

**DAV UNIVERSITY, JALANDHAR**

**Department of Physical Education and  
Sports**



**Scheme and Syllabi**

**For**

**BSc. in Health, Physical Education and  
Sports**

**Program ID - 222**

**(As per NEP-2020)**

**Batch-2023 & onwards**

**Introductory Note of the programme**

# DAV UNIVERSITY, JALANDHAR

BSc. in Health, Physical Education and Sports is an undergraduate program of three-year duration, that focuses on to prepare the students for higher Physical education professional programs, with a strong foundation of health, fitness, Physical education and allied sciences of sports. The program offers a perfect combination of theoretical and practical learning to make them equipped with requisite skill-set in order to achieve their goals during the professional programs and in their professional life.

## **Program Educational Objectives (PEOs)**

**PEO1-**To equip the students with knowledge, attitude, behavior, approaches and skills that built a strong foundation for higher studies.

**PEO2-** To produce graduate with a capacity to perform, observe, infer and to generalize.

**PEO3-** To produce graduate having potential for planning and organizing physical education and sports programs and activities.

**PEO4-** To develop a foundation of personal, professional and social competencies required in teaching and coaching profession.

## **Programme Outcomes (POs)**

**PO1. Critical Thinking:** Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

**PO2. Effective Communication:** Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

**PO3. Social Interaction:** Elicit views of others, mediate disagreements and help reach conclusions in group settings.

**PO4. Effective Citizenship:** Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

**PO5. Ethics:** Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

**PO6. Environment and Sustainability:** Understand the issues of environmental contexts and sustainable development.

**PO7. Self-directed and Life-long Learning:** Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

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## Program Specific Objectives (PSOs)

**PSO1.** The student will understand the foundation of physical education, relationship between general education and physical education and history and philosophy of physical education and sports. And also able to understand the concept of health, yoga, nutrition, posture, child behavior (including special child), planning and application of physical fitness and wellness activities.

**PSO2.** To develop the reading writing and communicating skills in English and to make the student aware and sensible towards the human values, environment and society, and to develop life skills through adventurer's and recreation activities.

**PSO3.** To develop the understanding of human structure and function with reference to the physical activity and the management of common sports injuries.

**PSO-4.** To make the student able to grab carrier opportunity in sports journalism, sports training, sports management, sports business and marketing. And will be able to implement the psychological, sociological principle in the field of physical education and sports.

### Mapping of POs with PEOs

PEOs→ POs↓	PEO 1	PEO 2	PEO 3	PEO 4
PO1	Yes	Yes	Yes	Yes
PO2	Yes		Yes	Yes
PO3	Yes		Yes	Yes
PO4	Yes	Yes		Yes
PO5	Yes	Yes	Yes	
PO6	Yes			
PO7	Yes	Yes		Yes

### Mapping of PSO with PEO

PEOs→ PSO↓	PEO 1	PEO 2	PEO 3	PEO 4
PSO1	Yes	Yes	Yes	Yes
PSO2	Yes	Yes	Yes	
PSO3	Yes	Yes		
PSO4	Yes	Yes	Yes	Yes

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<b>Credit Details</b>			
<b>S.No.</b>	<b>Course Category</b>	<b>Course Category Abbreviation</b>	<b>Credits</b>
1.1	Discipline Specific Courses-Core	DSC	53
1.2	Discipline Specific-Skill Enhancement Courses- Core	DS-SEC	32
1.3	Discipline Specific-Value Added Courses-Core	DS-VAC	-
<b>Total of Discipline Specific Core Courses</b>			
2.1	Minor Courses	MC	-
OR			
2.2	Interdisciplinary Courses	IDC	-
3	Multidisciplinary Courses	MDC	09
4	Ability Enhancement Course- Common	AEC-C	08
5	Value Added Courses-Common	VAC-C	06
6.1	Skill Enhancement Courses- Common	SEC-C	08
6.2	Skill Enhancement Courses-Summer Internship	SEC-SI	04
<b>Total of Skill Enhancement Courses</b>			
<b>Total Credits</b>			<b>120</b>

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## Scheme of Courses-

### BSc. in Health, Physical education and Sports

#### Semester- I

S. No.	Paper Code	Course Title	In hours			Cr.	Course Category
			L	T	P		
1	PED101	Foundation of Physical Education	4	0	0	4	DSC-core
2	PED151	Drills /March Past	0	0	6	3	DS-SEC-core
3		Multidisciplinary Courses	-	-	-	3	MDC
4		Ability Enhancement Course- Common	-	-	-	2	AEC- C
5		Skill Enhancement Courses- Common	-	-	-	2	SEC-C
6		Value Added Courses- Common	3	0	0	3	VAC-C
7	PED152	<b>Discipline Specific Skill Enhancement Course- (Game Sp.-I(Volley-ball)-I)Core/ Discipline Specific Value Added Courses-Core</b>	0	0	6	3	DS-SEC-core
						<b>20</b>	

**L- Lectures T- Tutorial P- Practical Cr.- Credits**

# DAV UNIVERSITY, JALANDHAR

## Semester- II

Sr.No	Paper Code	Course Title	In hours			Cr.	Course Category
			L	T	P		
1	PED102	Anatomy and Physiology	4	0	0	4	DSC-core
2	PED153	Calisthenics/Indigenous games	0	0	6	3	DS-SEC-core
3		Multidisciplinary Courses	-	-	-	3	MDC
4		Ability Enhancement Course-Common	-	-	-	2	AEC- C
5		Skill Enhancement Courses-Common	-	-	-	3	SEC-C
6		Value Added Courses-Common	-	-	-	3	VAC-C
7	PED154	<b>Discipline Specific Skill Enhancement Course-(Game Sp.II(Hand ball))Core/</b> Discipline Specific Value Added Courses-Core			4	2	DS-SEC-core
						<b>20</b>	

**L- Lectures T- Tutorial P- Practical Cr.- Credits**

# DAV UNIVERSITY, JALANDHAR

## Semester- III

Sr.No	Paper Code	Course Title	In hours			Cr.	Course Category
			L	T	P		
1	PED201	Health Education	4	0	0	4	DSC-core
2	PED251	Athletics-I (Track events)	0	0	8	4	DS-SEC-core
3		Multidisciplinary Courses	-	-	-	3	MDC
4		Ability Enhancement Course-Common	-	-	-	2	AEC- C
5		Skill Enhancement Courses-Common	-	-	-	3	SEC-C
6	PED202	Olympism	4	-	-	4	DSC-core
						<b>20</b>	

