

DAV University, Jalandhar
Scheme of Under Graduate Course {B.Sc. in Physical Education&Health Sciences (Program ID-89)}
(3 year Course)

Semester 1

S. No	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-101	Foundations of physical education	4	0	0	4	25	25	25	25	100
2	PHE-102	Physio-Developmental Aspect of Physical Education(Anatomy and physiology)	4	0	0	4	25	25	25	25	100
Core (Practical) Course											
3	PHE-104	Game specialization-1	0	0	8	4					100
Elective Course(Any One)											
4	PHE-103	Sports Psychology	4	1	0	4	25	25	25	25	100
5	PHE-105	Sports Sociology	4	0	0	4	25	25	25	25	100
Value Based Foundation Courses											
6	EVS-101	Environmental Studies	4	0	0	4	25	25	25	25	100
7	SGS-107	Human Valuesand General studies	4	0	0	4	25	25	25	25	100
Compulsory Foundation Course											
8	ENG – 155A	English Literature and Communication Skills-I	4	1	0	4	25	25	25	25	100
			24	4	08	28					700

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

Semester 2

S. No	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-111	Health education, first aid and rehabilitation	4	1	0	4	25	25	25	25	100
2	PHE-117	Common Sports Injuries, Prevention and care	4	1	0	4	25	25	25	25	100
Core (Practical) Courses											
3	PHE-113	Game specialization-2	0	0	8	4					100
4	PHE-116	Drills /Calisthenics/March Past-I	0	0	4	2					50
Elective Course(Any One)											
5	PHE-118	Remedial massage	4	1	0	4	25	25	25	25	100
6	PHE-119	Fundamentals of Anthropometry	4	1	0	4	25	25	25	25	100
Compulsory Foundation											
7	ENG-156A	English Literature and Communication Skills-II	4	1	0	4	25	25	25	25	100
8	CSA-157	Interaction with GUI	4	0	0	3					75
9	CSA-158	Interaction with GUI Laboratory	0	0	2	1	-	-	-	-	25
			20	4	14	26					650

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

Scheme of Under Graduate Course {B.Sc. in Physical Education&Health Sciences (Program ID-89)}
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Semester 3

S · N o	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-201	Fundamentals of Fitness Management	4	0	0	4	25	25	25	25	100
2	PHE-202	Olympic Education	4	1	0	4	25	25	25	25	100
Core (Practical) Courses											
3	PHE - 207	Track and Field-I	0	0	6	4					100
4	PHE- 205	Game specialization-3	0	0	6	4					100
5	PHE - 206	Drills/Calisthenics/ March Past-II	0	0	3	2					50
Elective Course(Any One)											
6	PHE - 203	Recreation	4	0	0	4	25	25	25	25	100
7	PHE - 204	Sports Marketing	4	0	0	4	25	25	25	25	100
Compulsory Foundation Course											
8	ENG – 157A	English Literature and Communication Skills-III	4	1	0	4	25	25	25	25	100
			16	3	20	26					650

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

Semester 4

S.No	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-211	Organisation and Administration	4	1	0	4	25	25	25	25	100
2	PHE-212	Global Business of Sports	4	1	0	4	25	25	25	25	100
Core (Practical) Courses											
3	PHE-213	Game specialization-4	0	0	8	4					100
4	PHE-214	Track and Field-II	0	0	8	4					100
Elective Course(Any One)											
5	PHE - 215	Yoga and meditation	2	0	4	4	25	25	25	25	100
6	PHE - 216	Movement Education	4	1	0	4	25	25	25	25	100
Compulsory Foundation Course											
8	ENG-158A	English Literature and Communication Skills-IV	4	1	0	4	25	25	25	25	100
Elective Foundation Course											
9	PHE-217	Community service-I	0	0	2	2					50
			14/16	4	24	26					650

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

Scheme of Under Graduate Course {B.Sc. in Physical Education&Health Sciences (Program ID-89)}
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Semester 5

S.No	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-301	Sports Journalism	4	1	0	4	25	25	25	25	100
2	PHE-302	Officiating and Coaching	4	1	0	4	25	25	25	25	100
Core (Practical) Course											
3	PHE-303	Track and Field-III	0	0	8	4					100
4	PHE-304	Game specialization-5	0	0	8	4					100
Elective Course(Any One)											
5	PHE-305	Adaptive Physical Education and sports	4	1	0	4	25	25	25	25	100
6	PHE-306	Physical Activity for children	4	1	0	4	25	25	25	25	100
Compulsory Foundation Courses											
7	ENG – 159 A	English Literature and Communication Skills-V	3	1	0	3					75
8	ENG – 159B	English Literature and Communication Skills- V (Lab.)	0	0	2	1					25
Elective Foundation Course											
9	PHE-307	Community service-II	0	0	2	2					50
			16	4	20	26					650

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

Semester 6

S.No	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-112	Training methods (fundamental of sports training, physical exercise perception)	4	1	0	4	25	25	25	25	100
2	PHE-312	Contemporary Issues in Physical Education , fitness and wellness	4	1	0	4	25	25	25	25	100
Core (Practical) Courses											
3	PHE-313	Track and field-IV	0	0	4	2	25	25	25	25	50
4	PHE-314	Game specialization – 6	0	0	4	2	25	25	25	25	50
5	PHE-315	Teaching practice –classroom and field	0	0	8	4	25	25	25	25	100
Elective Course(Any One)											
6	PHE-316	Basics of Exercise Physiology	4	1	0	4	25	25	25	25	100
7	PHE-317	Basics of Kinesiology	4	1	0	4	25	25	25	25	100
Compulsory Foundation Courses											
8	ENG -160 A	English Literature and Communication Skills- VI	3	1	0	3					75
9	ENG -160 B	English Literature and Communication Skills- VI (Lab.)	0	0	2	1					25
10	CSA-351	Relational Database Management System	4	0	0	3	25	25	25	25	75
11	CSA-352	Relational Database Management System Laboratory	0	0	2	1	-	-	-	-	25
			14	3	14	26					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

**Scheme of Under Graduate Course {B.Sc. in Physical Education&Health Sciences (Program ID-89)}
(3 year Course)**

Semester 7

S.No	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-412	Sports Training	4	1	0	4	25	25	25	25	100
2	PHE-103	Sports Psychology and Sociology	4	1	0	4	25	25	25	25	100
Core (Practical) Courses											
4	PHE-404	Track and Field-V	0	0	8	4					100
5	PHE-405	Game specialization-7	0	0	8	4					100
Elective Course(Any One)											
6	PHE-406	Sports Medicine, Physiotherapy and Rehabilitation	4	1	0	4	25	25	25	25	100
7	PHE-407	Curriculum Design	4	1	0	4	25	25	25	25	100
			16	3	18	25					600

