE

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Concept of Physical Education and Fitness. Definition, Aims and Objectives of Physical Education, fitness and Wellness. Importance and Scope of fitness and wellness. Modern concept of Physical fitness and Wellness. Physical Education and its Relevance in Inter Disciplinary Context.

UNIT – II

Fitness, Wellness and Lifestyle. Fitness – Types of Fitness and Components of Fitness Understanding of Wellness. Modern Lifestyle and Hypo Kinetic Diseases – Prevention and Management. Physical Activity and Health Benefits

UNIT – III

Principles of Exercise Program. Means of Fitness development – aerobic and anaerobic exercises. Exercises and Heart rate Zones for various aerobic exercise intensities. Concept of free weight Vs Machine, Sets and Repetition etc. Concept of designing different fitness training program for different age group.

UNIT – IV

Safety Education and Fitness Promotion. Health and Safety in Daily Life. First Aid and Emergency Care. Common Injuries and their Management. Modern Life Style and Hypo-kinetic Disease –Prevention and Management.

Application of Science to Physical Education and Sports. Need of Sports law. Fitness centers, Health club, Recreation club and Adventure sports, Commercialization of sports and sports media .Gender issues in sports. Alternate career in sports

REFERENCES:

- Difiore, J.(1998). Complete guide to postnatal fitness. London:
- A & C Black,.Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.

**Course Title: SPORTS NUTRITION AND WEIGHT
MANAGEMENT
Paper Code: PHE**

L	T	P	Credits	Marks
4	0	0	4	100

UNIT – I

Introduction to Sports Nutrition, Meaning and Definition of Sports Nutrition , Balanced Diet, Basic Nutrition guidelines, Role of nutrition in sports, Factor to consider for developing nutrition plan

UNIT – II

Nutrients: Ingestion to energy metabolism, Carbohydrates, Protein, Fat – Meaning, classification and its function, Role of carbohydrates, Fat and protein during exercise, Vitamins, Minerals, Water – Meaning, classification and its function, Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

UNIT – III

Nutrition and Weight Management, Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss, Obesity – Definition, meaning and types of obesity, Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

UNIT – IV

Steps of planning of Weight Management, Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight, Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

REFERENCES:

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab*.93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity*(Silver Spring). 15(12), 3091-3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*,356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

Course Title: English Literature and Communication

Skills VI

Course Code: ENG 160 A

Total Lectures: 45

L	T	P	Credits	Marks
3	1	0	3	100

Course Objective:

- To enhance students' vocabulary and comprehensive skills through prescribed texts.
- To hone students' reading skill.
- To develop literary sensibility
- To polish students' grammar

Learning Outcomes:

Students will be able to improve their reading skill; they will have better vocabulary and grammar. They will also be able to critically respond to the literary texts.

Unit 1

Communication Skills

C.V. and Résumé

Creating and Presenting Good Presentations

Unit 2

Literature

D. *Wings of Fire: An Autobiography of APJ Abdul Kalam*

E. *Bhagavad-Gita As It Is* : Chapter- 3, (The Eternal Duties of a Human Being/ Karma Yog)

Prabhupada, A.C. Bhaktivedanta. *Bhagavad-Gita As It Is*. India: The Bhaktivedanta Book Trust, 2012
(38th Printing). Print.

Unit 3

Grammar

Murphy's English Grammar, (Raymond Murphy), 3rd Ed. CUP 2004, Rept. 2005.

Unit 113 to 145

Unit 4

Building Advanced Vocabulary

Words often Confused

Idiomatic Expressions

(Teacher shall cover this topic from *Communication Skills* by Sanjay Kumar and PushpLata, OUP, India, 2011)

**Course Title: English Literature and Communication
Skills- VI (Lab.)**

Course Code: ENG 160 B

Course Objective:

- To improve fluency in speaking English.
- To promote interactive skills through Group Discussions and role plays.

Learning Outcome: Students will be able to speak in English confidently and fluently. In addition, they will develop a technical understanding of language learning software, which will further help them improve their communicative skills.

Unit -1

Practical Approach to Listening and Speaking

Listening: Throughout the course, listening will be a part of activities at every level and the focus will be to provide the learners with enough samples in order to encourage auditory understanding.

Speaking: Revision of RP symbols. The focus shall be on correct articulation/ production of speech sounds, stress and intonation.

- English Conversations (Unit 21 to 50)

Prescribed Textbook:

A PRACTICAL COURSE IN SPOKEN ENGLISH By J. K. GANGAL (PHI Private Limited, 2012)

Unit-2

- Group Discussions
- Movie Clippings

Instructions:

1. Each student will prepare a scrap file on any of the topics given by class teacher. Student should be able to justify the contents of his/her Scrap file. Marks will be given for originality, creativity and presentation of thoughts.
2. In the end of semester, viva exam will be conducted. Spoken English will be the focus of exam. Examiner will ask questions related to scrap file and other general (non-technical) topics.
3. Acknowledge all the sources of information in your scrap file.
4. This paper includes only one evaluation in the end term examination.

References:

Books

1. Gangal, J. K. *A Practical Course in Spoken English*. India: Phi Private Limited, 2012.
2. Kumar, Sanjay and PushpLata. *Communication Skills*. India: OUP, 2012.