**L- Lectures T- Tutorial P- Practical Cr.- Credits**

# DAV UNIVERSITY, JALANDHAR

## Semester- IV

Sr.No	Paper Code	Course Title	In hours			Cr.	Course Category
			L	T	P		
1	PED203	Nutrition and Fitness Management	4	0	0	4	DSC-core
2	PED252	Game specialization -III (Basketball, Football)	0	0	6	3	DS-SEC-core
3	PED204	Recreation and Camping	4	0	0	4	DSC-core
4		Ability Enhancement Course-Common	-	-	-	2	AEC- C
5	PED205	Posture and massage	4	0	0	4	DSC-core
6	PED253	Athletics- II (Field events-jump)	0	0	6	3	DS-SEC-core
						<b>20</b>	

**L- Lectures T- Tutorial P- Practical Cr.- Credits**



# DAV UNIVERSITY, JALANDHAR

## Semester- V

Sr.No	Paper Code	Course Title	In hours			Cr.	Course Category
			L	T	P		
1	PED301	Management in Physical Education and Sports	4	0	0	4	DSC-core
2	PED351	Game specialization-IV (Badminton, T.T.)	0	0	6	3	DS-SEC-core
3	PED302	Common Sports injuries, their prevention and care	3	0	0	3	DSC-core
4	PED303	Fundamental of Sports Training	4	0	0	4	DSC-core
5	PED353	Internship	0	0	0	4	DSC-core
6	PED352	Athletics- III (Throwing events)	0	0	4	2	DS-SEC-core
						<b>20</b>	

**L- Lectures T- Tutorial P- Practical Cr.- Credits**

# DAV UNIVERSITY, JALANDHAR

## Semester- VI

Sr.No	Paper Code	Course Title	In hours			Cr.	Course Category
			L	T	P		
1	PED304	Foundation of Yoga	2	0	4	4	DSC-core
2	PED354	Game specialization-V (Judo, Wrestling)	0	0	6	3	DS-SEC-core
3	PED305	Sports Psychology and sociology	4	0	0	4	DSC-core
4	PED306	Physical Activity for children and spc. children	3	0	0	3	DSC-core
5	PED307	Fundamentals of kinanthropometry	3	0	0	3	DSC-core
6	PED355	Game specialization-VI(Kabaddi , kho-kho)	0	0	6	3	DS-SEC-core
						<b>20</b>	

**L- Lectures T- Tutorial P- Practical Cr.- Credits**

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**Table7: List of Multi-disciplinary open elective courses at DAV University**

<b>Sr. No.</b>	<b>Course Name</b>	<b>Faculty/Department</b>
1	Basics of Physics	Physics
2	Basics of Chemistry	Chemistry
3	Basics of Biology	Zoology & Botany
4	Introductory Biotechnology	Biotechnology
5	Introductory Microbiology	Microbiology
6	Functioning of the Human Body	Zoology
7	Introductory Botany	Botany
8	Business Management for Beginners	CBME
9	Fundamental of Mutual Funds	CBME
10	Economics for Beginners	CBME
11	Professional Communication	English
12	Fine Arts	Arts, Fine Arts & Performing Arts
13	Jyotish: 'Eye of the Veda'	Vedic Studies
14	Mathematical Statistics	Mathematics
15	Introductory Journalism	JMC
16	Professional Photography	JMC
17	Library Information Sciences	Library Sciences

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**Table 8: Common courses with credits**

<b>Ability-Enhancement Courses</b>	<b>Cr.</b>	<b>Skill-Enhancement Courses</b>	<b>Cr.</b>	<b>Value-Added Courses</b>	<b>Cr.</b>
Personality Enhancement	1L+1P	Essentials of Entrepreneurship-Thinking and Action	2L+1P	Environmental Studies <b>(Mandatory)</b>	2L+1P
Personality Development	2P	Design Thinking	2P	Human Values and Ethics <b>(Mandatory)</b>	2L+1T
Behavioural & Life Skills	1L+1P	Design Thinking & Innovation	2L	Gender Sensitization	2L
Global Citizenship in Higher Education	2L	Data Analytics	2L+1P	Professional Ethics	2L
Communication Skills <b>(Mandatory)</b>	1L+1P	Cyber Security	3 (2L+1P)	Sustainable Development	2L
Health & Yoga	1L+1P	Digital Fluency	1L+1P	Green Technologies	2L
Technical Report Writing	2L	Fundamentals of Computer programming & IT(FCPIT)	2L	General Studies	2L
Leadership Management	2L	Python Programming	3 (2L+1P)	NSS	2 (1L+1P)
Therapeutic Yoga	1L+1P	Disaster Preparedness and Planning	2L		
Creative & Critical Thinking	1L+1P	Intellectual Property Rights	2L		
Community Engagement & Social Responsibility <b>(Mandatory)</b>	1L+1P	Apiculture	2P		
		NCC*	3 (2L+1P)		

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

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

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit can be used instead of any academic course of same credit.

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## DETAILED SYLLABUS SEMESTER – I

L	T	P	Credits	Marks
4	0	0	4	100

**Course Title: FOUNDATION OF PHYSICALEDUCATION**

**Paper Code: PED101**

### **Course objectives:-**

CO1:- Students will be able to Compare the relationship between general education & physical education, Physical education is an art or science.

CO2:- Students will be able to know the definition, aim, Objective, importance need & misconception of physical education.

CO3:- Student are able to identify & understand the history & development of physical education in abroad & the major competition related to various sports.

CO4:- Students are able to identify & relate with history of physical education & development in India.

CO5:- To enable the students about the Biological basis of physical education and honors in physical education.

### **UNIT – I Introduction**

- 1.1 Meaning & definition of Education.
- 1.2 Aims and Objective of Education.
- 1.3 Meaning & definition of Physical Education.
- 1.4 Aims, objectives & principles of Physical Education.
- 1.5 Need & Importance of Physical Education.
- 1.6 Misconceptions of Physical Education.
- 1.7 Physical Education as an Art and Science.

### **UNIT- II Historical Development of Physical Education in India**

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

### **UNIT- III Historical Development of Physical Education in abroad**

- 3.1 Physical Education in Ancient Greece,
- 3.2 Physical Education in Rome,
- 3.3 Physical Education in Germany, Sweden, Denmark and Russia.
- 3.4 Modern perspectives: USA, UK and China.

### **UNIT-IV Biological Basis & Honours in Physical Education**

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4.1 Biological basis of Physical Education

4.2 Growth and development, its principles.

4.3 Age and gender characteristics, Body Types, Sights of Anthropometric measurements.

4.4 Career Avenues in Physical Education

4.5 National awards, recent awardees and Honours,

4.6 Major international Competitions related to various sports/games (Asian Games, Commonwealth Games, Olympic Games, World Championship)

## REFERENCES:

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

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L	T	P	Credits	Marks
0	0	6	3	100

**Course Title:** Drills /March Past

**Paper Code:** PED151

**Course Objective:-**

CO1:- Student will learn to follow & give the commands.

CO2:- Students will learn march past & drum beat.

CO3:- Students will able to perform turn while marching & salute.