Practical Courses will be evaluated on the basis of 20% Internal Evaluation and 80% External Evaluation

Semester 8

S.No	Paper Code	Course Title	L	T	P	Cr	A	B	C	D	E
Core Courses											
1	PHE-411	Measurement and Evaluation in Physical Education	4	1	0	4	25	25	25	25	100
2	PHE-419	Kinesiology and Biomechanics	4	1	0	4	25	25	25	25	100
3	PHE-413	Research and Statistics in Physical Education	4	1	0	4	25	25	25	25	100
Core (Practical) Courses											
4	PHE-414	Track and field-VI	0	0	8	4	25	25	25	25	100
5	PHE-415	Game specialization - 8	0	0	8	4	25	25	25	25	100
6	PHE-416	Teaching practice – classroom and field	0	0	8	4	25	25	25	25	100
Elective Course(Any One)											
7	PHE-417	Theory of sports and games(Specifically sports and games specialization)	4	1	0	4	25	25	25	25	100
8	PHE-418	Sports Management	4	1	0	4	25	25	25	25	100
			16	4	16	26					700

Practical Courses will be evaluated on the basis of 20% Internal Evaluation and 80% 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

Scheme of Under Graduate Course PHE (Program ID-90)
B.Sc. in Physical Education&Health Sciences

Game specialization – choose anyone of the following for every semester. No single game can be repeated. Every student shall opt for a different game in each semester.

- | | |
|------------------------|-----------------------|
| 1. Basketball | 9. Hockey |
| 2. Kabbadi | 10. Judo |
| 3. Kho-kho | 11. Volleyball |
| 4. Badminton | 12. Yoga |
| 5. Cricket | 13. Boxing |
| 6. Football | 14. Wrestling |
| 7. Handball | |
| 8. Table Tennis | |

Choose anyone of the following community services

- 1) Drug Awareness**
- 2) Road safety awareness**
- 3) Awareness about female foeticide**
- 4) Awareness of Swachh Bharat bhiyaan.**
- 5) Awareness for Environment Cleanliness**
- 6) Adult Education**

**Detailed Syllabus
Semester - I**

Course Title: Foundations of Physical Education
Paper Code: PHE101

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-I

Meaning, Definitions, Need, Importance, Aim, Objectives, Scope, Importance & Relationship of Physical Education with other subjects.

Principles of Physical Education: Biological, Sociological & Psychological Principles

UNIT-II

Introduction of philosophies – naturalism, pragmatism, realism, idealism, existentialism. Importance and need of philosophies in modern physical education programmes.

Concept and components of Philosophy (Metaphysics, Epistemology, Axiology, Logic, Ethics and Aesthetics.)

UNIT-III

History of Physical Education in India from Ancient times to 1947.

Modern Trends in Physical Education in India with special reference to the following:

(i). AICS (All India Council of Sports)(ii). C.A.B. Physical Education (Central Advisory Board in Physical Education)

(iii). Sports Awards(iv). N.F.C. (National Fitness Corps)(v). N.P.E.Drive (National Physical Education Efficiency Drive). (vi). Indian Olympic Association.

Development and Achievement of the following organizations Movement. (i). S.N.I.P.E.S (Society for National Institute of Physical Education and Sports) (ii). S.A.I. (Sports Authority of India) (iii). Scouts and Guides (iv). Youth Services (v). Punjab's contribution to Sports in India. (vi). Compulsory Physical Education in Punjab Schools.

UNIT-IV

Historical perspectives of Greece, Rome, Sweden, Denmark and Germany.

Modern perspectives: USA, UK and China.

Career Avenues, National awards and Honours

References

- Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hil Companies, Inc., New York, USA
- Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
- Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.
- Atwal & Kansal. (1998). Principles of Physical Education. AP Publishers, 19- Books Market, Chowk Adda Tanda, Jalandhar.
- Kamlesh M.L., "Physical Education, Facts and foundations" Faridabad P.B. Publications.
- Barrow Harold M. (1978)., "Man and movements principles of Physical Education".
- Ravaness R.S., (1978) "Foundation of Physical Education" Houghton Millin Co. Boston USA
- Krishana Murthy V. and Paramesara Ram, N. (1990), "Educational Dimensions of Physical Education", 2nd Revised edition, Print India, New Delhi.
- Singh Ajmer et.al. (2008), "Essentials of Physical Education", Kalyani Publishers Ludhiana Second revised Addition.

**Course Title: Physio-developmental aspects of physical education
(Anatomy and physiology)
Paper Code: PHE102**

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-I

Introduction: Meaning of Anatomy, Physiology; its importance in Physical Education.

Meaning of cell, tissue, organs and systems.

Structure of the cell in general and its various functions.

Skeletal System: General Structure of the bone, various kinds of bones, functions of the bones. Structures of skull, humerus, femur, scapula. Joints, their structure: Kinds and their movements.

UNIT-II

Muscular System: Meaning and structure of various kinds of muscles and their functions.

Circulatory System: Structure of the heart, artery, veins and capillaries. Mechanism of circulation. Systemic, Blood Pressure and its measurements pulmonary and portal circulation.

Types of muscle contractions - Isotonic, isometric. Motor units and nerves - How a nerve makes a muscle move.

UNIT-III

Digestive System: Structure of digestive tract. Elements of food.

Respiratory System: Structure of respiratory organs. Mechanism of respiration. Internal and external respiration.

Vital capacity and its measurement.

UNIT-IV

Excretory System: Functions of skin and kidney.

Nervous System: Parts of the brain and functions. Spinal cord, functions and structure. Reflex Arc and reflex action.

Name, location and functions of endocrine, pituitary, adrenal and thyroid gland.

References

:

- Ross & Wilson (1992). Anatomy & Physiology in Health & Illness. ELBS. Churchill Livingstone.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Jain, R., Dhingra, N. & Dhingra, M. (2007): Quick Review in Anatomy and Physiology, PEEPEE Publisher & Distribution (P) Ltd., Delhi.
- Mathew, D.K. and Fox E.L. (1976), Physiological Basis of Physical education and Athletics (Philadelphia. W.B. Saunders Company,)
- Morehouse, I.E. Miller, (1976), Physiology of Exercise (St. Louis The C.V. Mosby Company,) 7th Edition.
- Characids, B.D., "Handbook of General Anatomy." CAS Publication, New Delhi. 7
- Fox, E.L. (1989), "Physiological Basis of Physical Education and Athletic" Brown Publication.

