



UNIVERSITY OF DELHI

B – BLOCK, VIKASPURI, NEW DELHI - 110018

MODEL COURSE HANDOUT/LESSON PLAN

Discipline Specific Electives (DSE)

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC - 1	HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION	3	1	0	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: To provide the knowledge of historical development of Physical Education & Sports and to familiarize the students with foundations of Physical Education & Sports in reference to biological, psychological, sociological and other foundations

Learning Outcomes:

The Learning Outcomes of this course are as follows:

Students will acquire the knowledge of history & foundations of Physical Education and understand the purpose & development of physical education & sports.

- The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.
- The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.
- The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn

to prepare reports e.g. on NCTE approved institutions for D.P.Ed, B.P.Ed & M.P.Ed course of study.

• The Students will gain knowledge of Professional preparation in Physical educationYMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.

Lesson Plan						
Unit No.	Learning Objective	10	Topics to be			
		Hrs.	covered			
Unit No. Unit I (i) Meaning, Definitions, Scope, importance of physical education in society. (ii) Aim and Objectives of Physical Education and their relation with education	 Learning Objective The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education. The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement. The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P.Ed, B.P.Ed & M.P.Ed course of study. The Students will gain knowledge of Professional preparation in Physical 		-			
	Professional preparation in Physical educationYMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.					
Unit No.	Learning Objective	15 Hrs.	Topics to be covered			
Unit II (i) Foundations of Physical, Education:-	The Students will develop the understanding and knowledge	3	Foundations of Physical, Education:-			

Lesson Plan

 (a) Biological foundation – Introduction, Growth and Development and Body types. (b) Psychological Foundation – Introduction, 	 regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education. The student will learn Biological, 	4	Biological foundation – Introduction, Growth and Development and Body types.
Learning process and theories. (c) Sociological Foundation – Introduction, Socialization process.	Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop	4	Psychological Foundation – Introduction, Learning process and theories.
	 the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement. The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P.Ed, B.P.Ed & M.P.Ed course of study. The Students will gain knowledge of Professional preparation in Physical educationYMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors. 	4	Sociological Foundation – Introduction, Socialization process.

Unit No.	Learning Objective	15	Topics to be
		Hrs.	covered
Unit III (i) Meaning & concepts of	• The Students will develop the understanding and knowledge	2	Introduction of movement.
movement, qualities of the movements, fundamentals movements, Need and	regarding meaning, definitions, scope, importance of physical education in society, Aim and	3	Meaning and concepts of movement
importance of movement in educational programs	Objectives of Physical Education and their relation with education.	2	Qualities of the movement
(ii) Concept and role of wellness movement.	 The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter 	4	Need and importance of movement in educational programmes
	 method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement. The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P.Ed, B.P.Ed & M.P.Ed course of study. The Students will gain knowledge of Professional preparation in Physical educationYMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors. 	4	Concept and role of wellness movement.

Unit No.	Learning Objective	20	Topics to be
		Hrs.	covered
Unit IV (i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.	 The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and 	4	Introduction of Modern and Ancient Historical perspectives of Physical Education.
(ii) Olympic movement and Olympic Games (Ancient and Modern)	 Objectives of Physical Education and their relation with education. The student will learn Biological, Psychological and Sociological 	4	Olympic Movement and Olympic Games in Ancient and Modern
(iii) Professional preparation in Physical education- YMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS. (iv) Sports Career Avenues, National Sports awards and Honors.	 Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement. The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P.Ed, B.P.Ed & M.P.Ed course of study. The Students will gain knowledge of Professional preparation in Physical educationYMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors. 	4	Professional Preparation in Physical Education YMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS. Sports Career Avenues, National Sports awards and Honors.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 2	ANATOMY AND PHYSIOLOGY	3	0	1	4
Teacher/Instructor (s)						
Session	2022-23					

To provide students with the basic knowledge of anatomical structures & functions of human body.

Learning outcomes

The Learning Outcomes of this course are as following

□ Student will acquire the basic knowledge of the anatomy of the human body.

□ They will develop understanding about the functions of each system of the body.

□ Such core knowledge and skill will help to create a strong foundation to engage

human subject of all ages, sex, ability.

Unit No.	Learning Objective	10	Topics to be
		Hrs.	covered
Unit I	Student will acquire the basic	2	Definition of
Definition of Anatomy &	knowledge of the anatomy of the human		Anatomy &
Physiology, Cell-	body.		Physiology, Cell-
microscopic structure &	They will develop understanding		microscopic
functions of its	about the functions of each system of		structure &
organelle.	the body.		functions of its
Tissue-classification &	Such core knowledge and skill will		organelle.
functions.	help to create a strong foundation to	2	Tissue-classification
Organs, systems of the	engage human subject of all ages, sex,		& functions.
body, Bone- classification	ability.	2	Classification of
and structure, joints-			Organ, System of
classification,			Body.
Structure of synovial joints.		2	Bone- classification
Movements at various			and structure,
joints.			joints-classification
		2	Structure of
			synovial joints.
			Movements at
			various joints

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
Unit II Muscular System -	Student will acquire the basic knowledge of the anatomy of the human	3	Muscular System - Classification
Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.	 body. They will develop understanding about the functions of each system of the body. Such core knowledge and skill will 	4	Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.
 Types of muscular contractions, Name of various muscles acting on various joints. Cardio-vascular system 	help to create a strong foundation to engage human subject of all ages, sex, ability.	4	Types of muscular contractions, Name of various muscles acting on various joints
Structure of heart, cardiac cycle, blood pressure, cardiac output, composition& function of blood, Athlete's heart.		4	Cardio-vascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, composition& function of blood, Athlete's heart.

Unit No.	Learning Objective	10 Hrs.	Topics to be covered
Unit III Respiratory system-	Student will acquire the basic knowledge of the anatomy of the human	2	Respiratory system- structure
structure and function, second wind, oxygen debt.	 They will develop understanding about the functions of each system of the body. Such core knowledge and skill will help to create a strong foundation to 	3	Function, second wind, oxygen debt.
 Digestive system-structure & function, balanced diet, metabolism & 		2	Digestive system- structure
maintenance of body temperature.		3	Function, balanced diet, metabolism & maintenance of body temperature.

Unit No.	Learning Objective	10	Topics to be
Unit IV	Student will acquire the basic	Hrs. 2	covered Nervous system-
 Nervous system- structure of brain, spinal cord, Autonomic nervous system, reflex action. Endocrine system- role of various endocrine 	 knowledge of the anatomy of the human body. They will develop understanding about the functions of each system of the body. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability. 		structure of brain, spinal cord, Autonomic nervous system, reflex action.
 glands, Structure& function of human eye & ear. Excretory system- structure & function, including structure & 		3	Endocrine system- role of various endocrine glands, Structure& function of human eye & ear.
 function of skin. Reproductive system- structure & function of male & female 		2	Excretory system- structure & function, including structure & function of skin.
Reproductive system.		3	Reproductive system- structure & function of male & female Reproductive system.
Practical		30	 Counting of pulse rate Measurement of blood pressure Study of various bones of human body Study of different body system with the help of models Study of various movements of the joints.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
	Code		(L)	(T)	(P)	(C)
1 st	DSC – 3 (4)	ATHLETICS	2	0	2	4
	101					
Teacher/Instructor			•			
(s)						
Session	2022-23					

Giving knowledge and understanding of a specific sport in which an individual wishes to excel in.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one"s choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
Unit I • Historical Development and Modern Trends (National and International Level)	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	02	Historical Development and Modern Trends (National and International Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit II Rules and their interpretation of the sport. Warming up and 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
psychological basis of Warming up.Cooling down and its effect.	A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
• Techniques of Coaching – Pep talk, Pre, during and Post match competition	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and		
	improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
 Unit III Basic skills and techniques of the Sports/Game- – sprint races, middle and long distance races, hurdles races, jumping event-long jump, throwing events- shot put, hammer throw. Motor Fitness 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game. A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	03	Basic skills and techniques of the Sports/Game- – sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.
 Components Testing Skill/Technique Evaluation Evaluation of Player"s Performance. 	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	01	Motor Fitness Components Testing Skill/Technique Evaluation
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player"s Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
 Unit IV Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Track marking and marking of different areas for selected events in 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game. A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	Hrs. 03 05	coveredIntroductiontoPhysical and MotorFitness componentsrelatedtosport:Strength,Speed,Endurance,CoordinativeAbilitiesandFlexibility.Track marking andmarking of different
unit-III.	A student will be able to learn and acquire various skills of sports, gain		arenas for selected events in unit-III.
Practical	knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	60	 Learning and demonstrating various skills/techniques of sports- sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above. Track marking and marking of different arenas for selected events in unit-III.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 103	BASKETBALL	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Giving knowledge and understanding of a specific sport in which an individual wishes to excel in.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I Historical Development and Modern Trends (National and International Level) 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	02	Historical Development and Modern Trends (National and International Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
 Unit II Rules and their interpretation. Warming up and 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
physiological basis ofWarming up and its effecton performance.Cooling down and its	respective sport/game. A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and Pest match esserbing	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	08	Topics to be
Unit III • Basic skills and techniques of the	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure	Hrs. 04	covered Basic skills and techniques of the Sports/Game-
Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	and Playfield Technology of the respective sport/game.	02	Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in	02	Evaluation of Player's Performance.
	understanding various fitness components and it's testing.		

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 104	CRICKET	2	0	2	4
Teacher/						
Instructor(s)						
Session	2022-23					

Giving knowledge and understanding of a specific sport in which an individual wishes to excel in.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I Historical Development and Modern Trends (National and International Level) 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	02	Historical Development and Modern Trends (National and International Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II • Rules and their interpretation. • Warming up and	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
physiological basis ofWarming up and its effecton performance.Cooling down and its	respective sport/game. A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and Dest match seashing	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	08	Topics to be
Unit III • Basic skills and techniques of the	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure	Hrs. 04	covered Basic skills and techniques of the Sports/Game-
Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	and Playfield Technology of the respective sport/game.	02	Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in	02	Evaluation of Player's Performance.
	understanding various fitness components and it's testing.		

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
• Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
·			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 105	FOOTBALL	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Giving knowledge and understanding of a specific sport in which an individual wishes to excel in.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
 Unit I Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) 	U	02	Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and
Playfield Technology – Marking and Construction	game knowledge in the areas of psychological basis of Warming up and		International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
 Unit II Rules and their interpretation. Warming up and 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
physiological basis ofWarming up and its effecton performance.Cooling down and its	respective sport/game. A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	04 02	Basic skills and techniques of the Sports/Game- Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 106	GYMNASTICS	2	0	2	4
Teacher/						
Instructor(s)						
Session	2022-23					

Giving knowledge and understanding of a specific sport in which an individual wishes to excel in.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of Gymnastics.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of Gymnastics, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I Historical Development and Modern Trends (National and International Level) 	A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of Gymnastics.	02	Historical Development and Modern Trends (National and International Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
of the playfields.	A student will be able to learn and acquire various skills of Gymnastics, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit II Rules and their interpretation. Warming up and 	A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of Gymnastics.	01	Rules and their interpretation of the sport.
physiological basis of Warming up and its effect on performance.Cooling down and its	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and	physiological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of Gymnastics, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

Unit No.	Learning Objective	08	Topics to be
Unit III • Basic skills and techniques of the	A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield	Hrs. 04	covered Basic skills and techniques of the Sports/Game-
Sports/Game.Skill/Technique EvaluationEvaluation of Player's	Technology of Gymnastics. A student will be able to understand and	02	Skill/Technique Evaluation
Performance.	 interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of Gymnastics, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components. 	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	A student will be able to gain knowledge	08	Introduction to
• Introduction to Physical	with respect to Historical Development,		Physical and Motor
and Motor Fitness	Organizational Structure and Playfield		Fitness components
components: Strength,	Technology of Gymnastics.		related to sport:
Speed, Endurance,			Strength, Speed,
Coordinative Abilities and	A student will be able to understand and		Endurance,
Flexibility.	interpret the rules of game as well as		Coordinative
	game knowledge in the areas of		Abilities and
	physiological basis of Warming up and		Flexibility.
Practical	technical aspects of coaching.	60	Learning and
			demonstrating
	A student will be able to learn and		various skills/
	acquire various skills of Gymnastics,		techniques of
	gain knowledge about different tests of		sports.
	fitness and skill evaluation as well as		Learning to
	the evaluation of player's performance.		demonstrate
			various tests to
	A student will be learning about various		evaluate motor
	fitness components and its forms.		components as
	Further, the student will be able to		listed in unit IV
	practice and improve performance on		above.
	the basis of knowledge gained in		
	understanding various fitness		
	components.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem -						Sem - I
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 107	HANDBALL	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit I Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields. 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	02	Historical Development and Modern Trends (National and International Level)
	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
Unit II	The student will be able to gain	01	Rules and their
• Rules and their	knowledge with respect to Historical		interpretation of the
interpretation.	Development, Organizational Structure		sport.
Warming up and	and Playfield Technology of the		
physiological basis of	respective sport/game.	02	Warming up and
Warming up and its effect			psychological basis
on performance.	A student will be able to understand and		of Warming up.
• Cooling down and its	interpret the rules of game as well as		
effect.	game knowledge in the areas of	02	Cooling down and
• Techniques of Coaching –	psychological basis of Warming up and		its effect.
Pep talk, Pre, during and	technical aspects of coaching.		
Post match coaching.	A student will be able to learn and	02	Techniques of
	acquire various skills of sports, gain		Coaching – Pep
	knowledge about		talk, Pre, during and
	different tests of fitness and skill		Post match
	evaluation as well as the evaluation of		competition
	player"s performance.		Coaching.
	A student will be learning about various		
	fitness components and its forms.		
	Further, the student will be able to		
	practice and improve performance on		
	the basis of knowledge gained in understanding various fitness		
	5		
	components and it's testing.		

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	04 02	Basic skills and techniques of the Sports/Game- Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
• Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I					Sem - I	
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 108	HOCKEY	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I Historical Development and Modern Trends (National and International Level) 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	02	Historical Development and Modern Trends (National and International Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07	Topics to be
Unit II Rules and their interpretation. Warming up and 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	Hrs. 01	covered Rules and their interpretation of the sport.
 warning up and physiological basis of Warming up and its effect on performance. Cooling down and its 	A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	04 02	Basic skills and techniques of the Sports/Game- Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 109	JUDO	2	0	2	4
Teacher/						
Instructor(s)						
Session	2022-23					

The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I Historical Development and Modern Trends (National and International Level) 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	02	Historical Development and Modern Trends (National and International Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
 Unit II Rules and their interpretation. Warming up and 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
physiological basis ofWarming up and its effecton performance.Cooling down and its	respective sport/game. A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	04	Basic skills and techniques of the Sports/Game- Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 110	KABADDI	2	0	2	4
Teacher/						
Instructor(s)						
Session	2022-23					

The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07	Topics to be
Unit I Historical Development and Modern Trends (National and International Level) 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	Hrs. 02	coveredHistoricalDevelopmentModernTrends(NationalandInternational Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II Rules and their interpretation. Warming up and 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
physiological basis ofWarming up and its effecton performance.Cooling down and its	respective sport/game. A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	04	Basic skills and techniques of the Sports/Game- Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 111	КНО-КНО	2	0	2	4
Teacher/				•		
Instructor(s)						
Session	2022-23					

The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I • Historical Development and Modern Trends (National and International Level)	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	02	Historical Development and Modern Trends (National and International Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II • Rules and their interpretation. • Warming up and	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
physiological basis ofWarming up and its effecton performance.Cooling down and its	respective sport/game. A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	04	Basic skills and techniques of the Sports/Game- Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 112	VOLLEYBALL	2	0	2	4
Teacher/						
Instructor(s)						
Session	2022-23					

The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.

After the Completion of Second Month:

A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.

After the Completion of Fourth Month:

Unit No.	Learning Objective	07	Topics to be
Unit I Historical Development and Modern Trends (National and International Level) 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	Hrs. 02	coveredHistoricalDevelopmentModernTrends(NationalandInternational Level)
 Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and	02	Organisational Structure (State, National and International Level)
of the playfields.	technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance.	03	Playfield Technology – Marking and Construction of the playfields.
	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.		

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
 Unit II Rules and their interpretation. Warming up and 	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the	01	Rules and their interpretation of the sport.
physiological basis ofWarming up and its effecton performance.Cooling down and its	respective sport/game. A student will be able to understand and interpret the rules of game as well as	02	Warming up and psychological basis of Warming up.
effect. • Techniques of Coaching – Pep talk, Pre, during and	game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	02	Cooling down and its effect.
Post match coaching.	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's	The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	04	Basic skills and techniques of the Sports/Game- Skill/Technique Evaluation
Performance.	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching. A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player"s performance. A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV	The student will be able to gain	05	Introduction to
• Introduction to Physical	knowledge with respect to Historical		Physical and Motor
and Motor Fitness	Development, Organizational Structure		Fitness components
components: Strength,	and Playfield Technology of the		related to sport:
Speed, Endurance,	respective sport/game.		Strength, Speed,
Coordinative Abilities and			Endurance,
Flexibility.	A student will be able to understand and		Coordinative
	interpret the rules of game as well as		Abilities and
• Motor Fitness	game knowledge in the areas of		Flexibility.
Components Testing of	psychological basis of Warming up and	03	Motor Fitness
above components.	technical aspects of coaching.		Components
			Testing of above
	A student will be able to learn and		components.
Practical	acquire various skills of sports, gain	60	Learning and
	knowledge about		demonstrating
	different tests of fitness and skill		various skills/
	evaluation as well as the evaluation of		techniques of
	player"s performance.		sports.
			Learning to
	A student will be learning about various		demonstrate
	fitness components and its forms.		various tests to
	Further, the student will be able to		evaluate motor
	practice and improve performance on		components as
	the basis of knowledge gained in		listed in unit IV
	understanding various fitness		above.
	components and it's testing.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
1 st	DSC – 3 (4) 113	YOGA	2	0	2	4
Teacher/						
Instructor(s)						
Session	2022-23					

The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning outcomes

The Learning Outcomes of this course are as follows:

Learning Outcome:- The student will attain knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials.

The student will learn about the prayer.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Meaning, techniques,

precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, shavasana, makarasana, bakasana, mayurasana, shirshasanaPranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha.

After the Completion of Third Month:

The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & lowB.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease.

The student will learn Yoga-nidra/relaxation techniques

After the Completion of Fourth Month:

The Students will gain knowledge of Diet & constitution, components of nutrition, water,

natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet. The student will learn Visit to yoga centers/institutes

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I Origin of yoga, definition and scope of yoga, limitations and misconceptions of Yoga Importance of yoga in 	The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI,	03	Origin of yoga, definition and scope of yoga, limitations and misconceptions of Yoga
physical education and other fieldsYoga asana competition at:- State, National,	AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities	02	Importance of yoga in physical education and other fields
International, SGFI, AIU etc.	of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials. The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrikshasana, matsyasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha. The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & lowB.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease. The student will learn Yoga- nidra/relaxation techniques The Students will gain knowledge of Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting- its benefits, types & preparation. Importance of vegetarianism in yogic diet. The student will learn Visit to yoga centers/institutes	02	Yoga asana competition at:- State, National, International, SGFI, AIU etc.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit II Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra Qualifications, qualities 	The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog.	01	Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra
and responsibilities of a coach,Duties/responsibilities of technical official, Scoring	Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities of a coach, Duties/responsibilities of	02	Qualifications, qualities and responsibilities of a coach
system and judgment criteria,Protocols for referees, judges and officials.	technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials. The Students will develop the	02	Duties/responsibilities of technical official, Scoring system and judgment criteria
	understanding and knowledge of Meaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, ek pad sikandasana, bakasana, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha. The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & lowB.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease. The student will learn Yoga- nidra/relaxation techniques The Students will gain knowledge of Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet. The student will learn Visit to yoga centers/institutes.	02	Protocols for referees, judges and officials.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
 Unit III Meaning, techniques, precautions & effects of the following:- Asanas : padmasana, vajrasana, sidhasana, sidhasana, sarvangasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardhmatsyendrasana, dhujangasana, tadasana, vrikshasana, gomukhasana, shavasana, matsyasana, shavasana, matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana Pranayama : anulomvilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi Shatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalana Bandhas : jalandhar, uddyana, mool bandha 	The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials. The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, purna matsyendrasana, chakrasana, ek pad sikandasana, shirshasanaPranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha. The student will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & lowB.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease. The student will learn Yoganidra/relaxation techniques	04 04 01 02	CoveredMeaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, tadasana, tadasana,

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit IV • Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease • Diet & Nutrition, components of nutrition,	The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of Yog. Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra, qualifications, qualities and responsibilities of a coach,	05	Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease
water, natural diet, balanced diet, fastingits benefits, types & preparation, importance of vegetarianism in yogic diet.	Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials. The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:-Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana,	03	Diet & Nutrition, components of nutrition, water, natural diet, balanced diet, fastingits benefits, types & preparation, importance of vegetarianism in yogic diet
Practical	vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasanaPranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha. The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & lowB.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease. The student will learn Yoga-nidra/relaxation techniques The Students will gain knowledge of Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet. The student will learn Visit to yoga centers/institutes	60	 Prayer Asanas, pranayama, shatkarma, bandha (as mentioned in theory) Yoga- nidra/relaxation techniques Visit to yoga centers/institutes

GENERIC ELECTIVE (GE)

SEMESTER - I\GE\GE SUBJECTS FOR SEMESTER-2.PDF

ABILITY ENHANCEMENT COURSE (AEC)

SEMESTER - I\AECC\24022023 AEC (I AND II SEM).PDF

VALUE ADDED COURSE (VAC)

SEMESTER - I\VAC\26102022 VAC I-II-V.PDF

SKILL ENHANCEMENT COURSE (SEC)

SEMESTER - I\SEC\28032023_SEC I - II - V SEM.PDF



Discipline Specific Electives (DSE)

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 4 (4)	HEALTH EDUCATION	3	1	0	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge and understanding with applications and skills (field and laboratory) in health education in real life situation.

Learning Outcomes:

- 1. The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in health education.
- 2. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.
- 3. The learner will develop the understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The learner will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The learner will gain knowledge of meaning and importance of different types of Hygiene. The learner will learn the Prescription of diet and determination of calorie value of foods. The learner will be able to describe, correlate, compare and analyze the concepts for best practices.
- 4. The learner will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The learner will acquire the knowledge of Communicable and Non- communicable diseases, distinction between them, mode of spread and prevention of communicable diseases and Cause, Mode of spread and prevention of some specific diseases diarrhea, typhoid, malaria, STD Respiratory disease. The learner will also be acquainted with meaning, causes and prevention of Non-communicable diseases diabetes, CVD, cancers, renal diseases and respiratory diseases. The learner will be able to demonstrate CPR. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will be able to prepare (design) diet chart/ program.

- 5. The learner will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The learner will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy. The learner will be able to define first aid, DRABCH of first aid, CPR and will learn first aid for hemorrhage, fractures, sprain and strain (PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion. The learner will gain knowledge about international health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health, School Health Service, Components Of school health. The learner will learn the Immunization schedule. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner can work better way, give assistance for care, rehabilitation, health and prevention.
- 6. The learner will gain knowledge of the Rehabilitation (definition, physical and mental rehabilitation) and Rehabilitation Modalities (cold, heat, water, radiation, Hydrotherapy, cryo therapy, thermotherapy superficial heat I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator). The learner will learn about the Rehabilitation Modalities. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner can work better way, give assistance for care, rehabilitation, health and prevention.

Lesson Plan			
Unit No.	Learning Objective	11 Hrs.	Topics to be covered
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, Concept and components of wellness. 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.	 The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in health education. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability. The learner will develop the understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The learner will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The learner will gain knowledge of meaning and importance of different types of Hygiene. The learner will learn the Prescription of diet and determination of calorie value of foods. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The learner will acquire the knowledge of Communicable and Non- communicable diseases, distinction between them, mode of spread and prevention of some specific diseases - diarrhea, typhoid, malaria, STD Respiratory 	2 3 3	CoveredHealth-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of healthConcept and components of wellness.Health Education- meaning, scope, aims and objectives, principles, methods and media used in health educationHygiene- personal hygiene, environmental hygiene,meaning, need and importance; associated practices related to maintenance and promotion of health.

 disease. The learner will also be acquainted with meaning, causes and prevention of Non-communicable diseases - diabetes, CVD, cancers, renal diseases and respiratory diseases. The learner will be able to demonstrate CPR. The learner will be able to demonstrate CPR. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will be able to prepare (design) diet chart/ program. 5. The learner will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The learner will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy. The learner will be able to
 and prevention of Non- communicable diseases - diabetes, CVD, cancers, renal diseases and respiratory diseases. The learner will be able to demonstrate CPR. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will be able to prepare (design) diet chart/ program. 5. The learner will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The learner will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
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smoking) and their harmful effects substance abuse management. The learner will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
substance abuse management. The learner will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
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education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
delivery, care of the infant, importance of breast feeding, immunization, oral rehydration
importance of breast feeding, immunization, oral rehydration
immunization, oral rehydration
define first aid, DRABCH of first aid,
CPR and will learn first aid for
hemorrhage, fractures, sprain and
strain (PRICER), Drowning snake
bite, poisoning, heat stroke and heat
exhaustion. The learner will gain
knowledge about international health
agencies- WHO, UNICEF, Red
Cross- their constitution and role in
promoting health, School Health
Service, Components Of school
health. The learner will learn the
Immunization schedule. The learner
will be able to describe, correlate,
compare and analyze the concepts
for best practices. The learner can
work better way, give assistance for
care, rehabilitation, health and
prevention.
6. The learner will gain knowledge of
the Rehabilitation (definition,
physical and mental rehabilitation)
and Rehabilitation Modalities (cold,

heat, water, radiation, Hydrotherap cryo therapy, thermotherapy superficial heat – I R Lamp, Wa bath, deep heat- short wa diathermy, microwave diathermy, u therapy, inferential therapy, TEN nerve muscle stimulator). Th learner will learn about th Rehabilitation Modalities. Th learner will be able to describ correlate, compare and analyze th concepts for best practices. Th learner can work better way, gi assistance for care, rehabilitation health and prevention.	
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Unit No.	Learning Objective	11 Hrs.	Topics to be covered
Unit II Meaning of Nutrition, Function and sources of essential body nutrients, balanced diet, Communicable and Non- communicable diseases- Distinction between	 The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in health education. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and 	4	Meaning of Nutrition, Function and sources of essential body nutrients, balanced diet Communicable and Non-communicable
communicable and non- communicable diseases. Communicable diseases- Definition, mode of spread and prevention, Non-	assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.		diseases-Distinction between communicable and non-communicable diseases
communicable diseases Meaning, causes and prevention	3. The learner will develop the understanding and knowledge of factors affecting health and importance of health for individual,	02	Communicable diseases-Definition, mode of spread and prevention
	 family, community and nation. The learner will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The learner will gain knowledge of meaning and importance of different types of Hygiene. The learner will learn the Prescription of diet and determination of calorie value of foods. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. 4. The learner will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The learner will acquire the knowledge of Communicable and Non- communicable diseases, distinction between them, mode of spread and prevention of some specific diseases - diarrhea, typhoid, malaria, STD Respiratory disease. The learner will also be acquainted with meaning, causes 	02	Non-communicable diseases Meaning, causes and prevention

	and prevention of Non-	
	communicable diseases - diabetes,	
	CVD, cancers, renal diseases and	
	respiratory diseases. The learner will	
	be able to demonstrate CPR. The	
	learner will be able to describe,	
	correlate, compare and analyze the	
	concepts for best practices. The	
	learner will be able to prepare	
	(design) diet chart/ program.	
	5. The learner will gain knowledge of	
	the Contemporary health problems	
	of college youth; Alcohol, drugs,	
	tobacco (chewing, sniffing, and	
	smoking) and their harmful effects	
	substance abuse management. The	
	learner will also learn Population	
	education, importance of small	
	family, methods of controlling	
	conception, signs and symptoms of	
	pregnancy, home and hospital	
	delivery, care of the infant,	
	importance of breast feeding,	
	immunization, oral rehydration	
	therapy. The learner will be able to	
	define first aid, DRABCH of first aid,	
	CPR and will learn first aid for	
	hemorrhage, fractures, sprain and	
	strain (PRICER), Drowning snake	
	bite, poisoning, heat stroke and heat	
	exhaustion. The learner will gain	
	knowledge about international health	
	agencies- WHO, UNICEF, Red	
	Cross- their constitution and role in	
	promoting health, School Health	
	Service, Components Of school	
	health. The learner will learn the	
	Immunization schedule. The learner	
	will be able to describe, correlate,	
	compare and analyze the concepts	
	for best practices. The learner can	
	•	
	work better way, give assistance for	
	care, rehabilitation, health and	
	prevention.	
6	6. The learner will gain knowledge of	
	the Rehabilitation (definition,	
	physical and mental rehabilitation)	
	and Rehabilitation Modalities (cold,	
	heat, water, radiation, Hydrotherapy,	
	cryo therapy, thermotherapy -	

superficial heat – I R Lamp, W bath, deep heat- short wa diathermy, microwave diathermy, u therapy, inferential therapy, TEN nerve muscle stimulator). T learner will learn about t Rehabilitation Modalities. T learner will be able to describ correlate, compare and analyze t concepts for best practices. T learner can work better way, gi assistance for care, rehabilitatio health and prevention.	/e /s S, ne ne ne e, ne ne ne ne
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Unit No.	Learning Objective	11 Hrs.	Topics to be covered
Unit III Contemporary health problems of college youth- Substance abuse management, Alcohol, drugs, tobacco (chewing, sniffing, smoking)- their harmful effects. Population education- importance of small family,	 The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in health education. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and 	3	Contemporary health problems of college youth- Substance abuse management, Alcohol, drugs, tobacco (chewing, sniffing, smoking)- their harmful effects.
methods of controlling conception, home and hospital delivery, care of the infant, importance of breast	skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.3. The learner will develop the	2	Population education- importance of small family
feeding, immunization, oral rehydration therapy	understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The learner will also learn about concept and components of wellness, Health	3	methods of controlling conception, home and hospital delivery, care of the infant
	Education and its meaning, scope, aims and objectives, principles and methods and media used. The learner will gain knowledge of meaning and importance of different types of Hygiene. The learner will learn the Prescription of diet and determination of calorie value of foods. The learner will be able to describe, correlate, compare and analyze the concepts for best practices.	3	importance of breast feeding, immunization, oral rehydration therapy

4. The learner will learn the basic	
concepts of Foods and Nutrition,	
Misconceptions about food,	
essential body nutrients- functions,	
food sources, balanced diet and diet	
prescription. The learner will acquire	
the knowledge of Communicable	
and Non- communicable diseases,	
distinction between them, mode of	
spread and prevention of communicable diseases and Cause,	
Mode of spread and prevention of	
some specific diseases - diarrhea,	
typhoid, malaria, STD Respiratory	
disease. The learner will also be	
acquainted with meaning, causes	
and prevention of Non-	
communicable diseases - diabetes,	
CVD, cancers, renal diseases and	
respiratory diseases. The learner will	
be able to demonstrate CPR. The	
learner will be able to describe,	
correlate, compare and analyze the	
concepts for best practices. The	
learner will be able to prepare	
(design) diet chart/ program.	
5. The learner will gain knowledge of	
the Contemporary health problems	
of college youth; Alcohol, drugs,	
tobacco (chewing, sniffing, and	
smoking) and their harmful effects	
substance abuse management. The	
learner will also learn Population education, importance of small	
family, methods of controlling	
conception, signs and symptoms of	
pregnancy, home and hospital	
delivery, care of the infant,	
importance of breast feeding,	
immunization, oral rehydration	
therapy. The learner will be able to	
define first aid, DRABCH of first aid,	
CPR and will learn first aid for	
hemorrhage, fractures, sprain and	
strain (PRICER), Drowning snake	
bite, poisoning, heat stroke and heat	
exhaustion. The learner will gain	
knowledge about international health	
agencies- WHO, UNICEF, Red	
Cross- their constitution and role in	

 promoting health, School Health Service, Components Of school health. The learner will learn the Immunization schedule. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner can work better way, give assistance for care, rehabilitation, health and prevention. 6. The learner will gain knowledge of the Rehabilitation (definition, physical and mental rehabilitation) and Rehabilitation Modalities (cold, heat, water, radiation, Hydrotherapy, cryo therapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator). The learner will learn about the Rehabilitation Modalities. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner can work better way, give assistance for care, rehabilitation, health and prevention.
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Unit No.	Learning Objective	12 Hrs.	Topics to be covered
Unit IV Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain(PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion. Internationals health agencies- WHO, UNICEF, Red Cross- their	 The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in health education. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject 	4	Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain(PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion.
constitution and role in promoting health. Rehabilitation – Definition- physical and mental rehabilitation. Modalities of Physical Rehabilitation	of all ages, sex, and ability. 3. The learner will develop the understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The	4	Internationals health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health.
	learner will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The learner will gain knowledge of meaning and importance of different	4	Rehabilitation – Definition- physical and mental rehabilitation. Modalities of Physical Rehabilitation
	 types of Hygiene. The learner will learn the Prescription of diet and determination of calorie value of foods. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. 4. The learner will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The learner will acquire the knowledge of Communicable and Non- communicable diseases, distinction between them, mode of spread and prevention of communicable diseases and Cause, Mode of spread and prevention of some specific diseases - diarrhea, typhoid, malaria, STD Respiratory disease. The learner will also be acquainted with meaning, causes 		

 and prevention of Non- communicable diseases - diabetes, CVD, cancers, renal diseases and respiratory diseases. The learner will be able to demonstrate CPR. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will be able to prepare (design) diet chart/ program. 5. The learner will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The learner will also learn Population
 CVD, cancers, renal diseases and respiratory diseases. The learner will be able to demonstrate CPR. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will be able to prepare (design) diet chart/ program. 5. The learner will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The
 CVD, cancers, renal diseases and respiratory diseases. The learner will be able to demonstrate CPR. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will be able to prepare (design) diet chart/ program. 5. The learner will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The
respiratory diseases. The learner will be able to demonstrate CPR. The learner will be able to describe, correlate, compare and analyze the concepts for best practices. The learner will be able to prepare (design) diet chart/ program. 5. The learner will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The
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smoking) and their harmful effects substance abuse management. The
smoking) and their harmful effects substance abuse management. The
substance abuse management. The
education, importance of small
family, methods of controlling
conception, signs and symptoms of
pregnancy, home and hospital
delivery, care of the infant,
importance of breast feeding,
immunization, oral rehydration
therapy. The learner will be able to
define first aid, DRABCH of first aid,
CPR and will learn first aid for
hemorrhage, fractures, sprain and
strain (PRICER), Drowning snake
bite, poisoning, heat stroke and heat
exhaustion. The learner will gain
knowledge about international health
agencies- WHO, UNICEF, Red
Cross- their constitution and role in
promoting health, School Health
Service, Components Of school
health. The learner will learn the
Immunization schedule. The learner
will be able to describe, correlate,
compare and analyze the concepts
for best practices. The learner can
work better way, give assistance for
care, rehabilitation, health and
prevention.
6. The learner will gain knowledge of
the Rehabilitation (definition,
physical and mental rehabilitation)
and Rehabilitation Modalities (cold,
heat, water, radiation, Hydrotherapy,
cryo therapy, thermotherapy –

superficial heat – I R Lamp, Wat bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS nerve muscle stimulator). The learner will learn about the Rehabilitation Modalities. The learner will be able to describe correlate, compare and analyze the concepts for best practices. The learner can work better way, give assistance for care, rehabilitation health and prevention.	
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Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 5 (4) 101	EXERCISE PHYSIOLOGY	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge and understanding with applications and skills (field and laboratory) in exercise physiology..

Learning Outcomes:

- 1. The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.
- 2. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.
- 3. The learner will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The learner will understand the Nature of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The learner will be well acquainted with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.
- 4. The learner will develop the understanding and knowledge and practices of Bioenergetics: Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation. The learner will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.
- 5. The learner will gain knowledge of Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Acute response and Chronic Adaptation, Respiratory Function During Exercise and Training : Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.

- 6. The learner will understand the fundamentals of Body Composition, Obesity and its causes, Weight Management, Various methods of Assessing Body Composition, BMI, and WHR. The learner will be able to assess BMR and will revise all the Practicals. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above for fitness management, obesity management, healthy lifestyle and good health.
- 7. The learner will acquire practical skills (in laboratory and field setup) in regard to assessment of Resting Heart Rate, assessment of Blood Pressure, administering the Harvard Step test, to measure vital capacity using Spirometer, to assess the Body Mass Index of the subjects, to assess the Waist Hip Ratio of the subjects, methods of assessing Body Composition, assessment of BMR of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation.

Unit No.	Learning Objective	07	Topics to be			
		Hrs.	covered			
Unit I	1. The learner will attain knowledge,	2	The Focus of			
Fundamentals and	understanding, ability of interpreting		Exercise			
Neuromuscular Function	the concepts and practices in		Physiology:			
	exercise physiology.		Definition, Concept			
The Focus of Exercise	2. The learner will be able to adopt		& it Significance in			
Physiology: Definition,	knowledge and practices to lead a		the field of Physical			
Concept & it Significance in	healthy life and promote and maintain		Education & Sports			
the field of Physical	healthy practices and assist the	2	Acute Physiological			
Education & Sports, Acute	practices of preventive medicine.		Response, Chronic			
Physiological Response,	Such core knowledge and skill will		Physiological			
Chronic Physiological	help to create a strong foundation to		Adaptation.			
Adaptation.	engage human subject of all ages,	3	The Nature Of			
	sex, and ability.		Skeletal Muscles:			
The Nature Of Skeletal	3. The learner will be able to understand		Gross &			
Muscles: Gross &	the concept of Exercise Physiology		Microscopic			
Microscopic Structure of	and its Significance in the field of		Structure of			
Skeletal Muscle,, Sliding	Physical Education & Sports, Acute		Skeletal Muscle,,			
Filament Theory, Muscle	Physiological Response, and Chronic		Sliding Filament			
fiber types, Acute	Physiological Adaptation. The learner		Theory, Muscle			
Response & Chronic	will understand the Nature of Skeletal		fiber types, Acute			
Adaptation and the	Muscles: Gross & Microscopic		Response &			
muscular system.	Structure of Skeletal Muscle, Sliding		Chronic			
	Filament Theory, Muscle fiber types,		Adaptation and the			
	Acute Response & Chronic		muscular system			
	Adaptation and the muscular system.					
	The learner will be well acquainted					
	with the practical aspect of assessing					
	Resting Heart Rate and Blood					

			
	Pressure of the subject and will learn		
	to administer the Harvard Step test.		
	The learner will be able to correlate,		
	compare and analyze the cause		
	(exercise) and effect (physiological		
	changes) for best practices in regard		
	to above.		
	understanding and knowledge and		
	practices of Bio-energetics: Aerobic &		
	Anaerobic Systems & Energy		
	Production, Fat and Protein		
	Metabolism, Basal Metabolic Rate,		
	Hormonal Regulation in Exercise &		
	Training: The Endocrine Glands and		
	their hormones, Acute Response and		
	Chronic Adaptation. The learner will		
	be able to measure vital capacity		
	using Spirometer and assess the		
	Body Mass Index of the subjects. The		
	learner will be able to correlate,		
	compare and analyze the cause		
	(exercise) and effect (physiological		
	changes) for best practices in regard		
	to above.		
	5. The learner will gain knowledge of		
	Cardiovascular Function during		
	Exercise and Training: Structure &		
	Function of the Heart, Acute response		
	and Chronic Adaptation, Respiratory		
	Function During Exercise and		
	Training : Respiratory Parameters,		
	Second Wind, Acute Response and		
	Chronic Adaptation. The learner will		
	be able to correlate, compare and		
	analyze the cause (exercise) and		
	effect (physiological changes) for best		
	practices in regard to above.		
	6. The learner will understand the		
	fundamentals of Body Composition,		
	Obesity and its causes, Weight		
	Management, Various methods of		
	S		
	Assessing Body Composition, BMI,		
	and WHR. The learner will be able to		
	assess BMR and will revise all the		
	Practicals. The learner will be able to		
	correlate, compare and analyze the		
	cause (exercise) and effect		
	(physiological changes) for best		
	practices in regard to above for		
		ı – – – – – – – – – – – – – – – – – – –	

fitness management, obes	ity
management, healthy lifestyle a	nd
good health.	
7. The learner will acquire practical ski	lls
(in laboratory and field setup)	in
regard to assessment of Restin	ng
Heart Rate, assessment of Blog	bd
Pressure, administering the Harva	Ird
Step test, to measure vital capac	ity
using Spirometer, to assess the Bo	dy
Mass Index of the subjects, to asse	SS
the Waist Hip Ratio of the subjec	ts,
methods of assessing Bo	dy
Composition, assessment of BMR	
the subjects. The learner will be at	
to compare, correlate and analyze the	
above learnings in real life situation.	

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II Energy & Hormonal Regulation Bio-energetics: Aerobic & Anaerobic Systems & Energy Production, Fat and	 The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain 	3	Bio-energetics: Aerobic& Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate
Protein Metabolism, Basal Metabolic Rate. Hormonal Regulation in	healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will	2	Hormonal Regulation in Exercise & Training:
Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.	 buch core knowledge and skin with help to create a strong foundation to engage human subject of all ages, sex, and ability. 3. The learner will be able to understand the concept of Exercise Physiology 	2	Exercise & Haining.TheEndocrineGlands and theirhormones,AcuteResponseandChronic Adaptation.
	 and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The learner will understand the Nature of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The learner will be well acquainted with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 4. The learner will develop the understanding and knowledge and practices of Bio-energetics: Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation. The learner will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects. The 		

learner will be able to correlate,	
compare and analyze the cause	
(exercise) and effect (physiological	
changes) for best practices in regard	
to above.	
5. The learner will gain knowledge of	
Cardiovascular Function during	
Exercise and Training: Structure &	
Function of the Heart, Acute response	
and Chronic Adaptation, Respiratory	
Function During Exercise and	
0	
Training : Respiratory Parameters,	
Second Wind, Acute Response and	
Chronic Adaptation. The learner will	
be able to correlate, compare and	
analyze the cause (exercise) and	
effect (physiological changes) for best	
practices in regard to above.	
6. The learner will understand the	
fundamentals of Body Composition,	
Obesity and its causes, Weight	
Management, Various methods of	
Assessing Body Composition, BMI,	
and WHR. The learner will be able to	
assess BMR and will revise all the	
Practicals. The learner will be able to	
correlate, compare and analyze the	
cause (exercise) and effect	
(physiological changes) for best	
practices in regard to above for	
fitness management, obesity	
management, healthy lifestyle and	
good health.	
7. The learner will acquire practical skills	
(in laboratory and field setup) in	
regard to assessment of Resting	
Heart Rate, assessment of Blood	
Pressure, administering the Harvard	
Step test, to measure vital capacity	
using Spirometer, to assess the Body	
Mass Index of the subjects, to assess	
2	
the Waist Hip Ratio of the subjects,	
methods of assessing Body	
Composition, assessment of BMR of	
the subjects. The learner will be able	
to compare, correlate and analyze the	
above learnings in real life situation.	

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit III Cardiorespiratory System and Training Adaptation Cardiovascular Function	 The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology. The learner will be able to adopt 	2	Cardiovascular Function during Exercise and Training: Structure Function of the
during Exercise and Training: Structure & Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptation	knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to	3	Heart, Cardiovascular Response to Exercise and Chronic Adaptation
Adaptation. Respiratory Function during Exercise and Training: Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.	 help to create a strong foundation to engage human subject of all ages, sex, and ability. 3. The learner will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The learner will understand the Nature of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The learner will be well acquainted with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 4. The learner will develop the understanding and knowledge and practices of Bio-energetics: Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation. The learner will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects. The 	3	Respiratory Function during Exercise and Training: Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation

learner will be able to correlate,	
compare and analyze the cause	
(exercise) and effect (physiological	
changes) for best practices in regard	
to above.	
5. The learner will gain knowledge of	
Cardiovascular Function during	
Exercise and Training: Structure &	
Function of the Heart, Acute response	
and Chronic Adaptation, Respiratory	
Function During Exercise and	
0	
Training : Respiratory Parameters,	
Second Wind, Acute Response and	
Chronic Adaptation. The learner will	
be able to correlate, compare and	
analyze the cause (exercise) and	
effect (physiological changes) for best	
practices in regard to above.	
6. The learner will understand the	
fundamentals of Body Composition,	
Obesity and its causes, Weight	
Management, Various methods of	
Assessing Body Composition, BMI,	
and WHR. The learner will be able to	
assess BMR and will revise all the	
Practicals. The learner will be able to	
correlate, compare and analyze the	
cause (exercise) and effect	
(physiological changes) for best	
practices in regard to above for	
fitness management, obesity	
management, healthy lifestyle and	
good health.	
7. The learner will acquire practical skills	
(in laboratory and field setup) in	
regard to assessment of Resting	
Heart Rate, assessment of Blood	
Pressure, administering the Harvard	
Step test, to measure vital capacity	
using Spirometer, to assess the Body	
Mass Index of the subjects, to assess	
2	
the Waist Hip Ratio of the subjects,	
methods of assessing Body	
Composition, assessment of BMR of	
the subjects. The learner will be able	
to compare, correlate and analyze the	
above learnings in real life situation.	

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit IV Body Composition Understanding Body Composition, Obesity and its causes. Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.	 The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology. The learner will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to 	04	Understanding Body Composition, Obesity and its causes.
	 engage human subject of all ages, sex, and ability. 3. The learner will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Response, and Chronic Physiological Adaptation. The learner will understand the Nature of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The learner will be well acquainted with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 4. The learner will develop the understanding and knowledge and practices of Bio-energetics: Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation. The learner will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects. The 	04	Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.

Practical	learner will be able to correlate,	60 [′]	1. Assessment of
	compare and analyze the cause		Resting Heart
	(exercise) and effect (physiological		Rate
	changes) for best practices in regard		2. Assessment of
	to above.		Blood Pressure
	5. The learner will gain knowledge of		3. Administering the
	Cardiovascular Function during		Harvard Step
	Exercise and Training: Structure &		test
	Function of the Heart, Acute response		4. To measure vital
	and Chronic Adaptation, Respiratory		capacity using
	Function During Exercise and		Spirometer
	Training : Respiratory Parameters,		5. To assess the
	Second Wind, Acute Response and		Body Mass
	Chronic Adaptation. The learner will		Index of the
	be able to correlate, compare and		subjects
	analyze the cause (exercise) and		6. To assess the
	effect (physiological changes) for best		Waist Hip Ratio
	practices in regard to above.		of the subjects
	6. The learner will understand the		7. Methods of
	fundamentals of Body Composition,		
			assessing Body
	Obesity and its causes, Weight		Composition
	Management, Various methods of		8. Assessment of
	Assessing Body Composition, BMI,		BMR of the
	and WHR. The learner will be able to		subjects
	assess BMR and will revise all the		
	Practicals. The learner will be able to		
	correlate, compare and analyze the		
	cause (exercise) and effect		
	(physiological changes) for best		
	practices in regard to above for		
	fitness management, obesity		
	management, healthy lifestyle and		
	good health.		
	7. The learner will acquire practical skills		
	(in laboratory and field setup) in		
	regard to assessment of Resting		
	Heart Rate, assessment of Blood		
	Pressure, administering the Harvard		
	Step test, to measure vital capacity		
	using Spirometer, to assess the Body		
	Mass Index of the subjects, to assess		
	the Waist Hip Ratio of the subjects,		
	methods of assessing Body		
	Composition, assessment of BMR of		
	the subjects. The learner will be able		
	to compare, correlate and analyze the		
	above learnings in real life situation.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 102	BADMINTON	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in badminton including performance (psychomotor).

Learning Outcomes:

- 1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in badminton.
- 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of badminton. They will be able to perform the marking/ drawing/ material organizing for badminton.
- 3. The learner will be able to understand, analyze and interpret the rules of game/sport (badminton) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.
- 4. The learner will be able to learn and acquire various skills of game/sports (badminton) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.
- 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track marking and marking of different arenas for selected events of badminton.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered			
Unit No. Unit I • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields.	 Learning Objective 1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in badminton. 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of badminton. They will be able to perform the marking/ drawing/ material organizing for badminton. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (badminton) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (badminton) as psychomotor development. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various 	08 Hrs. 03 02 02	TopicstobecoveredHistoricalDevelopment andModern Trends(National andInternational Level)OrganisationalStructure (State, National and International Level)PlayfieldTechnology – Marking and Construction of the playfields.			

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II	1. The learner will attain knowledge, understanding, ability to interpret and	02	Rules and their interpretation.
 Rules and their interpretation. Warming up and physiological basis of Warming up and its effect 	 analyzing proficiency in badminton. 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of 	02	Warming up and physiological basis of Warming up and its effect on performance.
on performance. Cooling down and its 	badminton. They will be able to perform the marking/ drawing/	02	Cooling down and its effect.
effect. • Techniques of Coaching – Pep talk, Pre, during and Post match coaching.	 material organizing for badminton. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (badminton) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (badminton) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track marking and marking of different arenas for selected events of badminton. 	02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Players' Performance.	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in badminton. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of badminton. They will be able to perform the marking/ drawing/ material organizing for badminton. The learner will be able to understand, analyze and interpret the rules of game/sport (badminton) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (badminton) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track marking and marking of different arenas for selected events of badminton. 	Nrs. 02 04 02	Covered Basic skills and techniques of the Sports/Game. Skill/Technique Evaluation Evaluation of Players' Performance.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit IV Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in badminton. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of badminton. They will be able to perform the marking/ drawing/ material organizing for badminton. 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
	3. The learner will be able to understand, analyze and interpret the rules of game/sport (badminton) as well as game of knowledge in the areas of scientific basis of warming	03	Motor Fitness Components Testing of above components.
Practical • Learning and demonstrating various skills/techniques of sports. • Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.	u	60	 Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 103	BASKETBALL	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in basketball including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in basketball.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of basketball. They will be able to perform the marking/ drawing/ material organizing for basketball.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (basketball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (basketball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court marking and marking of different arenas for selected events of basketball.

	Lesson Plan		•
Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I • Historical Development and Modern Trends (National and International Level) • Organisational Structure	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in basketball. The learner will be able to gain knowledge with respect to historical development, organizational structure 	03	Historical Development and Modern Trends (National and International Level) Organisational
(State, National and International Level) • Playfield Technology –	and playfield technology of basketball. They will be able to perform the marking/ drawing/ material organizing		Structure (State, National and International Level)
Marking and Construction of the playfields.	for basketball. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (basketball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (basketball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court marking and marking of different arenas for selected events of basketball.	02	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit II	1. The learner will attain knowledge,	02	Rules and their
	understanding, ability to interpret and		interpretation.
 Rules and their 	analyzing proficiency in basketball.	02	Warming up and
interpretation.	2. The learner will be able to gain		physiological basis
 Warming up and 	knowledge with respect to historical		of Warming up and
physiological basis of	development, organizational structure		its effect on
Warming up and its effect	and playfield technology of basketball.		performance.
on performance.	They will be able to perform the	02	Cooling down and
 Cooling down and its 	marking/ drawing/ material organizing		its effect.
effect.	for basketball.	02	Techniques of
 Techniques of Coaching – 	3. The learner will be able to		Coaching – Pep
Pep talk, Pre, during and	understand, analyze and interpret the		talk, Pre, during and
Post match coaching.	rules of game/sport (basketball) as well		Post match
	as game of knowledge in the areas of		coaching.
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(basketball) as psychomotor		
	development/ applications, gain		
	knowledge and practice about different		
	tests of fitness and skill evaluation,		
	application as well as the evaluation		
	and analysis (psychomotor) of player's		
	performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Court marking and		
	marking of different arenas for selected		
	events of basketball.		

Unit No.	Learning Objective	07 Hrs	Topics to be
	1 The learner will effeir break and	Hrs.	covered
Unit III	1. The learner will attain knowledge,	02	Basic skills and
	understanding, ability to interpret and		techniques of the
Basic skills and	analyzing proficiency in basketball.		Sports/Game.
techniques of the	2. The learner will be able to gain		
Sports/Game.	knowledge with respect to historical	03	Skill/Technique
Skill/Technique Evaluation	development, organizational structure		Evaluation
• Evaluation of Player's	and playfield technology of basketball.	02	Evaluation of
Performance.	They will be able to perform the		Player's
	marking/ drawing/ material organizing		Performance.
	for basketball.		
	3. The learner will be able to		
	understand, analyze and interpret the		
	rules of game/sport (basketball) as well		
	as game of knowledge in the areas of		
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(basketball) as psychomotor		
	development/ applications, gain		
	knowledge and practice about different		
	tests of fitness and skill evaluation,		
	application as well as the evaluation		
	and analysis (psychomotor) of player's		
	performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Court marking and		
	marking of different arenas for selected		
	events of basketball.		
	evenis ul pastelpall.		

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
 Unit IV Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in basketball. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of basketball. They will be able to perform the marking/ drawing/ material organizing for basketball. The learner will be able to understand, analyze and interpret the 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above
Practical	rules of game/sport (basketball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (basketball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court marking and marking of different arenas for selected events of basketball.	60	components. Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 104	CRICKET	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Cricket including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Cricket.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of cricket. They will be able to perform the marking/ drawing/ material organizing for cricket.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (cricket) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (cricket) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected events of cricket.

Unit No.Learning Objective07. Hrs.Topics to be coveredUnit I1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Cricket.03Hitsiorical Development and Modern Trends• Historical Development (National and International Level)The learner will be able to gain knowledge with respect to historical development, organizational structure will be able to perform the marking/ drawing/ material organizing for cricket.02Organisational Structure (State, National and International Level)• Playfield Technology - Marking and Construction of the playfields.3. The learner will be able to game/sport (cricket) as well as game of knowledge in the areas for psychomotor development.02Playfield Playfields.4. The learner will be able to learn and acquire various skills of game/sport (cricket) as psychomotor development. applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. Further, the learner will be able to fitness components. Track/field marking and marking of different arenas for selected in understanding various fitness components. Track/field marking and marking of different arenas for selected02Playfields.	Unit IHrs.coveredUnit I1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Cricket.03Historical Development and Modern Trends 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of cricket. They will be able to perform the marking/ drawing/ material organizing for cricket.03Historical Development and Modern Trends (National and International Level)• Organisational Structure (State, National and International Level)02Organisational Structure (State, National and playfield technology of cricket. They drawing/ material organizing for cricket.02Organisational Structure (State, National and International Level)• Playfield Technology - Marking and Construction of the playfields.3. The learner will be able to understand, analyze and interpret the rules of game/sport (cricket) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.02Playfields.4. The learner will be able to learn and acquire various skills of game/sports (cricket) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements.5.		Lesson Plan		
 Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields. The learner will be able to parform the marking/ drawing/ material organizing for cricket. The learner will be able to understand, analyze and interpret the organized for easing down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (cricket) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application and analysis (psychomotor) of player's performance. The learner will be able to parformance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected 	 Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields. The learner will be able to perform the marking/ drawing/ material organizing for cricket. The learner will be able to understand, analyze and interpret the rules of game/sport (cricket) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (cricket) as psychomotor development. The learner will be able to learn and acquire various skills of game/sports (cricket) as psychomotor development. The learner will be able to learn and acquire various skills of game/sports (cricket) as psychomotor development. The learner will be able to learn and acquire various skills of game/sports (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. 	Unit No.	Learning Objective		-
	practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected	 Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction 	understanding, ability to interpret and analyzing proficiency in Cricket. 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of cricket. They will be able to perform the marking/ drawing/ material organizing for cricket. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (cricket) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (cricket) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected	02	Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit II	1. The learner will attain knowledge,	02	Rules and their
	understanding, ability to interpret and		interpretation.
 Rules and their 	analyzing proficiency in Cricket.	02	Warming up and
interpretation.	2. The learner will be able to gain		physiological basis
 Warming up and 	knowledge with respect to historical		of Warming up and
physiological basis of	development, organizational structure		it"s effect on
Warming up and it's effect	and playfield technology of cricket. They		performance.
on performance.	will be able to perform the marking/	02	Cooling down and
Cooling down and its	drawing/ material organizing for cricket.		its effect.
effect.	3. The learner will be able to	02	Techniques of
• Techniques of Coaching –	understand, analyze and interpret the		Coaching – Pep
Pep talk, Pre, during and	rules of game/sport (cricket) as well as		talk, Pre, during and
Post match coaching.	game of knowledge in the areas of		Post match
	scientific basis of warming up, cooling		coaching
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(cricket) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Track/field marking and		
	marking of different arenas for selected		
	events of cricket.		

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
Unit III	1. The learner will attain knowledge,	02	Basic skills and
	understanding, ability to interpret and		techniques of the
 Basic skills and 	analyzing proficiency in Cricket.		Sports/Game.
techniques of the	2. The learner will be able to gain	03	Skill/Technique
Sports/Game.	knowledge with respect to historical		Evaluation
Skill/Technique Evaluation	development, organizational structure	02	Evaluation of
 Evaluation of Player"s 	and playfield technology of cricket. They		Player"s
Performance.	will be able to perform the marking/		Performance
	drawing/ material organizing for cricket.		
	3. The learner will be able to		
	understand, analyze and interpret the		
	rules of game/sport (cricket) as well as		
	game of knowledge in the areas of		
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(cricket) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Track/field marking and		
	marking of different arenas for selected		
	events of cricket.		
		1	

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit IV • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of	it IV1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Cricket.1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Cricket.1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Cricket.1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Cricket.2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of cricket. They will be able to perform the marking/ drawing/ material organizing for cricket.3. The learner will be able to understand, analyze and interpret the rules of game/sport (cricket) as well as game of knowledge in the areas of	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
above components.			Motor Fitness Components Testing of above components
Practical		60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 105	FOOTBALL	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Football including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. They will be able to perform the marking/ drawing/ material organizing for football.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football.

Lesson Plan					
Unit No.	Learning Objective	08 Hrs.	Topics to be covered		
 Unit I Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. They will be able to perform the marking/ drawing/ material organizing 	03	Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and		
• Playfield Technology – Marking and Construction of the playfields.	for football. 3. The learner will be able to understand, analyze and interpret the	03	International Level) Playfield		
or the playneids.	rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football.	03	Technology – Marking and Construction of the playfields		

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II	1. The learner will attain knowledge, understanding, ability to interpret and	02	Rules and their interpretation.
 Rules and their interpretation. Warming up and physiological basis of Warming up and its effect 	 analyzing proficiency in football. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. 	02	Warming up and physiological basis of Warming up and its effect on performance.
on performance. • Cooling down and its	They will be able to perform the marking/ drawing/ material organizing	02	Cooling down and its effect.
effect. • Techniques of Coaching – Pep talk, Pre, during and Post match coaching.	for football. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football.	02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
Unit III	1. The learner will attain knowledge,	02	Basic skills and
	understanding, ability to interpret and		techniques of the
 Basic skills and 	analyzing proficiency in football.		Sports/Game.
techniques of the	2. The learner will be able to gain	03	Skill/Technique
Sports/Game.	knowledge with respect to historical		Evaluation
Skill/Technique Evaluation	development, organizational structure	02	Evaluation of
 Evaluation of Player"s 	and playfield technology of football.		Player"s
Performance.	They will be able to perform the		Performance.
	marking/ drawing/ material organizing for football.		
	3. The learner will be able to		
	understand, analyze and interpret the		
	rules of game/sport (football) as well as		
	game of knowledge in the areas of		
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(football) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Field marking and marking		
	of different arenas for selected events of		
	football.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit IV • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. Practical	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. They will be able to perform the marking/ drawing/ material organizing for football. The learner will be able to understand, analyze and interpret the rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football. 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 105	FOOTBALL	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Football including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. They will be able to perform the marking/ drawing/ material organizing for football.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football.

Lesson Plan						
Unit No.	Learning Objective	08 Hrs.	Topics to be covered			
 Unit I Historical Development and Modern Trends (National and International Level) Organisational Structure 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. 	03	Historical Development and Modern Trends (National and International Level) Organisational			
 (State, National and International Level) Playfield Technology – Marking and Construction 	They will be able to perform the marking/ drawing/ material organizing for football. 3. The learner will be able to		Structure (State, National and International Level)			
of the playfields.	understand, analyze and interpret the rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football.	03	Playfield Technology – Marking and Construction of the playfields			

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II	1. The learner will attain knowledge, understanding, ability to interpret and	02	Rules and their interpretation.
 Rules and their interpretation. Warming up and physiological basis of Warming up and its effect 	 analyzing proficiency in football. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. 	02	Warming up and physiological basis of Warming up and its effect on performance.
on performance. • Cooling down and its	They will be able to perform the marking/ drawing/ material organizing	02	Cooling down and its effect.
effect. • Techniques of Coaching – Pep talk, Pre, during and Post match coaching.	for football. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football.	02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
Unit III	1. The learner will attain knowledge,	02	Basic skills and
	understanding, ability to interpret and		techniques of the
 Basic skills and 	analyzing proficiency in football.		Sports/Game.
techniques of the	2. The learner will be able to gain	03	Skill/Technique
Sports/Game.	knowledge with respect to historical		Evaluation
Skill/Technique Evaluation	development, organizational structure	02	Evaluation of
 Evaluation of Player"s 	and playfield technology of football.		Player"s
Performance.	They will be able to perform the		Performance.
	marking/ drawing/ material organizing for football.		
	3. The learner will be able to		
	understand, analyze and interpret the		
	rules of game/sport (football) as well as		
	game of knowledge in the areas of		
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(football) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Field marking and marking		
	of different arenas for selected events of		
	football.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit IV • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. Practical	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of football. They will be able to perform the marking/ drawing/ material organizing for football. The learner will be able to understand, analyze and interpret the rules of game/sport (football) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (football) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of football. 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
	Code		(L)	(T)	(P)	(C)
2 ND	DSC – 6 (4)	GYMNASTIC	2	0	2	4
	106	S				
Teacher/Instructor						
(s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Gymnastics including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Gymnastics.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of gymnastics. They will be able to perform the marking/ drawing/ material organizing for gymnastics.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (gymnastics) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (gymnastics) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field/hall marking and marking of different arenas for selected events of gymnastics.

Lesson Plan						
Unit No.	Learning Objective	07 Hrs.	Topics to be covered			
Unit I Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Gymnastics. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of gymnastics. They will be able to perform the marking/ drawing/ material organizing for gymnastics. The learner will be able to understand, analyze and interpret the rules of game/sport (gymnastics) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (gymnastics) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field/hall marking and marking of different arenas for selected events of gymnastics. 	03	Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields.			

Unit No.	Learning Objective	08	Topics to be
Unit II	1. The learner will attain knowledge,	Hrs. 02	covered Rules and their
• Rules and their	understanding, ability to interpret and analyzing proficiency in Gymnastics.		interpretation of the sport.
interpretation of the sport.Warming up and psychological basis of	2. The learner will be able to gain knowledge with respect to historical development, organizational structure	02	Warming up and psychological basis of Warming up.
Warming up.Cooling down and its	and playfield technology of gymnastics. They will be able to perform the	02	Cooling down and its effect.
effect. • Techniques of Coaching – Pep talk, Pre, during and Post match coaching.	 marking/ drawing/ material organizing for gymnastics. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (gymnastics) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (gymnastics) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field/hall marking and marking of different arenas for selected events of gymnastics. 	02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
 Unit III Basic skills and techniques of the Artistic Gymnastics, trampoline, 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Gymnastics. The learner will be able to gain knowledge with respect to historical 	02	Basic skills and techniques of the Artistic Gymnastics, trampoline, parko and rhythmic
parko and rhythmic • Motor Fitness Components Testing	development, organizational structure and playfield technology of gymnastics. They will be able to perform the	02	Motor Fitness Components Testing
Skill/Technique EvaluationEvaluation of Player"s	marking/ drawing/ material organizing for gymnastics.	02	Skill/Technique Evaluation
Performance.	3. The learner will be able to understand, analyze and interpret the rules of game/sport (gymnastics) as well	02	Evaluation of Player [®] s Performance.
	 as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (gymnastics) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field/hall marking and marking of different arenas for selected events of gymnastics. 		

Unit No.	Learning Objective	07	Topics to be
Unit IV	1. The learner will attain knowledge,	Hrs. 04	covered Introduction to
Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	understanding, ability to interpret and analyzing proficiency in Gymnastics. 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of gymnastics.	03	Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Introduction to
	They will be able to perform the marking/ drawing/ material organizing for gymnastics.3. The learner will be able to understand, analyze and interpret the rules of game/sport (gymnastics) as well		Physical and Motor Fitness components related to sport: Coordinative Abilities and Flexibility.
Practical	 as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (gymnastics) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field/hall marking and marking of different arenas for selected events of gymnastics. 	60	 Learning and demonstrating various skills/ techniques of Artistic Gymnastics, trampoline, parko and rhythmic. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 107	HANDBALL	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Handball including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of handball. They will be able to perform the marking/ drawing/ material organizing for handball.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (handball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected events of handball.

Unit No.Learning Objective08Topics to be coveredUnit I1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball.03Historical• Historical Development and Modern Trendsanalyzing proficiency in Handball.03Historical(National and International Level)2. The learner will be able to gain development, organizational structure and playfield technology of handball.02Organisational Level)• Organisational Structure (State, National and International Level)They will be able to perform the marking/ drawing/ material organizing02Organisational Level)
Unit I1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball.03Historical Development and Modern Trends (National and International Level)Historical Development analyzing proficiency in Handball.03Historical Development and Modern Trends (National and International development, organizational structure and playfield technology of handball.03Historical Development and Modern Trends (National and International Level)• Organisational Structure (State, National and International Level)02Organisational Structure (State, National and International Level)
 Playfield Technology – Marking and Construction of the playfields. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports

Unit No.	Learning Objective	08 Hrs.	Topics to be
Unit II • Rules and their interpretation. • Warming up and physiological basis of Warming up and its effect on performance. • Cooling down and its effect. • Techniques of Coaching – Pep talk, Pre, during and Post match coaching.	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of handball. They will be able to perform the marking/ drawing/ material organizing for handball. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (handball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected events of handball. 	Hrs. 02 02 02 02	coveredRules and their interpretation.Warming up and physiological basis of Warming up and its effect on performance.Cooling down and its effect.Techniquesof CoachingCoachingPep talk, Pre, during and Post coaching.

Unit III 1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball. 03 Basic skills and techniques of the Sports/Game. • Basic skills and techniques of the Sports/Game. 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of handball. 02 Skill/Technique Evaluation • Evaluation of Player's Performance. They will be able to perform the marking/ drawing/ material organizing for handball. 02 Evaluation of Player's Performance. 9 erformance. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (handball) as peychomotor development. 4. The learner will be able to gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will be able to practice about different tests of fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained	Unit No.	Learning Objective	07 Hrs.	Topics to be covered
techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's Performance.		understanding, ability to interpret and	03	techniques of the
 Evaluation of Player's Performance. and playfield technology of handball. They will be able to perform the marking/ drawing/ material organizing for handball. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (handball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained 	techniques of the	2. The learner will be able to gain	02	Skill/Technique
in understanding various fitness components. Track/field marking and marking of different arenas for selected events of handball.	Skill/Technique EvaluationEvaluation of Player"s	development, organizational structure and playfield technology of handball. They will be able to perform the marking/ drawing/ material organizing for handball. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (handball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected	02	Evaluation of Player's

Unit IV1. The learner will attain knowledge understanding, ability to interpret and and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components.1. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of handball. They will be able to perform the marking/ drawing/ material organiziting for handball. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching and thechnical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (handball) as well acquire various skills of game/sports (handball) as well acquire various skills of game/sports (handball) as well acquire various skills of game/sports fitness components.6060 to gay the second development. 4. The learner will be able to learn and acquire various skills of game/sports (handball) as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected events of handball.60	Unit No.	Learning Objective	07 Hrs.	Topics to be covered
	 Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. 	understanding, ability to interpret and analyzing proficiency in Handball. 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of handball. They will be able to perform the marking/ drawing/ material organizing for handball. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (handball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (handball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Track/field marking and marking of different arenas for selected	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
	Code		(L)	(T)	(P)	(C)
2 ND	DSC – 6 (4)	HOCKEY	2	0	2	4
	108					
Teacher/Instructor						
(s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Hockey including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Hockey.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of hockey. They will be able to perform the marking/ drawing/ material organizing for hockey.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (hockey) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (hockey) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of hockey.

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Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit I Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Hockey. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of hockey. They will be able to perform the marking/ drawing/ material organizing for hockey. The learner will be able to understand, analyze and interpret the rules of game/sport (hockey) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (hockey) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of hockey. 	03	Historical Development and Modern Trends (National and International Level Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III	1. The learner will attain knowledge,	03	Basic skills and
	understanding, ability to interpret and	00	techniques of the
Basic skills and	analyzing proficiency in Hockey.		Sports/Game.
techniques of the	2. The learner will be able to gain	02	Skill/Technique
Sports/Game.	knowledge with respect to historical	02	Evaluation
Skill/Technique Evaluation	development, organizational structure	02	Evaluation of
• Evaluation of Player"s	and playfield technology of hockey.	02	Player"s
Performance.	They will be able to perform the		Performance.
r enormance.	marking/ drawing/ material organizing		Fenomance.
	for hockey.		
	3. The learner will be able to		
	understand, analyze and interpret the		
	rules of game/sport (hockey) as well as		
	game of knowledge in the areas of		
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(hockey) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Field marking and marking		
	of different arenas for selected events of		
	hockey.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit IV Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Hockey. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of hockey. They will be able to perform the marking/ drawing/ material organizing for hockey. 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
	3. The learner will be able to understand, analyze and interpret the rules of game/sport (hockey) as well as game of knowledge in the areas of	03	Motor Fitness Components Testing of above components.
Practical	scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (hockey) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Field marking and marking of different arenas for selected events of hockey.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 109	JUDO	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Judo including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Judo.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Judo. They will be able to perform the marking/ drawing/ material organizing for Judo.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (judo) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (judo) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Mat marking and marking of different arenas for selected events of judo.

	Learning Objective	08 Hrs.	Topics to be
Linit I		Hrc	
Unit I		1115.	covered
Onici	1. The learner will attain knowledge,	03	Historical
	understanding, ability to interpret and		Development and
Historical Development	analyzing proficiency in Judo.		Modern Trends
and Modern Trends	2. The learner will be able to gain		(National and
(National and International	knowledge with respect to historical		International Level
Level)	development, organizational structure	02	Organisational
	and playfield technology of Judo. They		Structure (State,
(State, National and	will be able to perform the marking/		National and
International Level)	drawing/ material organizing for Judo.		International Level)
Playfield Technology -	3. The learner will be able to	03	Playfield
Marking and Construction	understand, analyze and interpret the		Technology –
of the playfields.	rules of game/sport (judo) as well as		Marking and
	game of knowledge in the areas of		Construction of the
	scientific basis of warming up, cooling		playfields.
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(judo) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Mat marking and marking		
	of different arenas for selected events of		
	judo.		
	-		

Unit No.	Learning Objective	08	Topics to be
		Hrs.	covered
Unit II	1. The learner will attain knowledge, understanding, ability to interpret and	02	Rules and their interpretation.
 Rules and their interpretation. Warming up and physiological basis of Warming up and it's effect on performance. Cooling down and its effect. Techniques of Coaching – Pep talk, Pre, During and Post match Coaching. 	understanding, ability to interpret and analyzing proficiency in Judo. 2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Judo. They will be able to perform the marking/ drawing/ material organizing for Judo. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (judo) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (judo) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Mat marking and marking of different arenas for selected events of judo.	02	Interpretation. Warming up and physiological basis of Warming up and it's effect on performance. Cooling down and its effect. Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

Unit III1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Judo.03Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's Performance.The learner will be able to gain knowledge with respect to historical development, organizational structure will be able to perform the marking/ drawing/ material organizing for Judo. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (judo) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (judo) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application as kill gained in understanding various fitness components. Mat marking and marking of different arenas for selected events of judo.03	Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Basic skills and techniques of the Sports/Game. Skill/Technique Evaluation Skill/Technique Evaluation Evaluation of Player's Performance. 2. The learner will be able to gain development, organizational structure and playfield technology of Judo. They will be able to perform the marking/ drawing/ material organizing for Judo. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (judo) as well as game of knowledge in the areas of scientific basis of warming up, cooling i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (judo) as well as and skill evaluation, application as well as the evaluation and shill gained in understanding various fitness components. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Mat marking of different arenas for selected events of 	Lipit III	1 The learner will attain knowledge		
techniques of the Sports/Game. analyzing proficiency in Judo. Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's Performance. 2. The learner will be able to gain development, organizational structure and playfield technology of Judo. They will be able to perform the marking/ drawing/ material organizing for Judo. 02 Evaluation of Player's Performance. 02 Evaluation of Player's 02 Evaluation of Player's Performance. 03 The learner will be able to understand, analyze and interpret the rules of game/sport (judo) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 02 Evaluation of Player's Performance. 4. The learner will be able to learn and acquire various skills of game/sports (judo) as psychomotor development. 02 Evaluation of Player's Performance. 5. The learner will be able to learn and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 02 Evaluation Player's performance. 6. The learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Mat marking and marking of different arenas for selected events of 02 Evaluation		u	05	
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Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
 Unit IV Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Judo. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Judo. They will be able to perform the marking/ drawing/ material organizing for Judo. The learner will be able to 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
above components.	understand, analyze and interpret the rules of game/sport (judo) as well as game of knowledge in the areas of scientific basis of warming up, cooling	03	Motor Fitness Components Testing of above components.
Practical	down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (judo) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Mat marking and marking of different arenas for selected events of judo.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 110	KABADDI	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Kabaddi including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kabaddi.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of kabaddi. They will be able to perform the marking/ drawing/ material organizing for kabaddi.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (kabaddi) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (kabaddi) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of kabaddi.

Unit No. Learning Objective 08 Topics to be						
		Hrs.	covered			
Unit I • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields.	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kabaddi. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of kabaddi. They will be able to perform the marking/ drawing/ material organizing for kabaddi. The learner will be able to understand, analyze and interpret the rules of game/sport (kabaddi) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (kabaddi) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of kabaddi. 	03	Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields			

Unit No.	Learning Objective	08 Hrs	Topics to be
Unit II • Rules and their interpretation. • Warming up and physiological basis of Warming up and it's effect on performance. • Cooling down and its effect. • Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kabaddi. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of kabaddi. They will be able to perform the marking/ drawing/ material organizing for kabaddi. The learner will be able to understand, analyze and interpret the rules of game/sport (kabaddi) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (kabaddi) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of kabaddi. 	Hrs. 02 02 02 02	covered Rules and their interpretation. Warming up and physiological basis of Warming up and it"s effect on performance. Cooling down and its effect. Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III	1. The learner will attain knowledge,	03	Basic skills and
• Basic skills and	understanding, ability to interpret and	03	techniques of the
techniques of the	analyzing proficiency in Kabaddi.		Sports/Game.
•	, ,	02	
Sports/Game.	2. The learner will be able to gain	02	Skill/Technique
Skill/Technique Evaluation System of Disver	knowledge with respect to historical	00	Evaluation
Evaluation of Player"s Performance.	development, organizational structure	02	Evaluation of
Penomance.	and playfield technology of kabaddi.		Player"s
	They will be able to perform the		Performance.
	marking/ drawing/ material organizing for kabaddi.		
	3. The learner will be able to		
	understand, analyze and interpret the		
	rules of game/sport (kabaddi) as well as		
	game of knowledge in the areas of		
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(kabaddi) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Court/field/track marking		
	and marking of different arenas for		
	selected events of kabaddi.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit IV Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kabaddi. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of kabaddi. They will be able to perform the marking/ drawing/ material organizing for kabaddi. 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
	3. The learner will be able to understand, analyze and interpret the rules of game/sport (kabaddi) as well as game of knowledge in the areas of	03	Motor Fitness Components Testing of above components.
Practical	scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (kabaddi) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of kabaddi.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 111	КНО-КНО	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Kho - Kho including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kho - Kho.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Kho - Kho. They will be able to perform the marking/ drawing/ material organizing for Kho - Kho.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (Kho - Kho) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (kho-kho) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of kho-kho.

Unit No.	Learning Objective	08	Topics to be		
		Hrs.	covered		
Unit I	1. The learner will attain knowledge,	03	Historical		
Historical Development	understanding, ability to interpret and		Development and		
and Modern Trends	analyzing proficiency in Kho - Kho.		Modern Trends		
(National and International	2. The learner will be able to gain		(National and		
Level)	knowledge with respect to historical		International Level)		
Organisational Structure	development, organizational structure	02	Organisational		
(State, National and	and playfield technology of Kho - Kho.		Structure (State,		
International Level)	They will be able to perform the		National and		
 Playfield Technology – 	marking/ drawing/ material organizing		International Level)		
Marking and Construction	for Kho - Kho.	03	Playfield		
of the playfields.	3. The learner will be able to		Technology –		
	understand, analyze and interpret the		Marking and		
	rules of game/sport (Kho - Kho) as well		Construction of the		
	as game of knowledge in the areas of		playfields		
	scientific basis of warming up, cooling				
	down and technical aspects of coaching				
	i.e., methods of coaching and their uses				
	for psychomotor development.				
	4. The learner will be able to learn and				
	acquire various skills of game/sports				
	(kho-kho) as psychomotor development/				
	applications, gain knowledge and				
	practice about different tests of fitness				
	and skill evaluation, application as well				
	as the evaluation and analysis				
	(psychomotor) of player's performance.				
	5. The learner will learn about various				
	fitness components and its forms				
	including methods of measurements.				
	Further, the learner will be able to				
	practice and improve performance				
	(psychomotor) on the basis of				
	knowledge, application and skill gained				
	in understanding various fitness				
	components. Court/field/track marking				
	and marking of different arenas for				
	selected events of kho-kho.				

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II • Rules and their interpretation. • Warming up and physiological basis of Warming up and it's effect on performance. • Cooling down and its effect. • Techniques of Coaching – Pep talk, Pre, During and Post match Coaching.	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kho - Kho. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Kho - Kho. They will be able to perform the marking/ drawing/ material organizing for Kho - Kho. The learner will be able to understand, analyze and interpret the rules of game/sport (Kho - Kho) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (kho-kho) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of kho-kho. 	02 02 02 02	Covered Rules and their interpretation. Warming up and physiological basis of Warming up and it"s effect on performance. Cooling down and its effect. Techniques of Coaching – Pep talk, Pre, During and Post match Coaching. –

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III	1. The learner will attain knowledge,	03	Basic skills and
. • Basic skills and	understanding, ability to interpret and	00	techniques of the
techniques of the	analyzing proficiency in Kho - Kho.		Sports/Game.
Sports/Game.	2. The learner will be able to gain	02	Skill/Technique
Skill/Technique Evaluation	knowledge with respect to historical	02	Evaluation
• Evaluation of Player's	development, organizational structure	02	Evaluation of
Performance.	and playfield technology of Kho - Kho.	02	Player"s
	They will be able to perform the		Performance.
	marking/ drawing/ material organizing		
	for Kho - Kho.		
	3. The learner will be able to		
	understand, analyze and interpret the		
	rules of game/sport (Kho - Kho) as well		
	as game of knowledge in the areas of		
	scientific basis of warming up, cooling		
	down and technical aspects of coaching		
	i.e., methods of coaching and their uses		
	for psychomotor development.		
	4. The learner will be able to learn and		
	acquire various skills of game/sports		
	(kho-kho) as psychomotor development/		
	applications, gain knowledge and		
	practice about different tests of fitness		
	and skill evaluation, application as well		
	as the evaluation and analysis		
	(psychomotor) of player's performance.		
	5. The learner will learn about various		
	fitness components and its forms		
	including methods of measurements.		
	Further, the learner will be able to		
	practice and improve performance		
	(psychomotor) on the basis of		
	knowledge, application and skill gained		
	in understanding various fitness		
	components. Court/field/track marking		
	and marking of different arenas for		
	selected events of kho-kho.		

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit IV Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kho - Kho. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Kho - Kho. They will be able to perform the marking/ drawing/ material organizing for Kho - Kho. 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
	3. The learner will be able to understand, analyze and interpret the rules of game/sport (Kho - Kho) as well as game of knowledge in the areas of	03	Motor Fitness Components Testing of above components.
Practical	scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (kho-kho) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of kho-kho.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 112	VOLLEYBALL	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Volleyball including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Volleyball.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Volleyball. They will be able to perform the marking/ drawing/ material organizing for Volleyball.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (volleyball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (volleyball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of volleyball.

Unit No. Learning Objective 08 Topics to be					
Unit NO.	Learning Objective	Hrs.	Topics to be covered		
Unit I Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Volleyball. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Volleyball. They will be able to perform the marking/ drawing/ material organizing for Volleyball. The learner will be able to understand, analyze and interpret the rules of game/sport (volleyball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (volleyball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of volleyball. 	03	Historical Development and Modern Trends (National and International Level) Organisational Structure (State, National and International Level) Playfield Technology – Marking and Construction of the playfields		

	Objective	08 Hrs.		0	be
 Rules and their interpretation. Warming up and physiological basis of Warming up and it's effect on performance. Cooling down and its effect. Techniques of Coaching – Pep talk, Pre, During and Post match Coaching. The understan rules of g as game scientific down and i.e., methe for psyche 4. The lea acquire v (volleybal developm knowledg tests of applicatio and analy performan 5. The le fitness of (psychom knowledg in understan 	learner will be able to id, analyze and interpret the jame/sport (volleyball) as well of knowledge in the areas of basis of warming up, cooling technical aspects of coaching ods of coaching and their uses omotor development. arner will be able to learn and various skills of game/sports b) as psychomotor ent/ applications, gain e and practice about different fitness and skill evaluation, n as well as the evaluation vsis (psychomotor) of player's	Hrs. 02 02 02 02	covered Rules and the interpretatio Warming up physiologication of Warming it''s effect on performance Cooling dow its effect. Techniques Coaching talk, Pre, and Post Coaching.	n. and al bas up a e. /n ar – – –	sis nd

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III . • Basic skills and techniques of the	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Volleyball.	03	Basic skills and techniques of the Sports/Game.
Sports/Game. • Skill/Technique Evaluation	2. The learner will be able to gain knowledge with respect to historical	02	Skill/Technique Evaluation
• Skill/Technique Evaluation • Evaluation of Player's Performance.	development, organizational structure and playfield technology of Volleyball. They will be able to perform the marking/ drawing/ material organizing for Volleyball. 3. The learner will be able to understand, analyze and interpret the rules of game/sport (volleyball) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (volleyball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness	02	•

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
 Unit IV Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. Motor Fitness Components Testing of above components. 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Volleyball. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of Volleyball. They will be able to perform the marking/ drawing/ material organizing for Volleyball. 	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
	3. The learner will be able to understand, analyze and interpret the rules of game/sport (volleyball) as well as game of knowledge in the areas of	03	Motor Fitness Components Testing of above components.
Practical	 scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (volleyball) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. Court/field/track marking and marking of different arenas for selected events of volleyball. 	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	DSC – 6 (4) 113	YOGA	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills in Yoga including performance (psychomotor).

Learning Outcomes:

1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in yoga.

2. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of yoga. They will be able to perform the marking/ drawing/ material organizing for yoga.

3. The learner will be able to understand, analyze and interpret the rules of game/sport (yoga) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.

4. The learner will be able to learn and acquire various skills of game/sports (yoga) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance.

5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components.

Lesson Plan					
Unit No.	Learning Objective	07 Hrs.	Topics to be covered		
Unit I• Origin of yoga, definition and scope of yoga, limitations and misconceptions of Yoga	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in yoga. The learner will be able to gain knowledge with respect to historical development, organizational structure 	03	Origin of yoga, definition and scope of yoga, limitations and misconceptions of Yoga		
 Importance of yoga in physical education and other fields Yoga asana competition at:- State, National, 	and playfield technology of yoga. They will be able to perform the marking/drawing/material organizing for yoga.3. The learner will be able to understand, analyze and interpret the	02	Importance of yoga in physical education and other fields		
International, SGFI, AIU etc.	rules of game/sport (yoga) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (yoga) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components.	02	Yoga asana competition at:- State, National, International, SGFI, AIU etc.		

Unit No.	Learning Objective	07	Topics to be
		Hrs.	covered
 Unit II Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra 	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in yoga. The learner will be able to gain knowledge with respect to historical development, organizational structure 	03	Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra
 Qualifications, qualities and responsibilities of a coach, Duties/responsibilities of 	and playfield technology of yoga. Theywill be able to perform the marking/drawing/ material organizing for yoga.3. The learner will be able to	02	Qualifications, qualities and responsibilities of a coach,
technical official, Scoring system and judgment criteria, • Protocols for referees,	understand, analyze and interpret the rules of game/sport (yoga) as well as game of knowledge in the areas of scientific basis of warming up, cooling	01	Duties/responsibilities of technical official, Scoring system and judgment criteria,
• Protocols for referees, judges and officials.	 down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. 4. The learner will be able to learn and acquire various skills of game/sports (yoga) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components. 	01	Protocols for referees, judges and officials.

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit III	1. The learner will attain	03	Meaning, techniques,
Unit III • Meaning, techniques, precautions & effects of the following:- • Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, vrishchikasana, chakrasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana • Pranayama : anulom- vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi • Shatkarma : neti,	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in yoga. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of yoga. They will be able to perform the marking/ drawing/ material organizing for yoga. The learner will be able to understand, analyze and interpret the rules of game/sport (yoga) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (yoga) as psychomotor development/ applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's 		Meaning, techniques, precautions & effects of the following:- • Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh- matsyendrasana, bhujangasana, tadasana, vrikshasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana • Pranayama : anulom- vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi Meaning, techniques, precautions & effects of the following:- Pranayama : anulom-
suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi	practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis	03	ujjayi Meaning, techniques, precautions & effects of the following:-
uddyana, mool bandha	measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components.	03	ujjayi Meaning, techniques, precautions & effects of the following:- Shatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalana • Bandhas : jalandhar, uddyana, mool bandha

Unit No.	Learning Objective	07 Uro	Topics to be
Unit IV • Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease • Diet & Nutrition, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation, importance of vegetarianism in yogic diet.	 The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in yoga. The learner will be able to gain knowledge with respect to historical development, organizational structure and playfield technology of yoga. They will be able to perform the marking/ drawing/ material organizing for yoga. The learner will be able to understand, analyze and interpret the rules of game/sport (yoga) as well as game of knowledge in the areas of scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development. The learner will be able to learn and acquire various skills of game/sports (yoga) as psychomotor development/ 	04 04 03	coveredDisease wisetreatment throughyoga therapy-Asthma, high & lowB.P, diabetes,obesity,heart disease,insomania, arthritis,backache & femalediseaseDiet & Nutrition,components ofnutrition, water,natural diet,balanced diet,fasting-itsbenefits, types &preparation,importance ofvegetarianism in
Practical	applications, gain knowledge and practice about different tests of fitness and skill evaluation, application as well as the evaluation and analysis (psychomotor) of player's performance. 5. The learner will learn about various fitness components and its forms including methods of measurements. Further, the learner will be able to practice and improve performance (psychomotor) on the basis of knowledge, application and skill gained in understanding various fitness components.	60	yogic diet. 1. Prayer 2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory) 3. Yoga- nidra/relaxation techniques 4. Visit to yoga centers/institutes

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course Code	Course Title	Lecture (L)	Tutorial (T)	Practical (P)	Credit (C)
2 ND	GE – 2 (4) 101	FITNESS & WELLNESS	3	0	1	4
Teacher/Instructor (s)						
Session	2022-23					

Course Objective: To impart the knowledge and practices about the sports, play, recreation, games and motivational factors towards sports, their fitness components and health.

Learning Outcomes:

1. The learner will learn and practice about the sports and recreation, and their health benefits for normal and challenged population.

2. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management.

3. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness.

4. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation.

5. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age &occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

6. The learner will have practical knowledge with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis.

Lesson Plan						
Unit No.	Learning Objective	09 Hrs.	Topics to be covered			
Unit I INTRODUCTION • Concept and meaning of fitness and wellness • Components of fitness and their description • Components of wellness and their description • Significance of fitness	2. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight	03	Concept and meaning of fitness and wellness Components of fitness and their description Components of wellness and their description Significance of			
and wellness in present scenario.	management.		fitness and wellness			
• Fitness and wellness for life	 The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age &occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices. The learner will have practical knowledge with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis. 	03	in present scenario. Fitness and wellness for life			

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING: • Types :- physical (cardio respiratory, strength, speed	 The learner will learn and practice about the sports and recreation, and their health benefits for normal and challenged population. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and 	03	Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related
agility, flexibility, power, muscular endurance) health related (cardio- respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination,	 maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management. The learner will be able to identify, apply and correlate different aspects of wellness including identifying 		(cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination,
endurance, balance) • Principals of physical fitness • Benefits of fitness	dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards	02	endurance, balance) Principals of physical fitness Benefits of fitness programme
 Benefits of fitness programme Obesity (causes and 	positive lifestyle and benefits of wellness.	02	Obesity (causes and prevention)
prevention) • Weight management (role of diet & exercise in maintenance of ideal weight)	 4. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation. 5. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age &occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices. 6. The learner will have practical knowledge with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis. 	02	Weight Management (role of diet & exercise in maintenance of ideal weight)

Unit No.	Learning Objective	09 Hrs	Topics to be
Unit No. Unit III WELLNESS Identifying dimensions of wellness, achieving and maintenance of wellness • Adopting healthy & positive lifestyle. • Identifying stressors and managing stress • Staying safe & preventing injuries • Knowledge of Nutrition & its implication on healthy lifestyle • Factors leading to eating disorders • Hazards of substance abuse (smoking, alcohol & tobacco) • Adoption of spirituality principals & their remedial measures • Yogic practices for achieving health and fitness • Worthwhile use of leisure time. • Sexuality – preventive measures for sexual transmitted diseases. • Emphasis on proper rest &sleep. • Prevention of cancer, cardio-vascular disorders &other diseases. • Relationship of wellness towards positive lifestyle • Benefits of wellness	 The learner will learn and practice about the sports and recreation, and their health benefits for normal and challenged population. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age &occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic 	09 Hrs. 03	covered Identifying dimensions of wellness, achieving and maintenance of wellness • Adopting healthy & positive lifestyle. • Identifying stressors and managing stress • Staying safe & preventing injuries • Knowledge of Nutrition & its implication on healthy lifestyle • Factors leading to eating disorders • Hazards of substance abuse (smoking, alcohol & tobacco) • Adoption of spirituality principals & their remedial measures • Yogic practices for achieving health and fitness • Worthwhile use of leisure time. • Sexuality – preventive measures for sexual transmitted diseases. • Emphasis on proper rest &sleep. • Prevention of cancer, cardio- vascular disorders
time. • Sexuality – preventive measures for sexual transmitted diseases. • Emphasis on proper rest &sleep. • Prevention of cancer, cardio-vascular disorders &other diseases. • Relationship of wellness towards positive lifestyle	stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation. 5. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age &occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to		 achieving health and fitness Worthwhile use of leisure time. Sexuality – preventive measures for sexual transmitted diseases. Emphasis on proper rest &sleep.
Benefits of wellness	attitude, daily regular exercise, control	03	cancer, cardio-

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit IV	1. The learner will learn and practice	03	Barriers to change
BEHAVIOR	about the sports and recreation, and	02	Process of change (6
MODIFICATION	their health benefits for normal and		stages) SMART
Barriers to change	challenged population.	02	Technique of change
Process of change (6	2. The learner will be able to analyze,		& smart goal setting.
stages) SMART	correlate and evaluate in regard to	02	Healthy lifestyle
Technique of change &	fitness profile, development and		approach.
smart goal setting.	maintenance of the player including		(Introduction,
Healthy lifestyle approach.	types of motor components, principles		prevention, and
(Introduction, prevention,	of physical fitness, benefits of fitness		treatment of inactivity
and treatment of inactivity	program, causes and prevention of		diseases).
diseases)	obesity and weight management.		
	3. The learner will be able to identify,		
	apply and correlate different aspects of		
	wellness including identifying		
	dimensions of wellness, achieving and		
	maintenance of wellness, identifying		
	stressors and managing stress,		
	relationship of wellness towards		
	positive lifestyle and benefits of		
	wellness.		
	4. The learner will be able to describe,		
	apply, correlate and measure different		
	aspects of behavior modification in		
	regard to barriers to change, six		
	stages of SMART, technique of		
	change & smart goal setting with		
	healthy lifestyle approach adaptation.		
	5. The learner will be able to describe,		
	apply, correlate and measure different		
	aspects of daily schedule of achieving		
	quality of life and wellness in regard to		
	daily schedule (based upon one's		
	attitude, gender, age &occupation),		
	basic module (time split for rest, sleep,		
	diet, activity & recreation), principles to		
	achieve quality of life including positive		
	attitude, daily regular exercise, control		
	over food habits & healthy hygienic		
	practices.		
	6. The learner will have practical		
	knowledge with applications and		
	analysis of various laboratory testing,		
	physiological testing, stress		
	management, survey project for fitness		
	and wellness of the local community		
	and nutritional diet analysis.		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
	Code		(L)	(T)	(P)	(C)
2 ND	GE – 2 (4)	GYM	3	0	1	4
	102	MANAGEMENT				
Teacher/Instructor						
(s)						
Session	2022-23					

Course Objective: The learner will acquire knowledge, understanding and practices with applications and skills required for gym management.

Learning Outcomes:

1. The learner will develop understanding of the gym essentials including publicity, policy, registration, location and establishment of gym, procurement, placement & maintenance of gym equipment. Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and public relations.

2. The learner will be able to acquire skills and competencies required for becoming a gym instructor as well as the learner will be able to apply safety procedures to be followed in the gym.

3. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same.

4. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance).

5. The learner will be equipped with personal health and well-being for selfevaluation and of others.

6. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans).

7. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and well-being), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation.

	Lesson Plan						
Unit No.	Learning Objective	09 Hrs.	Topics to be covered				
Unit I GYM ESSENTIALS • Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments	placement & maintenance of gym equipment. Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and public relations. 2. The learner will be able to acquire skills and competencies required for	03	Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments				
 Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management 	 becoming a gym instructor as well as the learner will be able to apply safety procedures to be followed in the gym. 3. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same. 4. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance). 5. The learner will be equipped with personal health and well-being for self-evaluation and of others. 6. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans). 7. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and well-being), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation. 	03	Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management				

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit No. Unit II GYM INSTRUCTOR • Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation • Safety procedures to be followed in the gym.	 The learner will develop understanding of the gym essentials including publicity, policy, registration, location and establishment of gym, procurement, placement & maintenance of gym equipment. Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and public relations. The learner will be able to acquire skills and competencies required for becoming a gym instructor as well as the learner will be able to apply safety procedures to be followed in the gym. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same. 		-
	 4. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance). 5. The learner will be equipped with personal health and well-being for self-evaluation and of others. 6. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans). 7. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and wellbeing), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation. 		

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
	1. The learner will develop understanding of the gym essentials	03	Introduction to different exercise
GYM-EQUIPMENTS • Introduction to different exercise equipment • Floorings and equipments required for aerobic-	including publicity, policy, registration, location and establishment of gym, procurement, placement & maintenance of gym equipment.	03	equipment Floorings and equipments required for aerobic-
Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight	Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and		Understanding of various forms of aerobics- floor aerobics, step –
• Aerobics and aqua aerobics	 public relations. 2. The learner will be able to acquire skills and competencies required for becoming a gym instructor as well as the learner will be able to apply safety procedures to be followed in the gym. 3. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same. 4. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance). 5. The learner will be equipped with personal health and well-being for self-evaluation and of others. 6. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans). 7. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and well-being), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation. 	03	aerobics and aqua aerobics

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit IV EQUIPMENTS FOR FITNESS EVALUATION AND ASSESSMENTS	1. The learner will develop understanding of the gym essentials including publicity, policy, registration, location and establishment of gym, procurement, placement &	03	Measurement of Weight and Height, Calculating BMI (Body Mass Index)
 Measurement of Weight and Height, Calculating BMI (Body Mass Index) Measurement of Fitness Components – Flexibility (Sit and Reach Test, Hip Bend and Toe Touch) Strength (Sit-Ups, Leg-Raise for Minimal Strength) Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvardstep test) Self- evaluation –Personal Health and Well-being 		02	Measurement of Fitness Components • Flexibility (Sit and Reach Test, Hip Bend and Toe Touch) Strength (Sit-Ups, Leg-Raise for Minimal Strength) Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvardstep test) Self- evaluation – Personal Health and Well-being
	 b. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans). 7. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and well-being), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation. 		

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit V GYM MANAGEMENT ECONOMICS	1. The learner will develop understanding of the gym essentials including publicity, policy, registration,	05	Costing, Balance sheet, Promotional plans
Costing, Balance sheet, Promotional plans	location and establishment of gym, procurement, placement & maintenance	04	Promotional plans
Practical	 of gym equipment. Learner will be able to apply the understanding of the same for marketing, clientage, enrolments, record keeping, social activities, and public relations. 2. The learner will be able to acquire skills and competencies required for becoming a gym instructor as well as the learner will be able to apply safety procedures to be followed in the gym. 3. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same. 4. The learner will be able to test, take measurements, analyze and interpret different components with the help of different equipment and tests (flexibility, strength, cardiovascular endurance). 5. The learner will be skilled to handle gym management economics (costing, balance sheet, promotional plans). 7. The learner will acquire practical skills (in laboratory and field setup) in regard to calculating BMI, flexibility test (Sit and reach test, hip bend and toe touch), strength test (Bend knee sit ups, leg raise for minimal strength), cardiovascular endurance test (Harvard step test, cooper 12/9 min. run), self-evaluation (personal health and wellbeing), asana, aerobic schedule, weight management of the subjects. The learner will be able to compare, correlate and analyze the above learnings in real life situation. 	30	 Calculating BMI Flexibility Test (Sit and reach test, hip bend and toe touch) Strength Test (Bend knee sit ups, leg raise for minimal strength) Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run) Self evaluation- (Personal health and well being) Any five asanas Aerobic schedule Weight management

Course Name: B.S	Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I					
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
	Code		(L)	(T)	(P)	(C)
2 ND	GE – 2 (4)	PROFESSIONAL	3	0	1	4
	103	PREPARATION				
		AND CAREER				
		AVENUES IN				
		PHYSICAL				
		EDUCATION AND				
		SPORTS				
Teacher/Instructor						
(s)						
Session	2022-23					

Learning Objective:

- 1. To develop an understanding of professional preparation in physical education.
- 2. To develop skills to meet professional requirements.
- 3. To understand the need for professional development.
- 4. To acquire skill and competencies for professional development.
- 5. To gain knowledge of curriculum development.
- 6. To acquire skill to analyze, develop and evaluate curriculum

Learning Outcomes:

- 1. The learner will be able to develop an understanding of professional preparation in physical education and compare the same with other countries for exploring best possibilities.
- 2. The learner will develop skills to meet professional requirements for best applications and analysis.
- 3. The learner will understand the need for professional development to do comparative analysis of professional preparation program in U.S., Europe and China.
- 4. The learner will acquire skill and competencies for professional development to relate courses available in physical education and sports and role of physical education teacher and institutes in professional preparation programmes.
- 5. The learner will gain knowledge of curriculum development to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: selfassessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.
- 6. The learner will acquire skills to analyze, develop and evaluate curriculum to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.

	Lesson Flan		· · · · · · · · · · · · · · · · · · ·
Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit I HISTORICAL	1. The learner will be able to develop an understanding of professional preparation	03	Professional Preparation in India
PERSPECTIVE Professional Preparation in India	in physical education and compare the same with other countries for exploring best possibilities.	03	Pre and Post- Independence perspective.
 Pre Independence perspective Post-Independence perspective Comparative analysis of professional preparation program in U.S., Europe and China 	 The learner will develop skills to meet professional requirements for best applications and analysis. The learner will understand the need for professional development to do comparative analysis of professional preparation program in U.S., Europe and China. The learner will acquire skill and competencies for professional development to relate courses available in physical education and sports and role of physical education teacher and institutes in professional preparation programmes. The learner will gain knowledge of curriculum development to correlate career avenues after under graduation and post- graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education. The learner will acquire skills to analyze, develop and evaluate curriculum to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education. 	03	Comparative analysis of professional preparation program in U.S., Europe and China

Unit II1. The learner will be able to develop an understanding of professional preparation in physical education and preparation in physical education and compare the same with other countries for exploring best possibilities. 2. The learner will develop skills to meet professional preparation programmes • Courses available in physical education and sports. • Role of physical education teacher and institutes in1. The learner will be able to develop an understanding of professional professional professional professional preparation programmes03Foundation: need, objectives and characteristic of professional requirements for best applications and analysis. 3. The learner will understand the need for professional development to do comparative analysis of professional preparation program in U.S., Europe and China.03Foundation: need, objectives and professional professional and sports.03Courses available in physical education teacher and China.03Courses available in physical education and sports.03Role of physical education teacher and China.03Role of physical education teacher and institutes in professional preparation programmes
PROFESSIONAL PREPARATION PROGRAMMESunderstanding of programmesof professional education in physical education and compare the same with other countries for exploring best possibilities. 2. The learner will develop skills to meet professional preparation programmesobjectives and characteristic of professional preparation programmesobjectives and characteristic of professional preparation and sports.objectives and characteristic of professional preparation and sports.objectives and characteristic of professional preparation and sports.objectives and characteristic of professional preparation and sports.• Role of physical education teacher and institutes in• Meessional compare the same with other countries for exploring best possibilities. 2. The learner will develop skills to meet professional requirements for best applications and analysis. 3. The learner will understand the need for professional development to do comparative analysis of professional preparation program in U.S., Europe and China.03Role of physical education teacher and institutes in professional preparation professional preparation professional preparation program in U.S., Europe and China.
binditation in professional preparation programmes development to relate courses available in physical education and sports and role of physical education teacher and institutes in professional preparation programmes. 5. The learner will gain knowledge of curriculum development to correlate career avenues after under graduation

PHYSICAL EDUCATION an prep com	he learner will be able to develop understanding of professional aration in physical education and	Hrs. 03 03	covered	
PHYSICAL EDUCATION AND PROFESSIONALISM for a	understanding of professional aration in physical education and			
AND PROFESSIONALISM prep com	aration in physical education and			
com		03		
for o	pare the same with other countries	00		
• Concept and meaning of 1 1919	exploring best possibilities.			
	The learner will develop skills to			
	t professional requirements for			
anu i iuicosiunalisin.	applications and analysis.			
	The learner will understand the			
	d for professional development to			
do	comparative analysis of			
	essional preparation program in			
	, Europe and China.			
	he learner will acquire skill and			
	•			
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	elopment to relate courses			
	lable in physical education and			
	ts and role of physical education			
	her and institutes in professional			
	aration programmes.			
	he learner will gain knowledge of			
	culum development to correlate			
	er avenues after under graduation			
	post-graduation and research			
-	ees, planning for a career: self-			
	essment, motivational dynamics,			
	sion making, counseling and			
5	ance, challenges and			
	ortunities in physical education.			
	he learner will acquire skills to			
	yze, develop and evaluate			
	culum to correlate career avenues			
	under graduation and post-			
5	uation and research degrees,			
	ning for a career: self-assessment,			
	vational dynamics, decision			
	ing, counseling and guidance,			
	lenges and opportunities in			
phys	sical education.			

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit IV CAREER AVENUES & JOB OPPORTUNITIES IN	1. The learner will be able to develop an understanding of professional preparation in physical education and compare the same with other countries	04	Career avenues after under graduation and post-graduation and
CAREER AVENUES &	 an understanding of professional preparation in physical education and compare the same with other countries for exploring best possibilities. 2. The learner will develop skills to meet professional requirements for best applications and analysis. 3. The learner will understand the need for professional development to do comparative analysis of professional preparation program in U.S., Europe and China. 4. The learner will acquire skill and competencies for professional education and sports and role of physical education teacher and institutes in professional preparation programmes. 5. The learner will gain knowledge of curriculum development to correlate career avenues after under graduation and post-graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education. 6. The learner will acquire skills to analyze, develop and evaluate curriculum to correlate career avenues after under graduation and post-graduation and post-graduation and evaluate curriculum to correlate career avenues after skills to analyze, develop and evaluate curriculum to correlate career avenues after under graduation and post-graduation and post-graduation. 	04	under graduation and
	graduation and research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.		

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit V EXPLORING AND VENTURING INTO NEW AVENUES	1. The learner will be able to develop an understanding of professional preparation in physical education and compare the same with other countries	05	Challenges and opportunities in physical education
 Challenges and opportunities in physical education Inter-relationship among various careers in physical education and sports 	for exploring best possibilities. 2. The learner will develop skills to meet professional requirements for best	04	Inter-relationship among various careers in physical education and sports
Practical		30	Case study on national sports policy/national education policy

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
	Code		(L)	(T)	(P)	(C)
2 ND	GE – 2 (4)	STRESS	3	0	1	4
	104	MANAGEMENT				
Teacher/Instructor						
(s)						
Session	2022-23					

Learning Objective:

To acquaint the learner with the knowledge, practices and understanding of anger, stress and its management and other related aspects important to sports persons.

Learning Outcomes:

1. The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.

2. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress. The learner will be able to correlate the concepts and practices of the above.

3. The learner will develop the understanding and knowledge of adaptation to stressreframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality. The learner will be able to correlate the concepts and practices of the above.

4. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities. The learner will be able to correlate the concepts and practices of the above for best management of stress.

5. The learner will gain knowledge of anger management- Redford William"s 12 steps of anger management, stress management- behavior modification, time management, coping strategy& intervention skills. It also helps to learn relaxation techniquediaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy. The learner will be able to correlate the concepts and practices of the above for best management of stress.

	Lesson Plan		
Unit No.	Learning Objective	15 Hrs.	Topics to be covered
Unit I	1. The learner would be able to apply the	05	Definition of stress
Definition of stress and	knowledge, learning and understanding to the		and anger
anger, Causes and	concept of anger, stress and how to manage it.	05	Causes and
effects of stress and	2. The learners will be introduced with the		effects of stress
anger, two main	basic concepts of stress and anger, causes		and anger, two
emotions of stress-fear	and effects of stress and anger, main emotions		main emotions of
and anger, Daily life	of stress-fear and anger, daily life stressors,		stress-fear and
stressors, Process of	process of stress, anger and psycho		anger
stress and anger-	physiology of stress. The learner will be able to	05	Daily life stressors,
Psycho Physiology of			Process of stress
stress.	above.		and anger- Psycho
	3. The learner will develop the understanding		Physiology of
	and knowledge of adaptation to stress-		stress.
	reframing of habitual stress resistance, types of		
	stress, personal and social stress,		
	occupational stress, peer stress / learners		
	stress, family stress, stress & elderly and		
	Stress & drug abuse. It helps to know about		
	the stress related diseases- sleep disorder,		
	eating disorder, sexual and emotional disorder,		
	other stress related diseases, stress &		
	spirituality. The learner will be able to correlate		
	the concepts and practices of the above.		
	4. The learner will gain knowledge and concept		
	of self-awareness and stress management,		
	muscular tension reduction, emotional tension		
	reduction, stress free living, stress free		
	examination, stress management through		
	physical activity and stress management		
	through recreation activities. The learner will		
	be able to correlate the concepts and practices		
	of the above for best management of stress.		
	5. The learner will gain knowledge of anger		
	management- Redford William"s 12 steps of		
	anger management, stress management-		
	behavior modification, time management,		
	coping strategy& intervention skills. It also		
	helps to learn relaxation technique-		
	diaphragmatic breathing, meditation,		
	progressive muscle relaxation, Yoga, mental		
	imagery, music therapy, and massage therapy.		
	The learner will be able to correlate the		
	concepts and practices of the above for best		
	management of stress.		
		I	1

Unit No.	Learning Objective	15 Hrs	Topics to be
Unit II Adaptation to stress- Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse. Stress related diseases- i) Sleep disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.	 The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, daily life stressors, process of stress, anger and psycho physiology of stress. The learner will be able to correlate the concepts and practices of the above. The learner will develop the understanding and knowledge of adaptation to stress-reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress elated diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality. The learner will be able to correlate the concepts and practices of the above. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management of stress. The learner will be able to correlate the concepts of the above for best management, stress management, stress management, coping strategy& intervention skills. It also helps to learn relaxation technique-diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy. The learner will be able to correlate the concepts and practices of the above for best management of stress. 	Hrs. 05 05 05	coveredAdaptationtostress-Reframingofhabitual stressresistance, typesof stress-personaland social stressOccupationalstressPeerstress,Familystress,Stress & elderlyand Stress & drugabusei)Sleep disorder,ii)Eating disorder,iii)Sexual andemotionaldisorder, iv)Otherstressrelateddiseases,v)Stress & Spirituality.

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
Unit No. Unit III Self-awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.	Learning Objective 1. The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it. 2. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress. The learner will be able to correlate the concepts and practices of the above. 3. The learner will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress		-
	 eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality. The learner will be able to correlate the concepts and practices of the above. 4. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities. The learner will be able to correlate the concepts and practices of the above for best management of stress. 5. The learner will gain knowledge of anger management, stress management, stress management, coping strategy& intervention skills. It also helps to learn relaxation technique-diaphragmatic breathing, meditation, 		
	progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy. The learner will be able to correlate the concepts and practices of the above for best management of stress.		

Unit No.	Learning Objective	15	Topics to be
	4. The leavest would be able to each the		
Unit No. Unit IV Anger management- Redford William"s 12 steps of anger management Stress management- behavior modification, time management, coping strategy& intervention skills. Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v)Mental imagery, vi) Music therapy, vii) Massage therapy	 The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, daily life stressors, process of stress, anger and psycho physiology of stress. The learner will be able to correlate the concepts and practices of the above. The learner will develop the understanding and knowledge of adaptation to stress-reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality. The learner will be able to correlate the concepts and practices of the above. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management of stress. The learner will gain knowledge of anger management, stress management, stress management, coping strategy& intervention skills. It also helps to learn relaxation, Yoga, mental imagery, music therapy, and massage therapy. The learner will be able to correlate 	15 <u>Hrs.</u> 07 08	I opicstobecoveredAnger anagement- Redford William"s 12 steps of anger management Stress management- behavior modification, time management, coping strategy& intervention skills.Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v)Mental imagery, vi) Music therapy, vii) Massage therapy

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
	Code		(L)	(T)	(P)	(C)
2 ND	DSE – 2(4)	ANATOMY AND	3	0	1	4
	2.1	PHYSIOLOGY				
Teacher/Instructor						
(s)						
Session	2022-23					

Learning Objective:

To provide learners with the basic knowledge and practices of anatomical structures and functions of the human body..

Learning Outcomes:

1. The learner will acquire the basic knowledge of anatomy and physiology of the human body. They will develop understanding about the functions of each system and organs of the body. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability in different games/ sports/ fitness programs.

2. The learner will develop the understanding and knowledge of definition of anatomy & physiology, cell- microscopic structure & functions of its organelle, tissue-classification & functions, organs, systems of the body, bone classification and structure, joints-classification, structure of synovial joints, movements at various joints. The learner will also learn to count the pulse rate. The learner will be able to compare (individual differences), correlate (different systems/games for physical education) to analyze performance.

3. The learners will develop the understanding and knowledge of muscular system - classification, structure, functions & properties of skeletal muscle, smooth muscle & cardiac muscle. types of muscular contractions, Name of various muscles acting on various joints, cardio-vascular system structure of heart, cardiac cycle, blood pressure, cardiac output, composition& function of blood, athlete's heart, respiratory system-structure and function, second wind, oxygen debt. The learners will be able to learn the measurement of blood pressure and study of various bones of human body. The learner will also be able to compare (individual differences), correlate (different systems/ games as per syllabus for physical education) to analyze performance.

4. The learner will be able to explain different body system (as per syllabus) with the help of models and various movements of the joints. The learner will also be able to compare (individual differences), correlate (different systems/ games for physical education) to analyze performance.

Lesson Plan						
Unit No.	Learning Objective	15 Hrs.	Topics to be covered			
Unit I Introduction to Anatomy and	1. The learner will acquire the basic knowledge of anatomy and physiology of the human body. They will develop understanding about the	05	Meaning and Definition of Anatomy,			
Physiology1.Meaning and	functions of each system and organs of the body. Such core knowledge and skill will help to create a strong foundation to engage human		Physiology and Exercise Physiology			
Definition of Anatomy, Physiology and Exercise Physiology 2. Importance of Anatomy and	 subject of all ages, sex, ability in different games/ sports/ fitness programs. 2. The learner will develop the understanding and knowledge of definition of anatomy & physiology, cell- microscopic structure & 	05	Importance of Anatomy and Physiology in Physical Education and			
Physiology in Physical Education and Sports	functions of its organelle, tissue-classification & functions, organs, systems of the body, bone	05	Education and Sports Description of Cell			
3. Description of Cell and Tissues	classification and structure, joints-classification, structure of synovial joints, movements at various joints. The learner will also learn to count the pulse rate. The learner will be able to compare (individual differences), correlate (different systems/games for physical education) to analyze performance. 3. The learners will develop the understanding and knowledge of muscular system - classification, structure, functions & properties of skeletal muscle, smooth muscle & cardiac muscle. types of muscular contractions, Name of various muscles acting on various joints, cardio-vascular system structure of heart, cardiac cycle, blood pressure, cardiac output, composition& function of blood, athlete's heart, respiratory system-structure and function, second wind, oxygen debt. The learners will be able to learn the measurement of blood pressure and study of various bones of human body. The learner will also be able to compare (individual differences), correlate (different systems/ games as per syllabus for physical education) to analyze performance. 4. The learner will be able to explain different body system (as per syllabus) with the help of models and various movements of the joints. The learner will also be able to compare (individual differences), correlate (different systems/ games for physical education) to analyze performance.	05	and Tissues			

Unit No.	Learning Objective	15	Topics to be
Unit II	1. The learner will acquire the basic knowledge of anatomy and physiology of the	Hrs. 05	coveredSkeletalSystem:Structuraland
Introduction to Various Systems-I 1. Skeletal System:	knowledge of anatomy and physiology of the human body. They will develop understanding about the functions of each system and		Functional Classification of
Structural and Functional Classification of Bones, Types of	organs of the body. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability		Bones, Types of Joints, Different types of
Joints, Different types of Movement around the	in different games/ sports/ fitness programs.2. The learner will develop the understanding and knowledge of definition of anatomy &		Movement around the Joints, Effects of Exercise on
Joints, Effects of Exercise on Skeletal System	physiology, cell- microscopic structure & functions of its organelle, tissue-classification	05	Skeletal System Muscular System:
2. Muscular System: Structural and Functional Classification	& functions, organs, systems of the body, bone classification and structure, joints- classification, structure of synovial joints,		Structural and Functional Classification of
of Muscles, Properties of Muscles, Types of Muscular Contraction,	movements at various joints. The learner will also learn to count the pulse rate. The learner will be able to compare (individual	05	Muscles Properties of Muscles, Types of
Effects of Exercise on Muscular System, Metabolism	differences), correlate (different systems/games for physical education) to analyze performance.		Muscular Contraction, Effects of Exercise
Metabolisin	3. The learners will develop the understanding and knowledge of muscular system -classification, structure, functions &		on Muscular System, Metabolism
	properties of skeletal muscle, smooth muscle & cardiac muscle. types of muscular contractions, Name of various muscles acting		
	on various joints, cardio-vascular system structure of heart, cardiac cycle, blood pressure, cardiac output, composition&		
	function of blood, athlete's heart, respiratory system-structure and function, second wind, oxygen debt. The learners will be able to		
	learn the measurement of blood pressure and study of various bones of human body. The learner will also be able to compare		
	(individual differences), correlate (different systems/ games as per syllabus for physical		
	education) to analyze performance. 4. The learner will be able to explain different body system (as per syllabus) with the help of		
	models and various movements of the joints. The learner will also be able to compare (individual differences), correlate (different		
	systems/ games for physical education) to analyze performance.		

Unit No.	Learning Objective	15 Hrs.	Topics to be
Unit III	1. The learner will acquire the basic	пrs. 05	covered Circulatory
	knowledge of anatomy and physiology of the	05	System: Structure
Introduction to Various	human body. They will develop understanding		and Function of
Systems-II			Human Heart,
4. Circulatory	about the functions of each system and		Circulation of
System: Structure	organs of the body. Such core knowledge and skill will help to create a strong foundation to		
and Function of			Blood, Functions of
Human Heart,	engage human subject of all ages, sex, ability		
Circulation of	in different games/ sports/ fitness programs.		Blood, Effects of
Blood,	2. The learner will develop the understanding		Exercise on
Functions of Blood,	and knowledge of definition of anatomy &		Circulatory
Effects of Exercise on	physiology, cell- microscopic structure &		System, Blood
Circulatory System,	functions of its organelle, tissue-classification		Pressure, Cardiac
Blood Pressure, Cardiac	& functions, organs, systems of the body,		Output
Output	bone classification and structure, joints-	05	Respiratory
2. Respiratory System:	classification, structure of synovial joints,		System: Structure
Structure and Function	movements at various joints. The learner will		and Function of
of Respiratory System,	also learn to count the pulse rate. The learner		Respiratory
Effects of Exercise on	will be able to compare (individual		System
Respiratory System,	differences), correlate (different	05	Effects of Exercise
Second Wind, Oxygen	systems/games for physical education) to		on Respiratory
Debt	analyze performance.		System, Second
Debt	3. The learners will develop the		Wind, Oxygen
	understanding and knowledge of muscular		Debt
Practical	system -classification, structure, functions &	30	1. Microscopic
	properties of skeletal muscle, smooth muscle		identification of
	& cardiac muscle. Types of muscular		Cell/ Tissue.
	contractions, Name of various muscles acting		2. Identification of
	on various joints, cardio-vascular system		different parts of
	structure of heart, cardiac cycle, blood		Skeletal System.
	pressure, cardiac output, composition&		3. Identification of
	function of blood, athlete's heart, respiratory		
	system-structure and function, second wind,		different parts of
	oxygen debt. The learners will be able to		Muscular System. 4. Identification of
	learn the measurement of blood pressure and		
	•		different parts of
	study of various bones of human body. The		Circulatory
	learner will also be able to compare		System.
	(individual differences), correlate (different		5. Identification of
	systems/ games as per syllabus for physical		different parts of
	education) to analyze performance.		Respiratory
	4. The learner will be able to explain different		System.
	body system (as per syllabus) with the help of		6. Measurement of
	models and various movements of the joints.		resting heart rate.
	The learner will also be able to compare		7. Measurement of
	(individual differences), correlate (different		blood pressure.
	systems/ games for physical education) to		8. Measurement of
	analyze performance.		respiratory rate.
	Discipline Specific Electives (DSE)		

Course Name: B.Sc. Hons. (Physical Education, Health Education and Science) Sem - I						
Semester	Course	Course Title	Lecture	Tutorial	Practical	Credit
OND	Code		(L)	(1)	(P)	(C)
2 ND	DSE – 2(4) 2.2	EXERCISE PHYSIOLOGY	3	0	1	4
Teacher/Instructor (s)						
Session	2022-23					

Learning Objective:

The learner will acquire knowledge and understanding with applications and skills (field and laboratory) in exercise physiology.

Learning Outcomes:

1. The learners will be able to understand the physiological basis of physical activities and functioning. The learners will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.

2. The learners will learn the changes/adaptations in body systems in response to exercise & training. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex for exercise, health, fitness, sports performance. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices.

3. The learners will be able to understand the concept of exercise physiology and its significance in the field of Physical Education & Sports, acute physiological response, and chronic physiological adaptation. The learner will be well acquainted with the practical aspect of assessing resting heart rate and blood pressure of the subject. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.

4. The learners will develop the understanding and knowledge and practices of hormonal regulation in exercise & training: The endocrine glands and their hormones, acute response and chronic adaptation. The learners will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects including digestive system, temperature regulation, nervous system, sensory system, excretory system and reproductive system. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.

5. The learners will gain knowledge of cardiovascular function during exercise and training: structure & function of the heart, acute response and chronic adaptation, respiratory function during exercise and training: respiratory parameters, second wind, acute response and chronic adaptation. The learners will be also able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.

Lesson Plan				
Unit No.	Learning Objective	11 Hrs.	Topics to be covered	
Unit I Introduction to Physiology 1. Meaning and	1. The learners will be able to understand the physiological basis of physical activities and functioning. The learners will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.	03	Meaning and Definition of, Physiology and Exercise Physiology	
Definition of, Physiology and Exercise Physiology	 The learners will learn the changes/adaptations in body systems in response to exercise & training. Such core knowledge and skill will help to create a strong foundation to engage human subject of all 	02	Minute Structure and Functions of Cell and its Organelles	
2. Minute Structure and Functions of Cell and its	ages, sex for exercise, health, fitness, sports performance. The learner will be able to correlate, compare and analyze the cause (exercise) and	02	Structure and Classifications of Tissues	
Organelles 3. Structure and Classifications of	effect (physiological changes) for best practices. 3. The learners will be able to understand the concept of exercise physiology and its significance	02	Essential Properties of Living Organisms	
 Tissues 4. Essential Properties of Living Organisms 5. Physiological Concept of Health and Fitness 	in the field of Physical Education & Sports, acute physiological response, and chronic physiological adaptation. The learner will be well acquainted with the practical aspect of assessing resting heart rate and blood pressure of the subject. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 4. The learners will develop the understanding and knowledge and practices of hormonal regulation in exercise & training: The endocrine glands and their hormones, acute response and chronic adaptation. The learners will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects including digestive system, temperature regulation, nervous system, sensory system. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 5. The learners will gain knowledge of cardiovascular function during exercise and training: structure & function of the heart, acute response and chronic adaptation, respiratory function during exercise and training: respiratory parameters, second wind, acute response and chronic adaptation. The learners will be also able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.	03	Physiological Concept of Health and Fitness	

Unit No.	Learning Objective	12 Hrs.	Topics to be covered
Unit II Cardio-Pulmonary System 1. Cardio-vascular System and Blood: Cardiac Cycle, Pumping action of Heart and its Regulation; Blood	 The learners will be able to understand the physiological basis of physical activities and functioning. The learners will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology. The learners will learn the changes/adaptations in body systems in response to exercise & training. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex for exercise, health, fitness, sports 	04	Cardio-vascular System and Blood: Cardiac Cycle, Pumping action of Heart and its Regulation; Blood Pressure, Its Maintenance and Regulation Cardiac Output
Pressure, Its Maintenance and Regulation; Cardiac Output and its Regulation; Functions of Blood and Blood Clotting; Effect of Exercise	performance. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices. 3. The learners will be able to understand the concept of exercise physiology and its significance in the field of Physical Education & Sports, acute physiological response, and chronic physiological		and its Regulation; Functions of Blood and Blood Clotting; Effect of Exercise on Circulatory System
on Circulatory System 2. Respiratory System: Mechanism of Respiration; Pulmonary Ventilation and its Regulation; Second-wind and Oxygen Debt; Effect of Exercise on Respiratory System	 adaptation. The learner will be well acquainted with the practical aspect of assessing resting heart rate and blood pressure of the subject. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 4. The learners will develop the understanding and knowledge and practices of hormonal regulation in exercise & training: The endocrine glands and their hormones, acute response and chronic adaptation. The learners will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects including digestive system, temperature regulation, nervous system, sensory system, excretory system and reproductive system. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 5. The learners will gain knowledge of cardiovascular function during exercise and training: structure & function of the heart, acute response and chronic adaptation, respiratory function during exercise and training: respiratory parameters, second wind, acute response and chronic adaptation. The learners will be also able to correlate, compare and effect (physiological changes) for best practices in regard to above. 	04	Respiratory System: Mechanism of Respiration; Pulmonary Ventilation and its Regulation; Second-wind and Oxygen Debt; Effect of Exercise on Respiratory System

Unit No.	Learning Objective	11	Topics to be
		Hrs.	covered
Unit III Digestive System: Secretion and Function of the Digestive Juices; Functions of Liver; Absorption of Food; General Metabolism, Metabolism of Carbohydrates, Fats and Proteins; Temperature Regulation; Effect of Exercise on Digestive System Nervous System: Functions of the important parts of the Nervous System, Cereberlum, Medulla Oblongata, Thalamus, Cerebellum and Spinal Cord; Functions of the Autonomic Nervous System; Basic Physiological Mechanism governing Posture and Equilibrium; Effect of Exercise on Nervous System Sensory 	 The learners will be able to understand the physiological basis of physical activities and functioning. The learners will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology. The learners will learn the changes/adaptations in body systems in response to exercise & training. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex for exercise, health, fitness, sports performance. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices. The learners will be able to understand the concept of exercise physiology and its significance in the field of Physical Education & Sports, acute physiological response, and chronic physiological adaptation. The learner will be well acquainted with the practical aspect of assessing resting heart rate and blood pressure of the subject. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. The learners will develop the understanding and knowledge and practices of hormonal regulation. The learners will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects including digestive system, temperature regulation, nervous system, sensory system. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 	Hrs. 03	covered Digestive System: Secretion and Function of the Digestive Juices; Functions of Liver; Absorption of Food; General Metabolism, Metabolism of Carbohydrates, Fats and Proteins; Temperature Regulation; Effect of Exercise on Digestive System Nervous System: Functions of the important parts of the Nervous System, Cerebrum, Medulla Oblongata, Thalamus, Cerebellum and Spinal Cord; Functions of the Autonomic Nervous System; Basic Physiological Mechanism governing Posture and Equilibrium; Effect of Exercise on Nervous System
Nervous System 3. Sensory	.	04	
System: General Sensations (Cutaneous and Kinesthetic); Various forms of Senses with special reference to Vision and Hearing	response and chronic adaptation, respiratory function during exercise and training: respiratory parameters, second wind, acute response and chronic adaptation. The learners will be also able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.		General Sensations (Cutaneous and Kinesthetic); Various forms of Senses with special reference to Vision and Hearing

Unit No.	Learning Objective	11 Hrs.	Topics to be covered
Unit IV Excretory, Endocrine and Reproductive Systems 1. Excretory System: Excretion of Water from the Body through Skin (Sweating),	 The learners will be able to understand the physiological basis of physical activities and functioning. The learners will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology. The learners will learn the changes/adaptations in body systems in response to exercise & training. Such core knowledge and skill will help to create a strong foundation to engage human subject of all 	04	. Excretory System: Excretion of Water from the Body through Skin (Sweating), Lungs, Kidney and GI Tract; Effect of Exercise on Excretory System
Lungs, Kidney and GI Tract; Effect of Exercise on Excretory System 2. Endocrine System: Secretion of Endocrine Glands (Pituitary, Thyroid, Adrenal & Pancreas); Role of their secretion in Growth, Development and Body Functions;	ages, sex for exercise, health, fitness, sports performance. The learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices. 3. The learners will be able to understand the concept of exercise physiology and its significance in the field of Physical Education & Sports, acute physiological response, and chronic physiological adaptation. The learner will be well acquainted with the practical aspect of assessing resting heart rate and blood pressure of the subject. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological	04	Endocrine System: Secretion of Endocrine Glands (Pituitary, Thyroid, Adrenal & Pancreas); Role of their secretion in Growth, Development and Body Functions; Effect of Exercise on Endocrine System
Effect of Exercise on Endocrine System 3. Reproductive System: Physiology of Human Reproduction, Basic Knowledge of Transmission of Hereditary Characteristics	changes) for best practices in regard to above. 4. The learners will develop the understanding and knowledge and practices of hormonal regulation in exercise & training: The endocrine glands and their hormones, acute response and chronic adaptation. The learners will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects including digestive system, temperature regulation, nervous system, sensory	03	Reproductive System: Physiology of Human Reproduction, Basic Knowledge of Transmission of Hereditary Characteristics
Practical	system, excretory system and reproductive system. The learners will also be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above. 5. The learners will gain knowledge of cardiovascular function during exercise and training: structure & function of the heart, acute response and chronic adaptation, respiratory function during exercise and training: respiratory parameters, second wind, acute response and chronic adaptation. The learners will be also able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.	30	 Measurement of fitness. Measurement of exercise heart rate. Measurement of exercise blood pressure. Measurement of respiratory rate. Calculation of cardiac output. Measurement of reaction time.

GENERIC ELECTIVE (GE)

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ABILITY ENHANCEMENT COURSE (AEC)

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VALUE ADDED COURSE (VAC)

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SKILL ENHANCEMENT COURSE (SEC)

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