**UNIT I –**

**1.1** Basic Commands (Attention, Stand-at-Ease, Left turn, Right turn, About turn)

**UNIT II–**

**1.2** March past (Kadam Taal), Drum beat

**UNIT III–**

**1.3** Marching, Turn while marching, Salute



L	T	P	Credits	Marks
0	0	6	3	100

**Course Title: Game Sp.-I (Volley-ball)-I)**

**Paper Code: PED152**

**Course objectives:-**

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions.

## **UNIT-I INTRODUCTION**

**1.1** Historical Development-

**1.1.1** National Level

**1.1.2** International level.

**1.2** Important Tournaments/Competitions held at National and International level

**1.3** National & International Governing body.

## **UNIT-II SKILLS**

**2.1** Fundamental Skills of the sport.

**2.2** Warming Up-General, Specific, Cooling Down,

## **UNIT-III COMPETITION PREPARATION**

**3.1** Strategies and their Applications.

**3.2** Tactical Preparation.

**3.3** Psychological preparation.

## **UNIT-IV OFFICIATING & SKILL TESTS**

**4.1** Knowledge of rules and regulations.

**4.2** Duties of official & conducting a match.

**4.3** Sports Specific Skill & Motor Ability Test.

## SEMESTER II

L	T	P	Credits	Marks
4	0	0	4	100

**Course Title: ANATOMY AND PHYSIOLOGY**

**Paper Code: PED102**

**Course Objectives:**

- CO1:- Students will be able to understand the concept of anatomy and sports Physiology
- CO2:- Students will be able to know about the skeletal system, joints and muscular system and their regulation.
- CO3:- To enable the students about blood, circulatory system and respiratory system and their functions.
- CO4:- To make students familiar with the functioning of digestive system, nervous system and endocrine system.

### **UNIT-I Introduction & Structural Organization**

- 1.1 Meaning and Concept of Anatomy & Physiology.
- 1.2 Need and Importance of Anatomy & Physiology in the field of Physical Education
- 1.3 Normal Anatomical Position and its Importance
- 1.4 Classification and Structure of Cells & tissues

### **UNIT-II Skeletal System, Joints & Muscular System**

- 2.1 Skeletal System:
  - 2.1.1 Different parts of Skeleton (Axial & Appendicular)
  - 2.1.2 Types of bones
- 2.2 Joints:
  - 2.2.1 Types of Joint
  - 2.2.2 Movements around the joint
- 2.3 Muscular System:
  - 2.3.1 Types of Muscles
  - 2.3.2 Structure & function of Muscles.

### **UNIT-III Blood, Circulatory System & Respiratory System**

#### **3.1 Blood:**

- 3.1.1 Constituents of blood and their function.
  - 3.1.2 Blood groups & clotting of blood
- #### **3.2 Circulatory system:**
- 3.2.1 Structure of heart and blood vessels.
  - 3.2.2 Types of circulation.
  - 3.2.3 Function of heart muscle,
  - 3.2.4 Terminologies: cardiac cycle, cardiac output, blood pressure: diastolic, systolic.
- Athletic heart

### **3.3 Respiratory system:**

- 3.3.1** Types of Respiration,
- 3.3.2** Functions of respiratory System
- 3.3.3** Organs & structure of respiratory System
- 3.3.4** Mechanism of respiration.

### **UNIT-IV Digestive System, Nervous System & Endocrine System**

#### **4.1 Digestive System:**

- 4.1.1** Organs of digestive system
- 4.1.2** Functions and process of digestive system
- 4.1.3** Mechanism of Digestion

#### **4.2 Nervous System:**

- 4.2.1** Organs or Parts of Nervous system
- 4.2.2** Functional classification of nervous system.

#### **4.3 Endocrine System:**

- 4.3.1** Meaning of Glands
- 4.3.2** Location and function of glands

### **REFERENCES:**

- Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
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- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications. Morehouse,
- L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
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- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publication

# DAV UNIVERSITY, JALANDHAR

**Course Title:** Calisthenics/Indigenous games

**Paper Code:** PED153

L	T	P	Credits	Marks
0	0	6	3	100

**Course Objective:-**

CO1:- Students will be able to know the calisthenics free hand exercise.

CO2:- Students will learn about calisthenics with light apparatus..

CO3:- Students will learn about different indigenous games.

## UNIT I – CALLISTHENICS

**2.1** Free hand exercise on count

**2.2** Free hand exercise on whistle & drum

**2.3** Free hand exercise with music

## UNIT II - Light Apparatus I

**3.1** Exercise with dumbbell

**3.2** Exercise with Hoop

**3.3** Exercise with Flag

## UNIT III – Light Apparatus II

**4.1** Exercise with Wands

**4.2** Exercise with Lezium

**4.3** Exercise with Umbrella

## UNIT IV- Indigenous Games

- a. Circle Kabaddi
- b. Malkhamb
- c. Sitholia
- d. Langdi Taang
- e. Gulli Danda
- f. Marbles
- g. Ice Water
- h. Rat- A- Tat
- i. Hide & Seek

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## Discipline Specific Skill Enhancement Course

Course Title: GAME SPECIALIZATION-2 (Hand ball)

L	T	P	Credits	Marks
0	0	4	2	100

**Paper Code: PED154**

Course objectives:-

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions

### UNIT-I INTRODUCTION

#### 1.1 Historical Development-

##### 1.1.1 National Level

##### 1.1.2 International level.

#### 1.2 Important Tournaments/Competitions held at National and International level

#### 1.3 National & International governing body.

### UNIT-II SKILLS

#### 2.1 Fundamental Skills of the sport.

#### 2.2 Warming Up–General, Specific, Cooling Down,

### UNIT-III COMPETITION PREPARATION

#### 3.1 Strategies and their Applications.

#### 3.2 Tactical Preparation.

#### 3.3 Psychological preparation.

### UNIT-IV OFFICIATING & SKILL TESTS

#### 4.1 Knowledge of rules and regulations.

#### 4.2 Duties of official & conducting a match.

#### 4.3 Sports Specific Skill & Motor Ability Test.

## SEMESTER III

**Course Title: Health Education**

**Paper Code: PED201**

L	T	P	Credits	Marks
4	0	0	4	100

### **Course objectives:-**

CO1:- Students will be able to understand health & health education with the aim, objectives & principles of Health education.

CO2:- Enable the students, to know about the Health supervision, food adulteration and their problems.

CO3:- To understand the terms Communicable & non-communicable, Nutritional & lifestyle diseases.

CO4:- To understand the environment pollution, their sources, types, effects on health and the different

day in relation of environment & sustainable developments.

CO5:- Enable the students about Hygiene & personal care and know about the Rural & urban health problems.

### **Unit I Introduction**

- 1.1 Meaning, definition and concept of Health.
- 1.2 Dimensions of Health
- 1.3 Health and Longevity
- 1.4 Meaning, definition and concept of Health education.
- 1.5 Principles of Health Education
- 1.6 Aims and Objectives of Health Education

### **Unit II Health Problems in India**

- 2.1 Health Supervision
- 2.2 Communicable and Non Communicable diseases
- 2.3 Nutritional disease and solution
- 2.4 Lifestyle disease and their causes & prevention
- 2.5 Food Adulteration and problems.