Course Title: Sports Psychology
Paper Code: PHE103

L	T	P	Credits	Marks
4	1	0	4	100

UNIT - I

Meaning of psychology and educational psychology
Psychology as Science and its usefulness to teaching in Physical Education.
Relationship of Sports Psychology with other subjects
Development of sport psychology in India.
Methods of Sports psychology

UNIT - II

Relationship between body and mind.
Learning – Meaning and nature of learning, Theories and laws of learning and learning curve, transfer of training, kinds of transfer in various sports situation.
Concept and meaning of motor learning, motor skill, motor control, motor performance.
Stages of learning and factors affecting motor learning
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UNIT - III

Growth and development at different stages with special reference to adolescence
Heredity and environment and their influence on child's development.
Mental health, factors affecting mental health and characteristics of mentally healthy individual.
Play and its theories in physical education.

UNIT - IV

Group formation, leadership and its qualities.
Emotion – Meaning and their psychological change and sublimations
Instincts – definition, characteristics and their training.
Motivation: definition and kinds of motivation.
Personality: definition, characteristics, factors responsible for development of personality.

References

- Cox RH (2002). Sport Psychology. McGraw Hill. London.
- Kamlesh ML (1998). Psychology in Physical Education and Sport. Metropolitan Book Co. New Delhi
- Liukkonen JED (2007). Psychology for Physical Educators. Human Kinetics. U.S.A.
- Verma KK.(1998). Sports Psychology for Physical Education. Tandon Publications, Books Market, Ludhiana.
- Gangopadhya, S. R. (2007).Sports Psychology, Sports Publication G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Singh Ajmer and et al, (2007).Essential of physical Education.3rd edition, Kalyani Publisher B- 1/292, Rajinder Nagar Ludhiana Punjab.
- Dweey John, (1998). Psychology. Khel Sahitya Kendra, New Delhi.
- Mathur, S.S. (1994).Educational Psychology. Vinod Pustak Mandir Agra.

Course Title: Game Specialization - 1
Paper Code: PHE 104

L	T	P	Credits	Marks
0	0	8	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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: Sports Sociology
Paper Code: PHE 105

L	T	P	Credits	Marks
4	0	0	4	100

UNIT - I

Concept of Sociology: Meaning, nature and scope of sociology
Methods of sociology and their relationship with other social sciences.
Effect of various social forces on personality development.
Sports as a medium of socio-cultural change.
Role of family, school, college and peer group in sports socialization

UNIT-II

Introduction to sports sociology: Meaning and scope of sports sociology
Sports sociology as a discipline and as a social occurrence
Historical development of sports in different type of societies
Effect of appearance, sociability and specialization on sport participation

UNIT-III

Sports and society: Socialization through games and sports
Sport as an element of society and cultural development
Sport as an art and sports as a science
Social factors concerning sports in society: Social stratification in sports
Demonstration in sports

UNIT-IV

Sports and women
Sports and children
Sports and older adults
Sports and social system
Competition and co-operation
Sports and politics
Sports and economy, role of the economy of the country in the development of sports and games.
Hooliganism in sports, violence in sports and its causes
Sports and National/International brotherhood.

References

- Sharma, S.R., Sociological foundation in physical education and sports, friends publication, New Delhi.
- Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi.
- Singh, Bhupinder, Sports Sociology-An Indian perspective, Friends publication, New Delhi.
- Yobu, A, Sociology of Sports, Friends publication, New Delhi.
- Singh Ajmer et.al,(2008).Essentials of Physical Education, Kalyani Publishers Ludhiana, Second revised addition.

Course Title: English Literature & Communication Skills-I

Course Code: ENG 155 A

Total Lectures: 45

L	T	P	Credits
4	1	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 Pushp Lata, OUP, India, 2011)

B. One Word Substitution

Detailed syllabus semester II

Course Title: Health education, first aid and rehabilitation
Paper Code: PHE111

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Health-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of health .Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health.

UNIT-II

Communicable and Non-communicable diseases- meaning, distinction between communicable and non-communicable diseases. Communicable diseases- their mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease ; non-communicable diseases- causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.

UNIT-III

Foods and Nutrition- Misconceptions about food, essential body nutrients- functions, food sources, balanced diet. Contemporary health problems of college youth- Alcohol, drugs, use of tobacco (chewing, sniffing, smoking)- their harmful effects substance abuse management

UNIT-IV

Internationals health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health. .Population education- importance of small family, methods of controlling conception.

. References

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago. USA.
- Chopra D and D Simon (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
- Floyd PA SE Mimms and C Yeilding (2003). Personal Health: Perspectives and Lifestyles. Thomson Wads Worth. Belmont. California. USA.
- Hales D (2005). An Invitation to Health. Thomson-Wadsworth, Belmont. California. USA.
- Donatelle RJ (2005). Health the Basics. Sixth Edition. Oregon State University.
- Snehlata (2006). Shareer, Vigyan Evam Swasthya Raksha. Discovery Pub. House s. New Delhi.
- Uppal AK & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.
- Park K (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.

Course Title: Common Sports Injuries, Prevention and care
Paper Code: PHE 117

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

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

UNIT-II

Meaning, aim and objectives of first aid. First aid box and its articles. Types of bandages and splinters.
Qualities and functions of a first aider
Principles of first aid
Causes of sports injuries
First aid for the common sports injuries 8. Concept of PRICE.

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 exercises for sports injuries
Rehabilitation procedures of sports injuries: a. Cold Therapy b. Heat Therapy c. Hydrotherapy d. Electron radiotherapy e. Ionization Therapy f. Exercise Therapy g. Massage

Reference

- 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 – II
Paper Code: PHE 113

L	T	P	Credits	Marks
0	0	8	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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: Calisthenics and March Past-I
Paper Code: PHE 116

L	T	P	Credits	Marks
0	0	4	2	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: Remedial Massage
Paper Code: PHE 118

L	T	P	Credits	Marks
2	0	4	4	100

UNIT- I

Definition of Remedial, Physiotherapy and corrective exercises. 2. PRELIMINARY: (i) Posture— characteristics of correct in incorrect posture. (ii) The cause of incorrect posture. (iii) The necessity and principles of correct posture. (iv) Test of correct posture. 3. CLASSIFICATION OF POSTURE: (a) good (b) ‘Bantom’ type; and (c) the Fatigue Type Postural defects and their causes: Kyphosis’ Lordosis, Scoliosis, Bow legs, Knock knees, fiat foot.

UNIT-II

Removal of Postural Defects: (a) Corrective exercise for various postural defects. (b) Psychological and habitual considerations preventing and corrective Postural defects. (c) Physiotherapy Treatment in correcting postural defects.

UNIT-III

MASSAGE: 1. Definition: Definition of a Massage. A brief history of massage and exercise. Relaxation and point to be considered in giving massage. The general effects of massage with practical instruction on mechanical points.

6. Classification of Manipulation and Movements: a. Classification of the manipulations and movements used in massage and the effects of each such type of manipulation of the different system of the human body. b. A classification of movements; the effective use and partical introduction in : (a) the active movements; and (b) the passive movements 7. Techniques of Message: a. 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; (i) The effleurage movement. (ii) The percussion movement. (iii) Kneading. (iv) friction, striking, clapping and beating movements.

UNIT-IV

Classification of positions: Classification of the fundamental positions, the derived and modified positions and its respective purposes. 9. Exercises with practical instructions in Free mobility exercises, Assisted exercises and Resisted exercises. 10. Exercises with practical instruction in exercises for : (a) The foot, and knee joints. (b) The finger, wrist, elbow, radius–ulna joints. (c) The trunk and shoulder joints.

PRACTICAL:

(30

Marks)

Massage Movement on the different Parts of body. 10 Marks

Rehabilitation Exercises 10 Marks

Note Book 10 Mark

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.

L	T	P	Credits	Marks
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Course Title: Fundamentals of Anthropometry
Paper Code: PHE 119

4	1	0	4	100
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UNIT- I

Introduction to Anthropometry: Introduction, Scope
Anthropometric Measurements

UNIT-II

Body Composition and Aerobic Capacity
Exercise and Body Composition

UNIT-III

Measurement of Motor Performance
Aging and Exercise

UNIT- IV

Body composition, Somatotype and Growth during Childhood
Peak Performance Age

References:

- Carter JEL & BH Heath (1991) Somatotyping: Developments and Applications. Cambridge University Press, New York.
- Johnston FE (1982) Relationships between body composition and anthropometry. Human Biol 54(2):221-245.
- Kippers V (1996) Basic concepts of anthropometry. In B Abernethy V Kippers LT Mackinnon RJ Neal & S Hanrahan: The Biophysical Foundations of Human Movement. MacMillan Education Australia, South Melbourne, pp 57-67.
- Lohman TG (1992) Advances in Body Composition Assessment. Human Kinetic Publ, Champaign (Illinois).
- Lohman TG (1992) New Developments in Body Composition. Current Issues in Exercise Science, Monograph Number 3. Human Kinetics, Champaign (Illinois).
- Lohman TG, AF Roche & R Martorell (Eds.) (1988) Anthropometric Standardization Reference Manual. Human Kinetics, Champaign (Illinois).
- Solanki Vivek (2009) Kinanthropometry in Physical Education and Sports. Khel Sahitya Kendra, Ansari Road, Darya Ganj, New Delhi – 110002.
- Hussain Tahir (2011) Anthropometry in Physical Education and Sports, Daya Publishing House, New Delhi – 110002

**Course Title: English Literature and Communication Skills-
II**

Course Code: ENG 156 A

Total Lectures: 45

L	T	P	Credits
4	1	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

- A. 'The Gold Medal' in *The Greatest: My Own Story*- Muhammad Ali
- B. 'Mr. Indian Official: Thanks for Nothing' in *A Shot at History*- Abhinav Bindra
- C. 'Night Golf'- Billy Collins

Unit 4

Reading Skills

Reading Comprehension

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

Semester – III

Course Title: Fundamentals of Fitness Management
Paper Code: PHE 201

L	T	P	Credits	Marks
4	0	0	4	100

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 center 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, Karyn Hartiger & 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
- Fahey D. Thomas, Weight Training Basis, A complete Guide for Men and Women, published by the McGraw- Hill Companies New York 2005
- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Dr. A.K. Uppal, Physical Fitness, Friends Publications(India), 1992.
- Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998

Course Title: Olympic Education
Paper Code: PHE 202

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Origin of Olympic Movement. Philosophy of Olympic movement .The early history of the Olympic movement. The significant stages in the development of the modern Olympic movement. Educational and cultural values of Olympic movement.

UNIT – II

Modern Olympic Games. Significance of Olympic Ideals, Olympic Rings, 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

Reference:

- 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: Recreation
Paper Code: PHE 203

L	T	P	Credits	Marks
4	0	0	4	100

UNIT-I

Introduction to Recreation: Meaning, Aim and Objective of recreation. Types of recreation, its scopes and significance. Development of recreational activities in India since 1947.

UNIT-II

Need of Recreation for people. Value of Recreation. Wrong beliefs regarding Recreation. Facilities needed for community recreation, type of activities in recreation.

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

Programmes and methods of recreation: Camping: a. Importance and principles of camping b. Organization of camping c. Selection layout of camping d. Facilities required for camping e. Different types of camping f. Staff needed for camping g. Activities for the camping.

Leadership in Recreation: a. Professional leadership b. Voluntary leadership c. Training to leadership.

Evaluation of Recreation programmes.

References:

- George D. Butler, "Introduction of community recreation", Mc Graw 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: Sports Marketing
Paper Code: PHE 204

L	T	P	Credits	Marks
4	0	0	4	100

UNIT - I

Emergence of Sports Marketing. 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. Sponsorship of events, Sponsorship of teams, TV advertising during broadcast sports events, Marketing of Athletics through Social Media websites, Grassroots sport marketing.

UNIT - III

Introduction to Sponsorship: Concepts, Objectives and Components. 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 in Sports Marketing. Relationship Marketing in the Business of Sports. The Role of Technology in Sports Marketing. Controversial Issues 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
- Mullin, B. J., S. Hardy and W. A. Sutton (2014). *Sport Marketing*, 4th Edition. Champaign, Illinois, USA: Human Kinetics.
- Nishio, T. (2014). “The constraint factors of potential international sports fan tourists”. *Journal of Vacation Marketing*, 20 (2): 137-147

Course Title: Track and Field-I
Paper Code: PHE 207

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, Khel Sahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, Khel Sahitya Kendra,(2005),New Delhi.
- Sayal Meenu, Teach Yourself Running, Prerna Prakashan,(2005),Delhi.
- Narang Priyanka, Teach Yourself Jumping, Prerna Prakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi.

Course Title: Game Specialization – III
Paper Code: PHE 205

L	T	P	Credits	Marks
0	0	6	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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: Calisthenics and March Past-II
Paper Code: PHE 206

L	T	P	Credits	Marks
0	0	3	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: English Literature and Communication
Skills-III**

Course Code: ENG 157 A

Total Lectures: 45

L	T	P	Credits
4	1	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

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

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)

Course Title: Organisation and Administration
Paper Code: PHE 211

L	T	P	Credits	Marks
4	1	0	4	100

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 education. Procedure in purchase of equipment. Development of improvised equipment. Care, maintenance and disposal of unserviceable equipment.

UNIT-III

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.

Intramurals and Extramural: 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.

UNIT-IV

Public Relations: Definition and need. Principle of public relations in physical education. Techniques, and use of 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.

Reference:

- Joseph, P.M.(1963), Organisation of Physical Education, The Old Students' Association, Tipe Kandivali (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 Business of Sports
Paper Code: PHE 212

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Introduction: The “Intangibility” of Sports in the service industry. What is a service?
The Sports Industry in the 21st Century: Where has it been—Where is it going?