### **Unit III Health and Environment**

- 3.1 Environmental Pollution and its sources
- 3.2 Types of Pollution
- 3.3 Effect of Pollution on Health
- 3.4 Celebration of various days in relation with environment.
- 3.5 Health and sustainable development

### **Unit IV Health and Hygiene**

- 4.1 Meaning and types of hygiene
- 4.2 Personal care – Skin, nails, clothing, bathing, eyes, mouth and teeth
- 4.3 Rural and Urban Health Problems
- 4.4 Causes of rural and urban health problems
- 4.5 Rural and Urban Sanitation

### **References:**

- Bucher, Charles A. “Administration of Health and Physical Education Programme”
- Delbert, Oberteuffer, et. Al “The School of Health Education”
- Nemir A. “The School of Health Education” (Harber and Brothers, New York).

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- Park, J.E and Park, K. “Text-Book of preventive and social medicine” 2002.
- Turner, C.E. “The School of Health and Health Education”.
- Turner, G.L. “Personal and Community Health”.

# DAV UNIVERSITY, JALANDHAR

**Course Title: Athletics- I (Track events)**

**Paper Code: PED251**

L	T	P	Credits	Marks
0	0	8	4	100

**Course objectives:-**

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions

## **UNIT-I INTRODUCTIONP**

**1.1** Historical Development-

**1.1.1** National Level

**1.1.2** International level.

**1.2** Important Tournaments/Competitions held at National and International level

**1.3** National & International Governing body.

## **UNIT-II SKILLS**

**2.1** Fundamental Skills of the sport.

**2.2** Warming Up–General, Specific, Cooling Down,

## **UNIT-III COMPETITION PREPARATION**

**3.1** Strategies and their Applications.

**3.2** Tactical Preparation.

**3.3** Psychological preparation.

## **UNIT-IV OFFICIATING & SKILL TESTS**

**4.1** Knowledge of rules and regulations.

**4.2** Duties of official & conducting a match.

**4.3** Sports Specific Skill & Motor Ability Test.

## **REFERENCES:**

- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- SayalMeenu, Teach Yourself Running, PrernaPrakashan,(2005),Delhi.



**Course Title: OLYMPISM**

Paper Code: PED202

L	T	P	Credits	Marks
4	0	0	4	100

**Course objectives:-**

CO1:- Understand the origin and historical development of the Olympics.

CO2:- Understand the significant development of Modern Olympics.

CO3:- The students gets to know about different types of Olympic Games.

CO4:- Understand the structure and functions of governing bodies.

## **UNIT – I Historical Development**

**1.1** Origin of Olympic Movement.

**1.2** The early history of the Olympic movement.

**1.3** Educational and cultural values of Olympic movement

## **UNIT – II Modern Olympics**

**2.1** Significant stages in the development of the modern Olympic movement.

**2.2** Olympic Ideals, Olympic Rings, Olympic Torch, Olympic Flag.

**2.3** Olympic Protocol for member countries.

**2.4** Olympic Code of Ethics. Olympism in action.

## **UNIT – III Different Olympic Games**

**3.1** Para Olympic Games.

**3.2** Summer Olympics.

**3.3** Winter Olympics.

**3.4** Youth Olympic Games

**3.5** Special Olympics

## **UNIT – IV Governing Bodies**

**4.1** International Olympic Committee - Structure and Functions.

**4.2** National Olympic committees and their role in Olympic movement.

**4.3** Olympic medal winners of India

## **REFERENCES:**

• Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.

• Burbank, J. M., Andranovich, G. D. &Heying Boulder, C. H. (2001). Olympic dreams:the impact of mega-events on local politics: Lynne Rienner

L	T	P	Credits	Marks
4	0	0	4	100

## Semester- IV

**Course Title: NUTRITION AND FITNESS MANAGEMENT**

**Paper Code: PED203**

**Course objectives:-**

CO1:- Students will be able to understand the concept of sports nutrition and basic nutrition guidelines.

CO2:- Students will be able to know about the balanced diet, its principles and factors.

CO3:- Students will be able to understand the concept of weight management in modern era and BMI & BMR.

CO4:- The student will know diet plan and designing of exercise for weight management.

### **UNIT – I Introduction to Nutrition**

- 1.1 Meaning, definition and concept of Nutrition.
- 1.2 Classification of food
- 1.3 Nutrients - their sources and significance
- 1.4 Concept of Sports Nutrition
- 1.5 Basic Nutrition guidelines
- 1.6 Maintaining a Healthy Lifestyle

### **UNIT – II Balanced Diet and Diet Plan**

- 2.1 Meaning & definition of Balanced Diet
- 2.2 Principles of Balanced diet
- 2.3 Essentials of balanced diet
- 2.4 Factors affecting balanced diet
- 2.5 Role of carbohydrates, Fat and protein during exercise
- 2.6 Role of hydration during exercise, water balance.
- 2.7 Daily calorie requirement and expenditure.
- 2.8 Balanced diet for Indian School Children
- 2.9 Planning of diet for an individual

### **UNIT – III Fitness Management**

- 1 Meaning and Definition of Fitness and Wellness.
- 1.2 Concept of Fitness Management in Modern Era.
- 1.3 Basic Principles of Physical Fitness
  - 1.3.1 How much physical activity is enough?
- 1.4 Benefits of physical activity.
- 1.5 Components of Wellness
- 1.6 Components of physical fitness:
  - 1.6.1 Health related components
  - 1.6.2 Skill Related components

## UNIT – IV

### Weight Management

- 3.1 Meaning of weight management
- 3.2 Concept of weight management in modern era.
- 3.3 Factor affecting weight management
- 3.4 Values of weight management, concept of BMI (Body mass index),
- 3.5 Common Myths about Weight Loss Obesity – Definition, meaning and types of obesity, Obesity - Causes and Solutions for Overcoming Obesity.
- 3.6 Steps of planning of Weight Management
- 4.1 Weight management program for children,
- 4.2 Role of diet and exercise in weight management,
- 4.3 Design diet plan and exercise schedule for weight gain and loss

### REFERENCES:

- Bessesen, D. H. (2008). Update on obesity. *J Clin Endocrinol Metab.* 93 (6), 2027-2034.
  - Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091- 3096.
  - Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J Obstet Gynecol*, 197(3), 223-228.
    - 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.