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.

UNIT-III

Strategic Marketing in Sports
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—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 – 1V
Paper Code: PHE 213

L	T	P	Credits	Marks
0	0	8	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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 214

L	T	P	Credits	Marks
0	0	8	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, Khel Sahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, Khel Sahitya Kendra,(2005),New Delhi.
- Sayal Meenu, Teach Yourself Running, Prerna Prakashan,(2005),Delhi.
- Narang Priyanka, Teach Yourself Jumping, Prerna Prakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: Yoga and Meditation
Paper Code: PHE 215

L	T	P	Credits	Marks
4	1	0	4	100

UNIT- I

Definition, aims, objective & importance of yoga in the field of physical education & sports. Role of yoga in physical education – asanas, pranayama & Meditation.

UNIT- II

Historical development of yoga. Types of yoga: Bhakti, Karam, Raj, Laya, Mantra, Japa, Hatha Ashtang yoga with special reference to physical education & sports

UNIT- III

Shatkarm/cleansing process/ yogic methods and personal hygiene.

Asanas: Types, importance of asanas in special reference to Physical Education & Sports.

Differentiate between asanas and exercise

UNIT- IV

Pranayama and importance of pranayama in special reference to Physiological effects 5.2. Bandhas, mudras and their physiological effects.

PRACTICAL:

Demonstration of various asanas.

Practice of Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana

Practice of Pranayam : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhramari, ujjayi

Practice of Bandhas : jalandhar, uddyana, mool bandha

References:

- Debnath Manika,(2007) Basic Core Fitness Through Yoga And Naturopathy, New Delhi, Sports Publication.
- Kumar, E.R, (1988) Heal Yourself with Yoga: Specific Disease, Bombay: Taraporevala.
- Shanti Kumar, Y,(1987) The Science Of Yogic Breuthiay (Pranayana), Bombay
- D.B, Sharma,and Ganesh Shankar,(2007) Yog Kala Ek Prichya, New Delhi Friends.
- Sharma, J.P.(2007), Manav jeevan evam yoga, NEW DELHI, FRIENDS PUB.
- Sharma, Jai Prakash And Sehgal, Madhu,(2006) Yog-Shiksha, Delhi: Friends Publications, Ludhiana.
- Singh, M.K. And Jain, P.(2008), Yoga aur manoranjan., N.D. Khel Sah, Kendra.
- Vyas, Susil Kumar, (2005)Yog Shiksha, Delhi, khel sahitya Kendra, New Delhi.
- Day P. (1986). Yoga Illustrated Dictionary. Jaico Pub. House. New Delhi.
- Singh MK and Jain P (2008). Yoga aur manoranjan. Khel Sahitya Kendra. New Delhi.

Course Title: Movement Education
Paper Code: PHE 216

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

1. Introduction
 - 1.1 Meaning and concept of the term Movement Education.
 - 1.2 History of Movement Education.
 - 1.3 Traditional Approach in Movement Education
 - 1.4 Process of skill acquisition.

UNIT-II

2. Understanding Movement
 - 2.1 Meaning and relationships of body awareness & spatial awareness.
 - 2.2 Locomotor & Non-locomotor activities & manipulative activities
 - 2.3 General space & personal space
 - 2.4 Using different speeds in self space

UNIT-III

- 3.1 Motor Skill Learning
 - 3.1.1 Motor skills concepts
 - 3.1.2 Levels of motor skill learning
 - 3.1.3 Exploration
 - 3.1.4 Discovery
- 3.2 Motor Learning principles
 - 3.2.1 Facilitating Exploration
 - 3.2.2 Facilitating Discovery
 - 3.2.3 Facilitating Combinations

UNIT-IV

4. Fundamental
 - 4.1 Fundamental Locomotion Skill Themes
 - 4.2 Fundamental Manipulative Skill Themes
 - 4.3 Fundamentals Stability Skill Themes
 - 4.4 Movement Education Programme for Nursery School Child

REFERENCE

- ❖ Bucher A Charles, Thaxton A.Nola. "Physical Education for Children Movement Foundations and Experiences" Mac Millan Publishing Co. Inc. New York.
- ❖ Cheffer John, Evaul Tom, "Introduction to Physical Education Concept of Human Movement" Prentice Hall Inc. Philadelphia.
- ❖ Gallahuc, L.David, "Developmental Movement Experience for Children" John Wiley and Sons, New York
- ❖ Gallahuc, L.David, "Understanding Motor Development in Children" John Wiley and Sons, New York
- ❖ George Grialan, Shirley, Hale. Melisa Parter. Children Moving.
- ❖ Hoffmen, A. Hubert. Young John Ktesuns, E.Stephen. "Meaningful Movement for Children" Allyn & Bacon Inc. Boston.
- ❖ Jennifer wall, Nancy Hurrley – Children and Mov. Victor P. Daver, Robert P. Dynamic Physical Education for Elementary School. Children Bruce Abernathy. The Bio Physical Foundation of Human Movement.
- ❖ Thomas, R. Jerry, Lee M. Amelia, Thomas T. Katherine "Physical Education for Children-Concepts into Practice" Human Kinetic Books, Champaign Illinios.

Course Title: Community Service I
Paper Code: PHE 217

L	T	P	Credits	Marks
0	0	2	2	50

Cleanliness of the Campus

Cleanliness of the surrounding of the campus.

Maintenance of the Play fields

Training and Coaching of different games to the children/aspirants of the nearby place.

Preparation of project report and submission of the work.

Course Title: English Literature & Communication

Skills-IV

Course Code: ENG 158 A

Total Lectures: 45

L	T	P	Credits
4	1	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

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

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

Unit 3

Literature-II

- A. Opportunity for Youth by Jawaharlal Nehru
(*Selections from Modern English Prose*, Edited by Haladhar Panda. Hyderabad: University Press, 1983)
- B. 'Vitai Lampada'- Sir Henry Newbolt
- C. 'Baloo's Struggle' in *A Corner of a Foreign Field: The Indian History of a British Sport*- Ramachandra Guha

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: Sports Journalism

Paper Code: PHE 301

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Meaning, scope and changing trends of journalism in sports Historical development & role of print and electronic media in sports promotion

UNIT-II

Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation Fundamentals of a sports story/ news

UNIT-III

Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a newspaper/journals. Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.

UNIT-IV

Theory and principles of advertising in sports Public relations in sports, press release, conferences. Research tools for developing a sports story Process of newspaper publishing and management

Practical

1. Writing reports of sports events
2. Writing features on sports
3. Designs and make-up of sports page
4. Editing sports report
5. Drawing-up of a sports page
6. Collecting information of current affairs on sports

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.
- Kamath, MV (1980). Professional Journalism. K.S.K. New Delhi..
- Steen (2007). Sports Journalism: A Multimedia Primer (Paperback). Routledge. London
- Wilstein S (2001). Associated Press Sports Writing Handbook. McGraw-Hill.