# DAV UNIVERSITY, JALANDHAR

**Course Title: Game specialization -III**

**(Basketball, Football)**

**Paper Code: PED252**

L	T	P	Credits	Marks
0	0	6	3	100

**Course objectives:-**

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions

## **UNIT-I INTRODUCTION**

**1.1** Historical Development-

**1.1.1** National Level

**1.1.2** International level.

**1.2** Important Tournaments/Competitions held at National and International level

**1.3** National & International Governing body.

## **UNIT-II SKILLS**

**2.1** Fundamental Skills of the sport.

**2.2** Warming Up–General, Specific, Cooling Down,

## **UNIT-III COMPETITION PREPARATION**

**3.1** Strategies and their Applications.

**3.2** Tactical Preparation.

**3.3** Psychological preparation.

## **UNIT-IV OFFICIATING & SKILL TESTS**

**4.1** Knowledge of rules and regulations.

**4.2** Duties of official & conducting a match.

**4.3** Sports Specific Skill & Motor Ability Test.

**Course Title: RECREATION AND CAMPING**

**Paper Code: PED204**

**Course objectives:-**

CO1:- Understand the concept of recreation.

CO2:- Understanding of different programme for recreation and camping.

CO3:- Planning of recreational programme.

CO4:- Importance of recreation in social institutions.

L	T	P	Credits	Marks
4	0	0	4	100

## **UNIT-I: Introduction to Recreation**

**1.1** Meaning and definitions and Historical Development of Recreation.

**1.2** Principles and Characteristics of Recreation

**1.3** Importance of Recreation

**1.4** Misconceptions about Recreation

**1.5** Scope of Recreation.

## **UNIT-II: Programmes in Recreation**

**2.1** Criteria and Principles of selecting recreational programmes.

**2.2** Classification of Recreational activities.

**2.3** Indoor and outdoor activities. (Merits and Demerits)

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

**2.4** Hobbies – Introduction to hobbies and types of hobbies

**2.5** Agencies Providing Recreation

## **UNIT-III: Planning for Recreation**

**3.1** Factors Responsible for the need of recreation:

**3.1.1** Growth of cities, Changing home conditions, Increase in leisure time, Specialization and automation in Industry, Population changes, Rising economy, Technological Development, etc.

**3.2** Recreational activities for different societal categories.

**3.2.1** Recreation for handicaps, Facilities required for community recreation, industrial recreation, institutional recreation, family recreation and commercial recreation.

**3.3** Indoor and Outdoor Recreation for rural population

**3.4** Indoor and Outdoor recreation for urban population

## **UNIT-IV: Camping**

**4.1** Meaning, aim and objective of the camping.

**4.2** Need and importance of the camping.

**4.3** Types of camping (Educational, Recreational, Training, Adventure, Leadership camp etc.)

**4.3.1** Organization and administration of camping.

**4.4** Recreation in Social Institution and Camping (Family, Educational Institution, Community/Culture, Religious Organization)

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## REFERENCES:

- George D. Butler, —Introduction of community recreation, McGraw Hills, 1969.
- Zeigler F.F., —Philosophical Foundations for Physical Health and Recreation Education, Prentice Hill Inc. Eagle Wood Cliffs N.J. Prentice Hall, 1964.
- Mayer and Bright Bill, —Recreation Administration. Englewood Cliffs N.J. Prentice Hall Inc. 1961.
- Singh Ajmer et.al, —Essentials of Physical Education. Kalyani Publishers Ludhiana second revised addition 2008

## Course Title: POSTURE AND MASSAGE

Paper Code: PED205

L	T	P	Credits	Marks
4	0	0	4	100

### Course objectives:-

CO1:- Students will be able to understand the basic concept of Posture, its type & classification with natural curves in Human spine, good & bad posture & their causes or drawbacks of bad posture.

CO2:- Enable the students, to know about the upper & lower extremities deformities, their cause & remedial measure.

CO3:- To understand the History of massage, their types, principles & benefits of massage on different parts.

CO4:- Enable the students about Therapeutic & sports massage & able to know about the application of massage to different body parts.

### UNIT- I Introduction to Posture

1.1 Introduction, meaning and types of posture (Static, Dynamic)

1.2 Natural curves in a Human Spine

1.3 Classification of Posture: Good and Bad posture.

1.4 Values of Good Posture

1.5 Causes and Drawbacks of Bad Posture

### UNIT-II Postural defects

2.1 Common Postural defects of Upper Extremities

2.1.1 Kyphosis – its causes and remedial measures

2.1.2 Lordosis – its causes and remedial measures

2.1.3 Scoliosis – its causes and remedial measures

2.2 Common postural defects of Lower Extremities

2.2.1 Knock-knee – its causes and remedial measures

2.2.2 Bow legs – its causes and remedial measures

2.2.3 Flatfoot - its causes and remedial measures

### UNIT - III Introduction to Massage

3.1 Meaning, definition and History of Massage.

3.2 Types of Massage.

3.3 Principles and effects of Massage.

3.4 Benefits of Massage and its guidelines.

3.5 Indications and Contraindications of Massage.

### UNIT-IV Therapeutic and Sports Massage

4.1 Meaning and definition of therapeutic massage

4.2 Application of Massage to different body parts

4.2.1 Human back

4.2.2 Chest

4.2.3 Abdomen

4.2.4 Head and Face

4.2.5 Limbs

**4.3** Techniques of Application of Massage: Effleurage, Superficial Stroking, Kneading and Petrissage

**4.4** Role of Massage in Sports.

**REFERENCES:**

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



**Course Title: Athletics-II(Field events- jump)**

**Paper Code: PED253**

L	T	P	Credits	Marks
0	0	6	3	100

**Course objectives:-**

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions

## UNIT-I INTRODUCTION

**1.4** Historical Development-

**1.4.1** National Level

**1.4.2** International level.

**1.5** Important Tournaments/Competitions held at National and International level

**1.6** National & International Governing body.

## UNIT-II SKILLS

**2.3** Fundamental Skills of the sport.

**2.4** Warming Up–General, Specific, Cooling Down,

## UNIT-III COMPETITION PREPARATION

**3.4** Strategies and their Applications.

**3.5** Tactical Preparation.

**3.6** Psychological preparation.

## UNIT-IV OFFICIATING & SKILL TESTS

**4.4** Knowledge of rules and regulations.

**4.5** Duties of official & conducting a match.

**4.6** Sports Specific Skill & Motor Ability Test.

## REFERENCES:

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

## SEMESTER- V

L	T	P	Credits	Marks
4	0	0	4	100

**Course Title: Management in Physical Education and Sports**

**Paper Code: PED301**

### **Course objectives:-**

CO1:-Understand the concept of management, administration and organization and elements of management.

CO2:- The students will know about the facilities and equipment's for Indoor and Outdoor physical activity.

CO3:- Understand the importance of tournaments and its educational outcomes.

CO4:- The students will know about management of staff and office and its importance.

### **Unit I Introduction**

- 1.1 Meaning and definition of Management, Administration and Organization
- 1.2 Need and Importance of Management in Physical education
- 1.3 Elements of Management (Planning, Organizing, Staffing, Directing and Coordination, Supervision and Control/ Evaluation; Re-adjustments and Improvement/ follow up)
- 1.4 Principles of Management
- 1.5 Organizational Structure of Physical Education in Schools and Colleges

### **UNIT II Facilities and Equipment's**

- 2.1 Layout of Indoor Physical Education and Sports Facilities
- 2.2 Layout of Outdoor Physical Education and Sports Facilities
- 2.3 Need and Importance of Outdoor Sports Facility
- 2.4 Care and Maintenance of Outdoor Sports Facility
- 2.5 Gymnasium- Establishment, Care and Maintenance
- 2.6 Procedure of Purchase of Equipment

### **Unit III Tournaments**

- 3.1 Meaning and Concept of tournaments.
- 3.2 Types of Tournaments
- 3.3 Intramurals and Extramural
- 3.4 Educational Outcomes of Intramural and extramural
- 3.5 Role of Physical Education teacher as a manager and team leader.

### **Unit IV Staff and Office Management**

- 4.1 Staff cooperation and its Significance
- 4.2 Role of Head to imbibe the spirit of discipline among his staff
- 4.3 Development/ Involvement of Voluntary Services of other teachers for Physical Education Programs.
- 4.4 Need and Importance of Office Management
- 4.5 Physical Education Budget and its preparation
- 4.6 Maintenance of Office records.

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## References:

- Bucher, C.H. Administration of Physical Education and Athletic Programmes, The C.V. Mosby Company, London, 1983.
- Huges, W.L. et. Al. Administrative of Physical Education, The Ronald Press company, New York 1962.
- Maheshwari, B. Management by Objectives, Tabe Mc. Graw Hill Publishing Company Ltd., New Delhi 1982.
- Voltmar, B.P. et. Al. The Organization and Administration of Physical Education., PrenticeHall Inc., New Jersey, 1979.
- Newman, W.D. Administrative Action, Prentice Hall I.C., New Jersey 1963.

# DAV UNIVERSITY, JALANDHAR

**Course Title: Game specialization-IV (Badminton, T.T.)**  
**Paper Code: PED251**

L	T	P	Credits	Marks
0	0	6	3	100

## **Course objectives:-**

- CO1:- Students will be able to know about history and governing bodies of the game.
- CO2:- Development of the basic skills of the game.
- CO3:- Understand the strategies and tactics of the game for competition.
- CO4:- Students will be able to officiate in competitions

## **UNIT-I INTRODUCTION**

**1.4** Historical Development-

**1.4.1** National Level

**1.4.2** International level.

**1.5** Important Tournaments/Competitions held at National and International level

**1.6** National & International Governing body.

## **UNIT-II SKILLS**

**2.3** Fundamental Skills of the sport.

**2.4** Warming Up–General, Specific, Cooling Down,

## **UNIT-III COMPETITION PREPARATION**

**3.4** Strategies and their Applications.

**3.5** Tactical Preparation.

**3.6** Psychological preparation.

## **UNIT-IV OFFICIATING & SKILL TESTS**

**4.4** Knowledge of rules and regulations.

**4.5** Duties of official & conducting a match.

**4.6** Sports Specific Skill & Motor Ability Test.

L	T	P	Credits	Marks
3	0	0	3	100

**Course Title: COMMON SPORTS INJURIES, THEIR PREVENTION AND CARE**

**Paper Code: PED302**

**Course objectives:-**

CO1:- Students will be able to understand the basic concept of sports injuries, various types, cause and

their prevention.

CO2:- Students will be able to know about the concept of first aid and its implication.

CO3:- To enable the students about the Emergency treatment for common accidents and their treatment

and ergogenic aids in sports and their effects.

CO4:-To make students familiar with the term rehabilitation, types of rehabilitation therapy

**UNIT-I Introduction**

**1.1** Sports injuries and its types:

**1.2** Acute injuries, Overuse injuries, Chronic Injuries

**1.3** Common sport injuries:

Sprain, Strain, Fracture, Dislocations, Abrasion, Contusion, Bruises, Blisters, Corn

**1.4** Common Sports Specific injuries: Athletes foot, Tennis elbow,

Footballer's Knee, Footballer's Ankle

**1.5** Causes and Preventive measures for common sports injuries

**UNIT-II FIRST AID**

**2.1** Meaning, aim and objectives of first aid. First aid box and its articles.

Types of bandages and splints.

**2.2** Qualities and functions of a first aider

**2.3** Principles of first aid & Concept of RICE

**2.4** First aid for the common sports injuries (Sprain, Strain, Abrasion, Dislocation,).

**UNIT-III EMERGENCY TREATMENT FOR COMMON ACCIDENTS**

**3.1** Drowning, Burning, Insect stings & biting, Snake bite, Dog bite.

**3.2** Poisoning, Unconsciousness, Fainting, Hysteria, Sunstroke

**3.3** Electric shock, Acid burn

**UNIT-IV REHABILITATION FOR SPORTS INJURIES & DOPING IN SPORTS**

**4.1** Rehabilitation meaning & definition

**4.2** Need and Importance of Rehabilitation for sports injuries

**4.3** Introduction to Basic Rehabilitation procedures of sports injuries: a. Cold Therapy b. Heat Therapy, c. Exercise Therapy

**4.4** Meaning and Definition

**4.5** National & International Agencies for Dope Control

**4.6** Types and Classification of Doping

**4.7** Ergogenic aids in sports and their ill effects: a. Anabolic agents b. Stimulants c. Beta-blockers d. Narcotic analgesics e. Diuretics f. Blood doping

## REFERENCES:

- Armstrong and Tuckler(1964) ; —Injuries in sportll, London, Staples press,.
- Bolan J.P., —Treatment and prevention of athletic injuriesll.
- More house, L.E. and Resch, P.J., —Sports medicine for Trainers, Philadelphiall.
- Ryans Allan; —Medical Care of the Athletell, McGraw Hill.
- Evans, A. William; —Everyday safetyll, Chicago: Iyan and Chamaha.
- Singh Ajmer et.al (2008), —Essentials of Physical Educationll, Kalyani Publishers,Ludhiana, Second revised addition.

# DAV UNIVERSITY, JALANDHAR

L	T	P	Credits	Marks
4	0	0	4	100

**Course Title: FUNDAMENTALS OF SPORTS TRAINING**

**Paper Code: PED303**

**Course Objectives:**

CO1:- Understand the term sports training, its components and principles.

CO2:- The student will know about training methods for Strength and Endurance development.

CO3:- The student will know about training methods for Speed and Flexibility development.

CO4:- Understand the psychological and tactical preparation

## **UNIT-1 Introduction**

**1.1** Meaning & definition of terms: Sports training, Conditioning, Training load & Overload.

**1.2** Aims & objectives of Sports Training

**1.3** Characteristics and principles of sports training.

**1.4** Meaning & definition of Warming up, & Cooling down

## **UNIT-2 Training methods for Development of fitness components- I**

**2.1** Strength:

**2.1.1** Concept and types of strength

**2.1.2** Methods of strength development

**2.2** Endurance

**2.2.1** Definition & Types of Endurance

**2.2.2** Methods of developing Endurance

## **UNIT-3 Training methods for Development of fitness components- II**

**3.1** Speed:

**3.1.1** Meaning & Types of speed

**3.1.2** Development of speed

**3.2** Flexibility

**3.2.1** Concept and benefits of flexibility

**3.2.2** Flexibility training

## **UNIT-4 Psychological and Tactical preparation**

**4.1** Meaning & definition of Technique and Skill.

**4.2** Concept of tactics & strategy.

**4.3** Introduction to Psychological preparation of team and individual sports persons.

**4.4** Concept of Periodization-Preparatory, Competition and Transition

periods and their aims and objectives.

**4.5** Preparation of a basic training program.

## **REFERENCES:**

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

# DAV UNIVERSITY, JALANDHAR

**Course Title: Athletics-III (Throwing events)**

**Paper Code: PED352**

L	T	P	Credits	Marks
0	0	4	2	100

**Course Objectives:**

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions

## **UNIT-I INTRODUCTION**

**1.1** Historical Development-

**1.1.1** National Level

**1.1.2** International level.

**1.2** Important Tournaments/Competitions held at National and International level

**1.3** National & International Governing body.

## **UNIT-II SKILLS**

**2.1** Fundamental Skills of the sport.

**2.2** Warming Up–General, Specific, Cooling Down,

## **UNIT-III COMPETITION PREPARATION**

**3.1** Strategies and their Applications.

**3.2** Tactical Preparation.

**3.3** Psychological preparation.

## **UNIT-IV OFFICIATING & SKILL TESTS**

**4.1** Knowledge of rules and regulations.

**4.2** Duties of official & conducting a match.

**4.3** Sports Specific Skill & Motor Ability Test.

## **REFERENCES:**

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006), New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),New Delhi.



## Semester- VI

L	T	P	Credits	Marks
2	0	4	4	100

**Course Title: FOUNDATION OF YOGA**

**Paper Code: PED304**

### **Course Objectives:**

CO1: Students will be able to understand the basics of yoga, Yoga in Early Upanishads and yoga sutra, need and importance of Yoga in physical education and sports.

CO2: Enable the students to know about the foundation and different schools of yoga.

CO3: Students will be able to understand the basics of asanas, bandhas and kriyas and Influences on various system of the body.

CO4: To provide the knowledge about yoga education and different researches going on related to yoga field.

CO5: Yoga education centers in India and abroad, Competitions in Yoga. Difference between yogic practices and physical exercises. Different practices of yoga.

### **UNIT-I INTRODUCTION**

1.1 Definition, aims and objective of Yoga

1.2 importance of yoga in the field of physical education & sports

1.3 Role of yoga in Physical education – asanas, pranayama & Meditation

1.4 concept of yoga

### **UNIT-II HISTORY AND TYPES OF YOGA**

2.1 Historical development of yoga.

2.2 Types of yoga: Bhakti, Karma, Raj and Hatha yoga

2.3 Ashtang yoga with special reference to physical education & sports

### **UNIT-III YOGIC METHODS AND PERSONAL HYGIENE**

3.1 Shatkarm/cleansing process/ yogic methods and personal hygiene.

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

3.3 Differentiate between asana and exercise

### **UNIT-IV**

4.1 Pranayama and importance of pranayama in special reference to Physiological education and its effects on main systems.

4.2. Bandhas, mudras and their physiological effects on main systems.

### **PRACTICAL:**

Demonstration of various Asanas.

- Surya Namaskar
- standing
- sitting
- laying (prone and supine poses)

Practice of Shatkarma : Neti, kunjla, kapal bhati, Agnisar, tratika

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

Practice of Bandhas : jalandhar, uddyana, mool bandha

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## References:

- Debnath Manika,(2007) Basic Core Fitness Through Yoga And Naturopathy, New Delhi, SportsPublication.
- Kumar, E.R, (1988) Heal Yourself withYoga:Specific Disease, Bombay: Taraporevala.
- Shanti Kumar, Y,(1987 ) The Science Of Yogic Breuthiy (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.

# DAV UNIVERSITY, JALANDHAR

**Course Title: Game specialization-V** (Judo, Wrestling)

**Paper Code: PED354**

**Course Objectives:**

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions

L	T	P	Credits	Marks
0	0	0	4	100

## UNIT-I INTRODUCTION

**1.1** Historical Development-

**1.1.1** National Level

**1.1.2** International level.

**1.2** Important Tournaments/Competitions held at National and International level

**1.3** National & International Governing body.

## UNIT-II SKILLS

**2.1** Fundamental Skills of the sport.

**2.2** Warming Up–General, Specific, Cooling Down,

## UNIT-III COMPETITION PREPARATION

**3.1** Strategies and their Applications.

**3.2** Tactical Preparation.

**3.3** Psychological preparation.

## UNIT-IV OFFICIATING & SKILL TESTS

**4.1** Knowledge of rules and regulations.

**4.2** Duties of official & conducting a match.

**4.3** Sports Specific Skill & Motor Ability Test.

L	T	P	Credits	Marks
4	0	0	4	100

## Course Title SPORTS PSYCHOLOGY AND SOCIOLOGY

PAPER CODE: PED305

### Course Objectives:

CO1:- The study would orient the student in basic concepts of psychology.

CO2:-The student would be oriented in identifying factors determining one's overall personality.

CO3:-He would understand various laws of learning and their relevance in teaching learning process.

CO4:-The study would orient him in getting through with the psychology and sociology of sports person.

CO5:-The student will be to identify the relationship between sports and society.

### Unit I

#### 1.1 Introduction:

1.1.1 Meaning, Importance and scope of Sports Psychology.

1.1.2 growth and development.

1.1.3 individual differences; Factors responsible - Heredity and environment.

1.1.4 Psycho-sociological aspects of Human behavior in relation to physical education and sports.

### UNIT-II

#### 2.1 Sports Psychology:

2.1.1 Nature of learning, theories of learning,

2.1.2 Laws of learning & Learning curves

2.1.3 Meaning, definition, characteristics and Dimension of personality, Sports performance.

2.1.4 Nature of motivation: Factors influencing motivation; Motivational techniques and its impact on sports performance.

2.1.5 Mental Preparation Strategies: Attention, focus, Self- talk, Relaxation, Imagination, Aggression and Sports.

### Unit-III Introduction to Sports Sociology

3.1 Meaning, definition, nature and scope of sociology and sociology of sports.

3.2 Basic concepts of sociology: family, society, community, association, institution, state, folks, culture, value and norms.

3.3 Relationship of sports sociology with other disciplines. Psychology, history of mankind and physical education.

3.4 Historical approaches to social theory: Agency theories (social action theory) and structure theories (social system theories).

3.5 The History of sociology of sport: The developmental phase of the sociology of sports - reflection, reproduction and resistance.

3.6 Methodology and future trends in the sociology of sport.

### Unit-IV Sports and Society

4.1 Sports as a game occurrence

4.2 Sports as an Institutional game.

4.3 Sports as a social institution.

4.4 Sports as a Social Situation or Social System.

4.5 Sports and Sportsmanship.

4.6 Sports and Personality.

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- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co. Cratty, B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
- 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.
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# DAV UNIVERSITY, JALANDHAR

## Course Title: PHYSICAL ACTIVITY FOR CHILDREN AND SPECIAL CHILDREN

Paper Code: PED306

L	T	P	Credits	Marks
3	0	0	3	100

Course Objectives

CO1:- The students will be able to know about children behavior and types of behavior.

CO2:- The students will be capable of setting boundaries for unwanted behavior.

CO3:- The students will be competent to plan health and physical activity.

CO4:- The students will be able to promote physical activity in society.

### UNIT – I – Introduction to Children Behaviour

**1.1** An Introduction to Children Behaviour Different types of behaviour; and Children's needs.

**1.2** Factors Influencing a Child's Behaviour: Race, Culture and religion; Separation and divorce; Remarriage; Bereavement; The birth of a new baby; Moving house; Child abuse; Gender; Age; Short term unwanted behaviour; and Long term unwanted behaviour.

**1.3** Encouraging Positive Behaviour in Children using rewards.

**1.4** Guidelines for Dealing with Unwanted Behaviour: Setting boundaries; Policies; Sticking to rules; Tantrums; and Bribery.

**1.5** Responding to unwanted Behaviour, Ignoring the behaviour; Distraction; and Play therapy. Observing & Assessing Children's Behaviour: Progress; Personality; Responding; and Health.

### UNIT – II

#### Health and Physical Activity Planning

**3.1** Planning Health Related Exercise and Physical Activities for Children.

**3.2** Instructing Health Related Exercise and Physical Activities for Children.

**3.3** Maintaining health, safety and welfare in a variety of fitness environments, including safeguarding of children and vulnerable adults.

**3.4** Programming safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating.

**3.5** Planning and delivering structured health related exercise and physical activity for apparently healthy children in the 5-15 age range inclusive.

### UNIT – III Children and Exercise

**4.1** Concepts, components and principles of health and fitness, benefits of exercise for children.

**4.2** Warm-ups, preparatory stretching, main workout, cool down component, developmental stretching.

**4.3** Promoting physical activity to children and families and the psychological barriers for participation.

**4.4** Appropriate motivational techniques.

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## UNIT – IV Physical Activity for Special Children

- 4.1 Meaning & Definition of disability.
- 4.2 Need & Importance of Physical Education for children with disabilities.
- 4.3 Recreational sports opportunities for special children.
- 4.4 Competitive opportunities for specially abled Special Olympics, Paralympics & Unifiedsports.
- 4.5 Special Children and Exercise
- 4.6 Meaning & Importance of rehabilitation for specially abled.
- 4.7 Classification of rehabilitation-Functional rehabilitation & Psychological rehabilitation.
- 4.8 Government welfare programme – Provision of special rights and privileges for the specially abled through legislation.
- 4.9 Social welfare programme for the specially abled. Mass public education/ awareness programme.

### REFERENCES:

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- 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

# DAV UNIVERSITY, JALANDHAR

**Course Title: FUNDAMENTALS OF KINANTHROPOMETRY**

**Paper Code: PED307**

L	T	P	Credits	Marks
3	0	0	3	100

**Course Objectives:-**

CO1:- Understand the basics of anthropometry and kinanthropometry.

CO2:- Understand the concept and techniques of body measurements.

CO3:- The students will understand the human body composition and methods of estimating bodyfat.

CO4:- Understand the Human growth and somatotyping.

## **Unit-I Introduction**

**1.1** Meaning and definition of Anthropometry and Kinanthropometry.

**1.2** A brief historical background of Kinanthropometry.

**1.3** Factors affecting Kinanthropometry.

**1.4** Basic sights of measuring human body in Kinanthropometry.

**1.5** Scope of Kinanthropometry

a. Sports Scientists, b. Physical Educationist, c. Coaches, d. Human Biologists, e. Physical Anthropologists

## **Unit-II Human Body Measurements**

**2.1** Meaning of human body measurements

**2.2** Techniques of human body measurements

**2.2.1** Different Height Measurements.

**2.2.2** Different Width Measurements.

**2.2.3** Different Girth Measurements.

**2.2.4** Methods for Determination of Age:

• Chronological, Skeletal, Dental, Physiological and Training

## **Unit-III Human Body Composition**

**3.1** Elementary Composition of Human Body.

**3.2** Models of Body Composition.

**3.3** Methods for Estimating Body Fat.

a. Densitometry, b. Body Mass Index, c. Skin Fold Method (Four Sites), d. Hydro Static Weighing, e. Bioelectrical Impedance Analysis, f. Magnetic Resonance Imaging (MRI), g. BodPod

## **Unit-IV Human Growth**

**4.1** Meaning and Definition of Growth.

**4.2** Phases of growth

**4.3** Methods of Studying Human Growth.

**4.4** Factors affecting growth. Somatotyping

**4.5** Meaning and definition of Somatotyping

**4.6** Viola's and Kretschmer's Classification

**4.7** Sheldon's Methods of Somatotyping

a. Endomorphy, b. Mesomorphy, c. Ectomorphy

**4.8** Heath Carter procedure for Anthropometric Somatotype



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## REFERENCES:-

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

# DAV UNIVERSITY, JALANDHAR

**Course Title: GAME SPECIALIZATION-VI**

**Paper Code: PED355**

**(Kabaddi, Kho-Kho )**

**Course Objectives:**

CO1:- Students will be able to know about history and governing bodies of the game.

CO2:- Development of the basic skills of the game.

CO3:- Understand the strategies and tactics of the game for competition.

CO4:- Students will be able to officiate in competitions

L	T	P	Credits	Marks
0	0	6	4	100

## **UNIT-I INTRODUCTION**

**1.4** Historical Development-

**1.4.1** National Level

**1.4.2** International level.

**1.5** Important Tournaments/Competitions held at National and International level

**1.6** National & International Governing body.

## **UNIT-II SKILLS**

**2.3** Fundamental Skills of the sport.

**2.4** Warming Up-General, Specific, Cooling Down,

## **UNIT-III COMPETITION PREPARATION**

**3.4** Strategies and their Applications.

**3.5** Tactical Preparation.

**3.6** Psychological preparation.

## **UNIT-IV OFFICIATING & SKILL TESTS**

**4.4** Knowledge of rules and regulations.

**4.5** Duties of official & conducting a match.

**4.6** Sports Specific Skill & Motor Ability Test.