Course Title: Coaching and Officiating
Paper Code: PHE 302

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

(i) Principles of coaching. (ii) Methods of teaching techniques in sports. (iii) Different training methods and conditioning method. (iv) Need of Psychology in coaching. (vi) Warming up and cooling down.

UNIT-II

Sports: Principles of officiating and sports. Qualification and qualities of an official. Measures to improve standard of officiating.

UNIT-III

Interpretation of rules and regulations of various games and sports - Duties of a official – Pre-game, during game and post – game duties. - Measures for improving the standard of officiating..

UNIT-IV

Periodization: Meaning of Single & Double periodization Principles and factors for periodization. 2. Short term and long term planning and training. 3. Adaptation–Principle of adaptation. 4. Meaning of Training load and training effects. Methods of conditioning viz. Weight Training, Circuit Training, Fortlek, Interval training, Cross Country Competition and Test Method.

References:

- John, V.Bunn : The Arts of Officiating Sports, Prentice Hall, Inc., Englewood Cliffs, N.J.
- John, W. Dunn : Scientific Principles of Coaching, Prentice Hall, Englewood Cliffs, N.J
- H.C.Buch : Rules of Games and Sports
- Be Clar : Science of Coaching, A.S. Barhas and Co. , New York.
- R.L.Anand : Playing Field Manual, NIS Publication

Course Title: Game Specialization – V
Paper Code: PHE 304

L	T	P	Credits	Marks
0	0	8	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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-III
Paper Code: PHE 303

L	T	P	Credits	Marks
0	0	8	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, Khel Sahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, Khel Sahitya Kendra,(2005),New Delhi.
- Sayal Meenu, Teach Yourself Running, Prerna Prakashan,(2005),Delhi.
- Narang Priyanka, Teach Yourself Jumping, Prerna Prakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: Adaptive Physical Education and sports
Paper Code: PHE 305

L	T	P	Credits	Marks
4	1	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

UNIT IV

Rehabilitation and Welfare Programme 1.1. Importance of adapted programme in Rehabilitation 1.2. Functional rehabilitation 1.3. Psychological rehabilitation 1.4. Government welfare programme – Provision of special rights and privileges for the disabled through legislation 1.5. Social welfare programme for the disabled 1.6. Mass public education/ awareness programme 1.7. Educational approach, service approach and legislative approach

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 306

L	T	P	Credits	Marks
4	1	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; Missing mummy?; 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

Components and principles of health and fitness and the benefits of exercise for children; concepts and components of fitness. 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. How to adapt sessions for children with special needs

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 Psychiatr Epidemiol.* 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: 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.
- Kumar, Sanjay and PushpLata. *Communication Skills*. India: OUP, 2012.

Course Title: Community Service II
Paper Code: PHE 307

L	T	P	Credits	Marks
0	0	2	2	50

Cleanliness of the Campus

Cleanliness of the surrounding of the campus.

Maintenance of the Play fields

Training and Coaching of different games to the children/aspirants of the nearby place.

Preparation of project report and submission of the work.

Semester-VI

Course Title: Training methods
Paper Code: PHE112

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Meaning, definition, aim and objectives of sports training. 2. Characteristics of sports training. 3. Principles of sports training. 4. Concept of warming up and cooling down, its use and importance.

UNIT-II

Meaning and definition of physical fitness and its components: a. Speed. b. Strength. c. Endurance. d. Flexibility. e. Co-coordinative ability/agility. 2. Speed training: a. meaning of speed training, types of speed and methods of speed training. b. Factors influencing speed. 3. Strength training: a. meaning of strength training, types of strength and methods of strength training. b. Factors influencing strength.

UNIT-III

Endurance training: a. meaning of endurance training, types of endurance and methods of endurance training. b. Factors influencing endurance. 2. Concept of training load, adaptation and recovery: a. Definition of load and training load. b. Types of load. c. Symptoms, causes and measures to overcome overload. d. Meaning, definition and benefits of adaptation. e. Meaning, definition and benefits of recovery.

UNIT-IV

Meaning and definition of technique, skill and style. 2. Implications of technical training in various phases. 3. Stages of technical training. 4. Meaning and definition of tactical training. 5. Methodology of tactical training, strategy and tactics. 6. Relationship between technical training and tactical training.

Reference:

- Dyson, "The mechanics of Warwick square, Athletics."
- Buwn J. "Scientific Principles of coaching." Prentice Hall.
- Broer, M. "Efficiency of Human movement." Philadelphia W.B. Saunders Co. 1978.
- Hardy Singh "Science of Coaching".
- Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers, Ludhiana Second revised addition 2008

Course Title: Contemporary Issues in Physical Education, fitness and wellness
Paper Code: PHE312

L	T	P	Credits	Marks
4	1	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

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: Track and Field-IV
Paper Code: PHE 313

L	T	P	Credits	Marks
0	0	8	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, Khel Sahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, Khel Sahitya Kendra,(2005),New Delhi.
- Sayal Meenu, Teach Yourself Running, Prerna Prakashan,(2005),Delhi.
- Narang Priyanka, Teach Yourself Jumping, Prerna Prakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: Game Specialization – VI
Paper Code: PHE 314

L	T	P	Credits	Marks
0	0	8	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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: Basics of Exercise Physiology

Paper Code: PHE 316

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Meaning and definition of exercise physiology 2. Need and importance of exercise physiology in the field of Physical Education. 3. Energy sources a. Definition of energy b. Adenocine triphosphete (ATP) c. Creative phosphate d. Metabolism

UNIT-II

Structure of skeletal muscle 2. Sliding filament theory of skeletal muscle 3. Effect of exercises of muscular system 4. Fatigue 5. Symptoms of fatigue 6. Factors responsible for fatigue

UNIT-III

Effect of exercise on circulatory system 2. Effect of exercise on respiratory system 3. Effect of exercise on digestive system 4. Cardiac output, heart rate, vital capacity, second wind, oxygen debt, dead space & tidal volume.

UNIT-IV

Balance between heat loss and heat production a. Radiation b. Convection c. Evaporation d. Conduction 2. Measurement of body temperature a. Effects of high attitude on sports performance, heat cramps b. Dehydration, heat stroke and shivering c. Acclimatization with hot and cold temperature

References:

- Brooks, G. Fahey, T. and Baldwin, K. (2004). Exercise physiology, MC Graw Hill. USA
- MC Ardle, WD, Katch, FI and Katch VL (2000), Essentials of Exercise physiology 2nd edition Lippincott Williams and Wilkons, USA.
- Powers, S. and Howley, E. (2006), "Exercise Physiology" MC Graw Hill. USA.
- Wilmore Hack Hand Costil David L. (2004), "Physiology of sports and exercise Human Kinetics.
- Rowland Thomas W. Children's (2005), "Exercise Physiology" 2nd edition Human Kinetics.

Course Title: Basics of Kinesiology

Paper Code: PHE 317

L	T	P	Credits	Marks
4	1	0	4	100

UNIT – I

Definition of Kinesiology, Definition of Rehabilitation, Development of the work. Historical Survey, Component Parts of Rehabilitation, Professional Etiquette. Maintenance of Records. Composition of Muscle, Mechanism of Contraction, Classification of Muscles According to Architecture Shape and Group action. Muscle Work and its Types.

UNIT – II

Definition of Movement, Axis and Planes of Movement. Normal Movement with Anatomical and Physiological Application. Classification of Movements. Techniques, Effects and uses of moment. Structure and function of joints, Types of Joints, Joint Cavity. Difference between Ligaments and Tendons. Role of joint structures in joint stability and Mobility.

UNIT – III

Fundamental Positions, Derived Positions, Effects and Uses. Kinesiological Application of Starting and Derived Positions. Definition of Force, Movement of Force, Composition of Forces. Resolution of Forces, Parallelogram of Force

UNIT – IV

Base Support, Centre of Gravity and line of Gravity. Effect of Gravity, Reflexes and Receptors. Equilibrium and its types, Factors on which stability is based. Classification of Levers, Principles of Lever, Orders of Lever, Application on Body Mechanics

References:

- Donald A. Neumann PhD PT FAPTA Kinesiology of the Musculoskeletal System: Foundations for Rehabilitation (2009).
- HAY Biomechanics of sports and technique (2009).
- Shirl J. Hoffman Introduction to Kinesiology: Studying Physical Activity, Third Edition (2008).
- Peter Klavara Foundations of Kinesiology: Studying Human Movement and Health (2007)

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 (38thPrinting). 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 Pushp Lata, 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.

Semester - VII

Course Title: Sports Training

Paper Code: PHE 412

L	T	P	Credits	Marks
4	1	0	4	100

Unit – I Introduction to Sports Training

- o Meaning and Definition of Sports Training
- o Aim and Objective of Sports Training
- o Principles of Sports Training
- o System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – II Training Components

- o Strength–Mean and Methods of Strength Development
- o Speed–Mean and Methods of Speed Development
- o Endurance - Mean and Methods of Endurance Development
- o Coordination–Mean and Methods of coordination Development
- o Flexibility–Mean and Methods of Flexibility Development

Unit – III Training Process

- o Training Load- Definition and Types of Training Load
- o Principles of Intensity and Volume of stimulus
- o Technical Training–Meaning and Methods of Technique Training
- o Tactical Training–Meaning and Methods of Tactical Training

Unit – IV Training programming and planning

- o Periodization–Meaning and types of Periodization
- o Aim and Content of Periods–Preparatory, Competition, Transitional etc.
- o Planning–Training session
- o Talent Identification and Development

Reference:

- Dick, W. F. (1980).*Sports training principles*. London: Lepus Books.
- Harre, D.(1982).*Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2ndEdn.
- Matvyew, L.P. (1981).*Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984).*Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999).*Sports Training*. New Delhi: Friends Publication.

Course Title: Sports Psychology
Paper Code: PHE103

L	T	P	Credits	Marks
4	1	0	4	100

Course Objective: The aim of this course is to make the students learn fundamental concepts of physical education.

Unit – A

Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences, development of sport psychology in India. 15 HOURS
Methods of Sports psychology

Unit – B

Concept and meaning of motor learning, motor skill, motor control, motor performance, Stages of learning, assessment of learning and factors affecting of motor learning. Personality in Sport: Concept and definition, Dynamics of personality in sport Anxiety in Sport: Concept, definition and types, Anxiety and arousal, role of anxiety on physical performance 15 HOURS

Unit – C

Motivation in Sport: Techniques and types of motivation, Perceived competence achievement motivation. Psychological Preparation and Competition: Phenomenon of competitive sport, long term Psychological preparation for competition (arousal regulation, imagery, self-confidence, goal setting, concentration.), short term psychological preparation (upcoming competition) Mind to muscle and muscle to mind relaxation techniques *15 HOURS*

Unit – D

Social Psychology in sport: social psychological aspects of Sport: Socio-Culture Factors Affecting Performance: ethics and sport, values and sports, Team (group) cohesion. Spectators and Performance 15 HOURS

References

- Cox RH (2002). Sport Psychology. McGraw Hill. London.
- Kamlesh ML.(2012) Psychology in Physical Education & Sports.
- Cohen RJ and Swerdlik ME (2002). .Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill. New York. U.S.A.
- Kamlesh ML (1998). Psychology in Physical Education and Sport. Metropolitan Book Co. New Delhi
- Liukkonen JED (2007). Psychology for Physical Educators. Human Kinetics. U.S.A.

Course Title: Track and Field-V
Paper Code: PHE 404

L	T	P	Credits	Marks
0	0	8	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, Khel Sahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, Khel Sahitya Kendra,(2005),New Delhi.
- Sayal Meenu, Teach Yourself Running, Prerna Prakashan,(2005),Delhi.
- Narang Priyanka, Teach Yourself Jumping, Prerna Prakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: Game Specialization – VII
Paper Code: PHE 405

L	T	P	Credits	Marks
0	0	8	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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: Sports Medicine, Physiotherapy and Rehabilitation
Paper Code: PHE 406

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Sports Medicine: Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches. Need and Importance of the study of sports injuries in the field of Physical Education. Prevention of injuries in sports – Common sports injuries – Diagnosis – First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

UNIT-II

Physiotherapy Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

UNIT-III

Hydrotherapy: Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

UNIT-IV

Therapeutic Exercise: Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. In
- T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
- David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
- H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi: Lucky Enterprises. Mathew,
- D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics.
- Philadelphia: W.B. Saunders Co. Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

Course Title: Curriculum Design
Paper Code: PHE407

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Modern concept of the curriculum. Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development. Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours. National and Professional policies, Research finding

UNIT-II

Basic Guide line for curriculum construction; contest (selection and expansion). Focalization, Socialization, Individualization, Sequence and operation, Steps in curriculum construction.

UNIT-III

Curriculum-Old and new concepts, Mechanics of curriculum planning. Basic principles of curriculum construction. Curriculum Design, Meaning, Importance and factors affecting curriculum design. Principles of Curriculum design according to the needs of the students and state and national level policies. Role of Teachers

UNIT-IV

Under-graduate preparation of professional preparation.

Areas of Health education, Physical education and Recreation. Curriculum design-Experience of Education, Field and Laboratory. Teaching practice. Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Reference:

- Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia: Lea and Febiger.
- Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company.
- Cassidy, R. (1986). Curriculum development in physical education. New York: Harper & Company.
- Cowell, C.C. & Hazelton, H.W. (1965). Curriculum designs in physical education.
- Englewood Cliffs: N.J. prentice Hall Inc. Larson, L.A. (n.d.). Curriculum foundation in physical education. Englewood Cliffs: N.J. Prentice Hall Inc.
- Underwood, G. L. (1983). The physical education curriculum in secondary school: planning and implementation.England: Taylor and Francis Ltd.
- Willgoose, C.E. (1979). Curriculum in physical education. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

Semester- VIII

Course Title: Measurement and Evaluation in Physical Education
Paper Code: PHE411

L	T	P	Credits	Marks
4	1	0	4	100

UNIT- I

Introduction to Test & Measurement & Evaluation. Meaning of Test & Measurement & Evaluation in Physical Education. Need & Importance of Test & Measurement & Evaluation in Physical Education. Principles of Evaluation

UNIT- II

Criteria; Classification and Administration of test. Criteria of good Test. Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms). Type and classification of Test. Administration of test, advance preparation – Duties during testing – Duties after testing.

UNIT- III

Physical Fitness Tests. AAHPER youth fitness test. National physical Fitness Test. Indiana Motor Fitness Test. JCR test. U.S Army Physical Fitness Test

UNIT- IV

Sports Skill Tests. Lockhart and McPherson badminton test. Johnson basketball test. McDonald soccer test. S.A.I volleyball test. S.A.I Hockey test

References:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm.
- Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
- Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B.SoundersCompnay.
- Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.

Course Title: Kinesiology and Biomechanics
Paper Code: PHE419

L	T	P	Credits	Marks
4	1	0	4	100

UNIT – I

Introduction to Kinesiology and Sports Biomechanics. Meaning and Definition of Kinesiology and Sports Biomechanics. Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches. Terminology of Fundamental Movements. Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

UNIT – II

Fundamental Concept of Anatomy and Physiology. Classification of Joints and Muscles. Types of Muscle Contractions o Posture – Meaning, Types and Importance of good posture. Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

UNIT – III

Mechanical Concepts. Force - Meaning, definition, types and its application to sports activities. Lever - Meaning, definition, types and its application to human body. Newton's Laws of Motion – Meaning, definition and its application to sports activities. Projectile – Factors influencing projectile trajectory.

UNIT – IV

Kinematics and Kinetics of Human Movement. Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration. Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. Linear Kinetics – Inertia, Mass, Momentum, Friction. Angular Kinetics – Moment of inertia ,Couple, Stability.

References:

- Bunn, J. W. (1972).Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1988).Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970).The biomechanics of sports techniques. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Simonian, C.(1911).Fundamentals of sport biomechanics. Englewood Cliffs, N.J.: Prentice Hall Inc.

Course Title: Research and Statistics in Physical Education
Paper Code: PHE413

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Introduction to Research. Definition of Research o Need and importance of Research in Physical Education and Sports. Scope of Research in Physical Education & Sports. Classification of Research. Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

UNIT-II

Survey of Related Literature. Need for surveying related literature. Literature Sources, Library Reading. Research Proposal, Meaning and Significance of Research Proposal. Preparation of Research proposal / project. Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

UNIT-III

Basics of Statistical Analysis. Statistics: Meaning, Definition, Nature and Importance Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution and Construction of Tables. Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

UNIT- IV

Statistical Models in Physical Education and Sports. Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data Measures of Variability: Meaning, importance, computing from group and ungroup data. Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall. Bompa, T. O. &Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed. Champaign, IL: Human Kinetics.
- Brown, L. E., &Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics.
- Brown, L.E. & Miller, J., (2005). How the training work. In: Training Speed, Agility, and Quickness. Brown, L.E. &Ferrigno, V.A &Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
- Carl, E. K., & Daniel, D. A. (1969). Modern principles of athletes training. St. Louis: St. Louis's Mosby Company.
- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Uppal, A. K. (1990). Physical fitness: how to develop. New Delhi: Friends Publication.
- Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications.

Course Title: Track and Field-VI
Paper Code: PHE 414

L	T	P	Credits	Marks
0	0	8	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, Khel Sahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, Khel Sahitya Kendra,(2005),New Delhi.
- Sayal Meenu, Teach Yourself Running, Prerna Prakashan,(2005),Delhi.
- Narang Priyanka, Teach Yourself Jumping, Prerna Prakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: Game Specialization – VIII
Paper Code: PHE 415

L	T	P	Credits	Marks
0	0	8	4	100

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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: Theory of sports and games
Paper Code: PHE 417

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

General Introduction of specialized games and sports– Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga. Each game or sports to be dealt under the following heads. History and development of the Game and Sports. Ground preparation, dimensions and marking. Standard equipment and their specifications. Ethics of sports and sportsmanship

UNIT-II

Scientific Principles of coaching: (particular sports and game specific) Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions. Force – Friction, Centripetal and Centrifugal force, Principles of force. Equilibrium and its types Lever and its types Sports Training – Aims, Principles and characteristics. Training load – Components, Principles of load, Over Load (causes and symptoms).

UNIT-III

Physical fitness components: (particular sports and game specific) Speed and its types. Strength and its types Endurance and its types. Flexibility and its types Coordinative ability and its types. 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)

UNIT-IV

Conditioning exercises and warming up. Concept of Conditioning and warming up. Role of weight training in games and sports. Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition). Recreational and lead up games Strategy – Offence and defence, Principles of offence and defence.

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.
- 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: Sports Management
Paper Code: PHE 418

L	T	P	Credits	Marks
4	1	0	4	100

UNIT-I

Nature and Concept of Sports Management. Progressive concept of Sports management. The purpose and scope of Sports Management. Essential skills of Sports Management. Qualities and competencies required for the Sports Manager. Event Management in physical education and sports.

UNIT-II

Meaning and Definition of leadership. Leadership style and method. Elements of leadership. Forms of Leadership. • Autocratic • Laissez-faire • Democratic • Benevolent Dictator o Qualities of administrative leader. Preparation of administrative leader. Leadership and Organizational performance.

UNIT-III

Sports Management in Schools, colleges and Universities. Factors affecting planning o Planning a school or college sports programme. Directing of school or college sports programme. Controlling a school, college and university sports programme. • Developing performance standard • Establishing a reporting system • Evaluation • The reward/punishment system

UNIT-IV

Financial management in Physical Education & sports in schools, Colleges and Universities. Budget – Importance, Criteria of good budget, Steps of Budget making. Principles of budgeting

References:

- Ashton, D. (1968).Administration of physical education for women.New York: The Ronal Press Cl.
- Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The
- C.V. Mosby Co. Daughtrey, G. & Woods, J.B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A. : W.B. Saunders Cp. Earl,
- F. Z,& Gary, W. B. (1963).Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger.