



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 education YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.

Lesson Plan

Unit No.	Learning Objective	10 Hrs.	Topics to be covered
Unit I (i) Meaning, Definitions, Scope, importance of physical education in society. (ii) Aim and Objectives of Physical Education and their relation with education	<ul style="list-style-type: none"> • 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 education YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors. 	1	Meaning and Definition of Physical Education
		2	Scope of Physical Education in Society
		2	importance of Physical Education in Society
		5	Aims and objectives of Physical Education and their Relationship with Education
Unit No.	Learning Objective	15 Hrs.	Topics to be covered
Unit II (i) Foundations of Physical, Education:-	<ul style="list-style-type: none"> • The Students will develop the understanding and knowledge 	3	Foundations of Physical, Education:-

<p>(a) Biological foundation – Introduction, Growth and Development and Body types.</p> <p>(b) Psychological Foundation – Introduction, Learning process and theories.</p> <p>(c) Sociological Foundation – Introduction, Socialization process.</p>	<p>regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.</p> <ul style="list-style-type: none"> 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. 	4	Biological foundation – Introduction, Growth and Development and Body types.
	<ul style="list-style-type: none"> 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. 	4	Psychological Foundation – Introduction, Learning process and theories.
	<ul style="list-style-type: none"> The Students will gain knowledge of Professional preparation in Physical education YMCA, LNIPE, IGIPSS, 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 Hrs.	Topics to be covered
Unit III (i) Meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs (ii) Concept and role of wellness movement.	<ul style="list-style-type: none"> 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. 	2	Introduction of movement.
		3	Meaning and concepts of movement
	<ul style="list-style-type: none"> 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. 	2	Qualities of the movement
		4	Need and importance of movement in educational programmes
	<ul style="list-style-type: none"> 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 education YMCA, LNIPE, IGIPSS, 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 Hrs.	Topics to be covered
<p>Unit IV</p> <p>(i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.</p> <p>(ii) Olympic movement and Olympic Games (Ancient and Modern)</p> <p>(iii) Professional preparation in Physical education- YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS.</p> <p>(iv) Sports Career Avenues, National Sports awards and Honors.</p>	<ul style="list-style-type: none"> 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. 	4	Introduction of Modern and Ancient Historical perspectives of Physical Education.
	<ul style="list-style-type: none"> The student will learn Biological, Psychological and Sociological Foundation of Physical Education. 	4	Olympic Movement and Olympic Games in Ancient and Modern
	<ul style="list-style-type: none"> 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. 	4	Professional Preparation in Physical Education YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS.
	<ul style="list-style-type: none"> 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 education YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors. 	4	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					

Learning Objectives

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 Hrs.	Topics to be covered
Unit I Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle. <input type="checkbox"/> Tissue-classification & functions. <input type="checkbox"/> Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.	Student will acquire the basic knowledge of the anatomy of the human body. <input type="checkbox"/> They will develop understanding about the functions of each system of the body. <input type="checkbox"/> Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability.	2	Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle.
		2	Tissue-classification & functions.
		2	Classification of Organ, System of Body.
		2	Bone- classification and structure, 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 - 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.	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.	3	Muscular System - Classification
		4	Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.
		4	Types of muscular contractions, Name of various muscles acting on various joints
		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-structure and function, second wind, oxygen debt. • Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.	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.	2	Respiratory system-structure
		3	Function, second wind, oxygen debt.
		2	Digestive system-structure
		3	Function, balanced diet, metabolism & maintenance of body temperature.

Unit No.	Learning Objective	10 Hrs.	Topics to be covered
Unit IV <ul style="list-style-type: none"> • Nervous system- structure of brain, spinal cord, Autonomic nervous system, reflex action. • Endocrine system- role of various endocrine glands, Structure& function of human eye & ear. • Excretory system- structure & function, including structure & function of skin. • Reproductive system- structure & function of male & female Reproductive system. 	Student will acquire the basic knowledge of the anatomy of the human body. <ul style="list-style-type: none"> □ 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. 	2	Nervous system- structure of brain, spinal cord, Autonomic nervous system, reflex action.
		3	Endocrine system- role of various endocrine glands, Structure& function of human eye & ear.
		2	Excretory system- structure & function, including structure & function of skin.
		3	Reproductive system- structure & function of male & female Reproductive system.
		Practical	

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) 101	ATHLETICS	2	0	2	4
Teacher/Instructor (s)						
Session	2022-23					

Learning Objectives

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:

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 its testing.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	02	<p>Historical Development and Modern Trends (National and International Level)</p>
	<p>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.</p>	02	<p>Organisational Structure (State, National and International Level)</p>
	<p>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.</p> <p>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.</p>	03	<p>Playfield Technology – Marking and Construction of the playfields.</p>

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • Rules and their interpretation of the sport. • Warming up and psychological basis of Warming up. • Cooling down and its effect. • Techniques of Coaching – Pep talk, Pre, during and Post match competition Coaching. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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 its testing.</p>	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 <ul style="list-style-type: none"> • 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 Components Testing • Skill/Technique Evaluation • Evaluation of Player's Performance. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	03	<p>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.</p>	
	<p>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.</p>		01	<p>Motor Fitness Components Testing</p>
	<p>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.</p>		02	<p>Skill/Technique Evaluation</p>
	<p>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.</p>		02	<p>Evaluation of Player's Performance.</p>

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • 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 unit-III. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>A student will be able to learn and acquire various skills of sports, gain knowledge about</p>	03	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
<p>Practical</p>	<p>different tests of fitness and skill evaluation as well as the evaluation of player's performance.</p> <p>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 its testing.</p>	05	<p>Track marking and marking of different arenas for selected events in unit-III.</p> <p>60</p> <ol style="list-style-type: none"> 1. 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. 2. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above. 3. 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					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 Performance.	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-
		02	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>05</p> <p>03</p>	<p>Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.</p> <p>Motor Fitness Components Testing of above components.</p>
<p>Practical</p>	<p>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.</p> <p>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.</p>	<p>60</p>	<p>Learning and demonstrating various skills/ techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.</p>

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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					

Learning Objectives

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:

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 its testing.

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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 Performance.	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-
	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.	02	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	05	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
<p>Practical</p>	<p>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.</p> <p>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.</p>	03	Motor Fitness Components Testing of above components.
		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)
1 st	DSC – 3 (4) 105	FOOTBALL	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 Performance.	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-
		02	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>05</p> <p>03</p>	<p>Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.</p> <p>Motor Fitness Components Testing of above components.</p>
<p>Practical</p>	<p>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.</p> <p>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.</p>	<p>60</p>	<p>Learning and demonstrating various skills/ techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.</p>

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					

Learning Objectives

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:

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.

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.	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)
	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)
	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 <ul style="list-style-type: none"> • 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. 	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.
	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	Warming up and psychological basis of Warming up.
	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.	02	Cooling down and its effect.
	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 Hrs.	Topics to be covered
Unit III • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's Performance.	A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of Gymnastics.	04	Basic skills and techniques of the Sports/Game-
	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	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
Unit IV • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	<p>A student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of Gymnastics.</p> <p>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.</p>	08	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
Practical	<p>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.</p> <p>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.</p>	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)
1 st	DSC – 3 (4) 107	HANDBALL	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 Performance.	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-
		02	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	05	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
<p>Practical</p>	<p>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.</p> <p>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.</p>	03	Motor Fitness Components Testing of above components.
		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)
1 st	DSC – 3 (4) 108	HOCKEY	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 Performance.	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-
		02	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>05</p> <p>03</p>	<p>Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.</p> <p>Motor Fitness Components Testing of above components.</p>
<p>Practical</p>	<p>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.</p> <p>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.</p>	<p>60</p>	<p>Learning and demonstrating various skills/ techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.</p>

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					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 Performance.	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-
		02	Skill/Technique Evaluation
	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 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 student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	05	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
	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.		03
Practical	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. 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)
1 st	DSC – 3 (4) 110	KABADDI	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's Performance. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	04	Basic skills and techniques of the Sports/Game-
		02	Skill/Technique Evaluation
	<p>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.</p> <p>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.</p> <p>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.</p>	02	Evaluation of Player's Performance.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	05	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
<p>Practical</p>	<p>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.</p> <p>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.</p>	03	Motor Fitness Components Testing of above components.
		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)
1 st	DSC – 3 (4) 111	KHO-KHO	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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 student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.	01	Rules and their interpretation of the sport.
	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.	02	Warming up and psychological basis of Warming up.
	A student will be able to learn and acquire various skills of sports, gain knowledge about	02	Cooling down and its effect.
	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 Performance.	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-
		02	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>05</p> <p>03</p>	<p>Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.</p> <p>Motor Fitness Components Testing of above components.</p>
<p>Practical</p>	<p>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.</p> <p>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.</p>	<p>60</p>	<p>Learning and demonstrating various skills/ techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.</p>

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					

Learning Objectives

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:

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 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 technical aspects of coaching.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p>	01	Rules and their interpretation of the sport.
	<p>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.</p>	02	Warming up and psychological basis of Warming up.
	<p>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.</p>	02	Cooling down and its effect.
	<p>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.</p>	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 Performance.	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-
		02	Skill/Technique Evaluation
	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 Hrs.	Topics to be covered
<p>Unit IV</p> <ul style="list-style-type: none"> • Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility. • Motor Fitness Components Testing of above components. 	<p>The student will be able to gain knowledge with respect to Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.</p> <p>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.</p> <p>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.</p> <p>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.</p>	05	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
<p>Practical</p>	<p>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.</p> <p>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.</p>	03	Motor Fitness Components Testing of above components.
		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)
1 st	DSC – 3 (4) 113	YOGA	2	0	2	4
Teacher/ Instructor(s)						
Session	2022-23					

Learning Objectives

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, ek pad sikandasana, bakasana, mayurasana, shirshasanaPranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjla, 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 physical education and other fields • Yoga asana competition at:- State, National, International, SGFI, AIU etc.	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.	03	Origin of yoga, definition and scope of yoga, limitations and misconceptions of Yoga
		02	Importance of yoga in physical education and other fields
	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, vrischikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi Shatkarma : neti, dhauti, nauli, basti, kunj, kapal bhati, shankh prakshalana Bandhas : 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 & low B.P, diabetes, obesity, heart disease, insomonia, 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 and responsibilities 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 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.	01	Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra
	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, vrischikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasanaPranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayiShatkarma : neti, dhauti, nauli, basti, kunjali, kapal bhati, shankh prakshalanaBandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha.	02	Qualifications, qualities and responsibilities of a coach
	The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & lowB.P, diabetes, obesity, heart disease, insomonia, arthritis, backache & female disease. The student will learn Yoga-nidra/relaxation techniques	02	Duties/responsibilities of technical official, Scoring system and judgment criteria
	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
<p>Unit III</p> <ul style="list-style-type: none"> • 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, ek pad sikandasana, bakasana, mayurasana, shirshasana • Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi • Shatkarma : neti, dhauti, nauli, basti, kunj, kapal bhati, shankh prakshalana • Bandhas : jalandhar, uddyana, mool bandha 	<p>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.</p> <p>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, ek pad sikandasana, bakasana, mayurasana, shirshasana Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi Shatkarma : neti, dhauti, nauli, basti, kunj, kapal bhati, shankh prakshalana Bandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha.</p> <p>The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease.</p> <p>The student will learn Yoga-nidra/relaxation techniques</p> <p>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</p>	<p>04</p> <p>01</p> <p>01</p> <p>02</p>	<p>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, ek pad sikandasana, bakasana, mayurasana, shirshasana</p> <p>Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi</p> <p>Shatkarma : neti, dhauti, nauli, basti, kunj, kapal bhati, shankh prakshalana</p> <p>Bandhas : jalandhar, uddyana, mool bandha</p>

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, water, natural diet, balanced diet, fastingits benefits, types & preparation, importance of vegetarianism in yogic diet.	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.	05	Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease
	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, ushrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana Bandhas : jalandhar, uddyana, mool bandha. The student will be able to perform Asanas, pranayama, shatkarma, bandha.	03	Diet & Nutrition, components of nutrition, water, natural diet, balanced diet, fastingits benefits, types & preparation, importance of vegetarianism in yogic diet
Practical	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	1. Prayer 2.Asanas, pranayama, shatkarma, bandha (as mentioned in theory) 3.Yoga-nidra/relaxation techniques 4. Visit to yoga centers/institutes

GENERIC ELECTIVE (GE)

[SEMESTER - \GE\GE SUBJECTS FOR SEMESTER-2.PDF](#)

ABILITY ENHANCEMENT COURSE (AEC)

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

VALUE ADDED COURSE (VAC)

[SEMESTER - \VAC\26102022 VAC I-II-V.PDF](#)

SKILL ENHANCEMENT COURSE (SEC)

[SEMESTER - \SEC\28032023 SEC I - II - V SEM.PDF](#)

SEMESTER - II

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
<p>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.</p> <p>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.</p>	<ol style="list-style-type: none"> 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 	3	Health-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of health
		2	Concept and components of wellness.
		3	Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education
		3	Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health.

	<p>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.</p> <p>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.</p> <p>6. The learner will gain knowledge of the Rehabilitation (definition, physical and mental rehabilitation) and Rehabilitation Modalities (cold,</p>		
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	<p>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.</p>		
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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 communicable and non-communicable diseases. Communicable diseases-Definition, mode of spread and prevention, Non-communicable diseases--Meaning, causes and prevention	1. The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in health education.	4	Meaning of Nutrition, Function and sources of essential body nutrients, balanced diet
	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	Communicable and Non-communicable diseases-Distinction between communicable and non-communicable diseases
	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.	02	Communicable diseases-Definition, mode of spread and prevention
	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	02	Non-communicable diseases-- Meaning, causes and prevention

	<p>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.</p> <p>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.</p> <p>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 –</p>		
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	<p>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.</p>		
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Unit No.	Learning Objective	11 Hrs.	Topics to be covered
<p>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, methods of controlling conception, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy</p>	<ol style="list-style-type: none"> 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. 	3	Contemporary health problems of college youth- Substance abuse management, Alcohol, drugs, tobacco (chewing, sniffing, smoking)- their harmful effects.
		2	Population education- importance of small family
		3	methods of controlling conception, home and hospital delivery, care of the infant
		3	importance of breast feeding, immunization, oral rehydration therapy

	<p>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.</p> <p>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</p>		
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	<p>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.</p> <p>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.</p>		
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Unit No.	Learning Objective	12 Hrs.	Topics to be covered
<p>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.</p> <p>Internationals health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health.</p> <p>Rehabilitation – Definition- physical and mental rehabilitation. Modalities of Physical Rehabilitation</p>	<p>1. The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in health education.</p> <p>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.</p>	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.
	<p>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.</p>	4	Internationals health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health.
	<p>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</p>	4	Rehabilitation – Definition- physical and mental rehabilitation. Modalities of Physical Rehabilitation

	<p>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.</p> <p>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.</p> <p>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 –</p>		
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	<p>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.</p>		
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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)
2ND	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 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 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.

Lesson Plan

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I Fundamentals and Neuromuscular Function The Focus of Exercise Physiology: Definition, Concept & it Significance in the field of Physical Education & Sports, Acute Physiological Response, Chronic Physiological Adaptation. 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.	1.The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.	2	The Focus of Exercise Physiology: Definition, Concept & it Significance in the field of Physical Education & Sports
	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.	2	Acute Physiological Response, Chronic Physiological Adaptation.
	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.	3	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		

	<p>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.</p> <p>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.</p> <p>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.</p> <p>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</p>	
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	<p>fitness management, obesity management, healthy lifestyle and good health.</p> <p>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.</p>		
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Unit No.	Learning Objective	07 Hrs.	Topics to be covered
<p>Unit II Energy & Hormonal Regulation</p> <p>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.</p>	<p>1. The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.</p>	3	<p>Bio-energetics: Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate</p>
	<p>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.</p>	2	<p>Hormonal Regulation in Exercise & Training:</p>
	<p>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.</p>	2	<p>The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.</p>
	<p>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</p>		

	<p>learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.</p> <p>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.</p> <p>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.</p> <p>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.</p>	
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Unit No.	Learning Objective	08 Hrs.	Topics to be covered
<p>Unit III Cardiorespiratory System and Training Adaptation</p> <p>Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptation.</p> <p>Respiratory Function during Exercise and Training: Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.</p>	1. The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.	2	Cardiovascular Function during Exercise and Training: Structure
	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	Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptation
	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.	3	Respiratory Function during Exercise and Training: Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation
	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		

	<p>learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.</p> <p>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.</p> <p>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.</p> <p>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.</p>	
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Unit No.	Learning Objective	08 Hrs.	Topics to be covered
<p>Unit IV Body Composition</p> <p>Understanding Body Composition, Obesity and its causes. Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.</p>	<p>1. The learner will attain knowledge, understanding, ability of interpreting the concepts and practices in exercise physiology.</p> <p>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.</p>	04	Understanding Body Composition, Obesity and its causes.
	<p>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.</p> <p>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</p>	04	Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.

<p>Practical</p>	<p>learner will be able to correlate, compare and analyze the cause (exercise) and effect (physiological changes) for best practices in regard to above.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>60</p>	<ol style="list-style-type: none"> 1. Assessment of Resting Heart Rate 2. Assessment of Blood Pressure 3. Administering the Harvard Step test 4. To measure vital capacity using Spirometer 5. To assess the Body Mass Index of the subjects 6. To assess the Waist Hip Ratio of the subjects 7. Methods of assessing Body Composition 8. Assessment of BMR of the subjects
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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)
2ND	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.

Lesson Plan

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit I <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	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.	03	Historical Development and Modern Trends (National and International Level)
		02	Organisational Structure (State, National and International Level)
	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	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in badminton.	02	Rules and their interpretation.
	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.	02	Warming up and physiological basis of Warming up and its effect on performance.
	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.	02	Cooling down and its effect.
	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 <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Players' Performance. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in badminton.	02	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 badminton. They will be able to perform the marking/ drawing/ material organizing for badminton.	04	Skill/Technique Evaluation
	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.	02	Evaluation of Players' Performance.
	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	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.	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.	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 up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.	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.	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.	60	• Learning and demonstrating various skills/techniques of sports. • Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

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)
2ND	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 (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in basketball.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in basketball.	02	Rules and their interpretation.
	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.	02	Warming up and physiological basis of Warming up and its effect on performance.
	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.	02	Cooling down and its effect.
	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	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player's Performance. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in basketball.	02	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 basketball.	03	Skill/Technique Evaluation
	They will be able to perform the marking/ drawing/ material organizing for basketball.	02	Evaluation of Player's Performance.
	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.		

Unit No.	Learning Objective	08 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.	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.	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
		04	Motor Fitness Components Testing of above components.
Practical	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	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

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)
2ND	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.

Lesson Plan

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit I <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	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.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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.	02	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	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.	02	Rules and their interpretation.
		02	Warming up and physiological basis of Warming up and it's effect on performance.
		02	Cooling down and its effect.
		02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player"s Performance. 	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.	02	Basic skills and techniques of the Sports/Game.
		03	Skill/Technique Evaluation
		02	Evaluation of Player"s Performance

Unit No.	Learning Objective	08 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.	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.	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
		04	Motor Fitness Components Testing of above components
Practical	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.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

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)
2ND	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 <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	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.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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 <ul style="list-style-type: none"> • 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. 	<p>1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	02	Rules and their interpretation.
		02	Warming up and physiological basis of Warming up and its effect on performance.
		02	Cooling down and its effect.
		02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player"s Performance. 	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.	02	Basic skills and techniques of the Sports/Game.
		03	Skill/Technique Evaluation
		02	Evaluation of Player"s 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.	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.	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
		03	Motor Fitness Components Testing of above components.
Practical	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.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

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)
2ND	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 <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	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.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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 <ul style="list-style-type: none"> • 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. 	<p>1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	02	Rules and their interpretation.
		02	Warming up and physiological basis of Warming up and its effect on performance.
		02	Cooling down and its effect.
		02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player"s Performance. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in football.	02	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 football.	03	Skill/Technique Evaluation
	They will be able to perform the marking/ drawing/ material organizing for football.	02	Evaluation of Player"s Performance.
	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.	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.	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
		03	Motor Fitness Components Testing of above components.
Practical	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.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

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)
2ND	DSC – 6 (4) 106	GYMNASTIC S	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 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 <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Gymnastics.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • Rules and their interpretation of the sport. • Warming up and psychological basis of Warming up. • Cooling down and its effect. • Techniques of Coaching – Pep talk, Pre, during and Post match coaching. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Gymnastics.	02	Rules and their interpretation of the sport.
	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.	02	Warming up and psychological basis of Warming up.
	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.	02	Cooling down and its effect.
	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 <ul style="list-style-type: none"> • Basic skills and techniques of the Artistic Gymnastics, trampoline, parko and rhythmic • Motor Fitness Components Testing • Skill/Technique Evaluation • Evaluation of Player"s Performance. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Gymnastics.	02	Basic skills and techniques of the Artistic Gymnastics, trampoline, parko and rhythmic
	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.	02	Motor Fitness Components Testing
	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.	02	Skill/Technique Evaluation
	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.	02	Evaluation 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 Hrs.	Topics to be covered
Unit IV Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Gymnastics.	04	Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance,
	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.	03	Introduction to Physical and Motor Fitness components related to sport: Coordinative Abilities and Flexibility.
Practical	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.	60	<ul style="list-style-type: none"> • 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.

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)
2ND	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.

Lesson Plan

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit I <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball.	02	Rules and their interpretation.
	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.	02	Warming up and physiological basis of Warming up and its effect on performance.
	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.	02	Cooling down and its effect.
	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.	02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player"s Performance. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Handball.	03	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
	They will be able to perform the marking/ drawing/ material organizing for handball.	02	Evaluation of Player"s Performance.
	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 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.	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.	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
		03	Motor Fitness Components Testing of above components.
Practical	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.	60	Learning and demonstrating various skills/techniques of sports. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

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 – 6 (4) 108	HOCKEY	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 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.

Lesson Plan

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit I <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	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.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

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.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Hockey.	02	Rules and their interpretation.
	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.	02	Warming up and physiological basis of Warming up and it"s effect on performance.
	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.	02	Cooling down and its effect.
	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.	02	Techniques of Coaching – Pep talk, Pre, during and Post match coaching.

Unit No.	Learning Objective	07 Hrs.	Topics to be covered
Unit III <ul style="list-style-type: none"> • Basic skills and techniques of the Sports/Game. • Skill/Technique Evaluation • Evaluation of Player"s Performance. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Hockey.	03	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 hockey.	02	Skill/Technique Evaluation
	They will be able to perform the marking/ drawing/ material organizing for hockey.	02	Evaluation of Player"s Performance.
	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.	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.	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 scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.	03	Motor Fitness Components Testing of above components.
Practical	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.

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)
2ND	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.

Lesson Plan

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit I <ul style="list-style-type: none"> • Historical Development and Modern Trends (National and International Level) • Organisational Structure (State, National and International Level) • Playfield Technology – Marking and Construction of the playfields. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Judo.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields.

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Judo.	02	Rules and their interpretation.
	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.	02	Warming up and physiological basis of Warming up and it's effect on performance.
	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.	02	Cooling down and its effect.
	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	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 Player's Performance.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Judo.	03	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 Judo. They will be able to perform the marking/ drawing/ material organizing for Judo.	02	Skill/Technique Evaluation
	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.	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/ 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	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.	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.	04	Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
		03	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.

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)
2ND	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.

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) • Playfield Technology – Marking and Construction of the playfields.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kabaddi.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kabaddi.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	02	Rules and their interpretation.
		02	Warming up and physiological basis of Warming up and it's effect on performance.
		02	Cooling down and its effect.
		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 Player"s Performance.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kabaddi.	03	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 kabaddi.	02	Skill/Technique Evaluation
	They will be able to perform the marking/ drawing/ material organizing for kabaddi.	02	Evaluation of Player"s Performance.
	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.	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.	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 scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.	03	• Motor Fitness Components Testing of above components.
Practical	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.

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)
2ND	DSC – 6 (4) 111	KHO-KHO	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.

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) • Playfield Technology – Marking and Construction of the playfields.	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.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	<p>1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kho - Kho.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	02	Rules and their interpretation.
		02	Warming up and physiological basis of Warming up and it's effect on performance.
		02	Cooling down and its effect.
		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 Player"s Performance.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Kho - Kho.	03	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 Kho - Kho.	02	Skill/Technique Evaluation
	They will be able to perform the marking/ drawing/ material organizing for Kho - Kho.	02	Evaluation of Player"s Performance.
	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.	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.	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 scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.	03	Motor Fitness Components Testing of above components.
Practical	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.

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)
2ND	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.

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) • Playfield Technology – Marking and Construction of the playfields.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Volleyball.	03	Historical Development and Modern Trends (National and International Level)
	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.	02	Organisational Structure (State, National and International Level)
	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.	03	Playfield Technology – Marking and Construction of the playfields

Unit No.	Learning Objective	08 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • 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. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Volleyball.	02	Rules and their interpretation.
	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.	02	Warming up and physiological basis of Warming up and it's effect on performance.
	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.	02	Cooling down and its effect.
	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.	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 Player’s Performance.	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in Volleyball.	03	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 Volleyball.	02	Skill/Technique Evaluation
	They will be able to perform the marking/ drawing/ material organizing for Volleyball.	02	Evaluation of Player’s Performance.
	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	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.	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.	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 scientific basis of warming up, cooling down and technical aspects of coaching i.e., methods of coaching and their uses for psychomotor development.	03	Motor Fitness Components Testing of above components.
Practical	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.

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)
2ND	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 <ul style="list-style-type: none"> • 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, International, SGFI, AIU etc. 	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.	03	Origin of yoga, definition and scope of yoga, limitations and misconceptions of 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.	02	Importance of yoga in physical education and other fields
	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 Hrs.	Topics to be covered
Unit II <ul style="list-style-type: none"> • Philosophical aspects of yoga-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. 	1. The learner will attain knowledge, understanding, ability to interpret and analyzing proficiency in yoga.	03	Philosophical aspects of yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & tantra
	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.	02	Qualifications, qualities and responsibilities of a coach,
	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.	01	Duties/responsibilities of technical official, Scoring system and judgment criteria,
	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 • 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, ek pad sikandasana, bakasana, mayurasana, shirshasana • Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi • Shatkarma : neti, dhauti, nauli, basti, kunjali, kapal bhati, shankh prakshalana • Bandhas : jalandhar, uddyana, mool bandha	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.	03	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, ek pad sikandasana, bakasana, mayurasana, shirshasana • Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi
		03	Meaning, techniques, precautions & effects of the following:- Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi
		03	Meaning, techniques, precautions & effects of the following:- Shatkarma : neti, dhauti, nauli, basti, kunjali, kapal bhati, shankh prakshalana • Bandhas : jalandhar, uddyana, mool bandha

Unit No.	Learning Objective	07 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, water, natural diet, balanced diet, fasting-its benefits, types & preparation, importance of vegetarianism in yogic diet.	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.	04	Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease
		03	Diet & Nutrition, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation, importance of vegetarianism in yogic diet.
Practical		60	1. Prayer 2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory) 3. Yoga-nidra/relaxation techniques 4. Visit to yoga centers/institutes

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)
2ND	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 <ul style="list-style-type: none"> • Concept and meaning of fitness and wellness • Components of fitness and their description • Components of wellness and their description • Significance of fitness and wellness in present scenario. • Fitness and wellness for life 	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.	03	Concept and meaning of fitness and wellness Components of fitness and their description
		03	Components of wellness and their description Significance of fitness and wellness in present scenario.
	03	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.	Fitness and wellness for life

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit II FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING: <ul style="list-style-type: none"> • Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (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 programme • Obesity (causes and prevention) • Weight management (role of diet & exercise in maintenance of ideal weight) 	<p>1. The learner will learn and practice about the sports and recreation, and their health benefits for normal and challenged population.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	03	Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)
		02	Principals of physical fitness Benefits of fitness programme
		02	Obesity (causes and prevention)
		02	Weight Management (role of diet & exercise in maintenance of ideal weight)

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit III WELLNESS Identifying dimensions of wellness, achieving and maintenance of wellness <ul style="list-style-type: none"> • 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 	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.	03	Identifying dimensions of wellness, achieving and maintenance of wellness <ul style="list-style-type: none"> • 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.
	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.	03	Relationship of wellness towards positive lifestyle
		03	Benefits of wellness

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit IV BEHAVIOR MODIFICATION <ul style="list-style-type: none"> • Barriers to change • Process of change (6 stages) SMART • Technique of change & smart goal setting. • Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases) 	<p>1. The learner will learn and practice about the sports and recreation, and their health benefits for normal and challenged population.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	03	Barriers to change
		02	Process of change (6 stages) SMART
		02	Technique of change & smart goal setting.
		02	Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases).

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)
2ND	GE – 2 (4) 102	GYM MANAGEMENT	3	0	1	4
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 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.

Lesson Plan

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit I GYM ESSENTIALS <ul style="list-style-type: none"> • 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 	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.	03	Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments
	3. The learner will develop the skills required for handling different gym equipment as well as management and utilization of the same.	03	Marketing, clientage, Enrolments, record keeping, social activities, Public Relations,
	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	Individualized/group grooming programme, basic concepts of financial management

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit II GYM INSTRUCTOR • Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation • Safety procedures to be followed in the gym.	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.	03	Gym-instructor – qualification, qualities,
	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.	03	pay-roll, Performance – evaluation, grooming and presentation
	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	Safety procedures to be followed in the gym.

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit III GYM-EQUIPMENTS • Introduction to different exercise equipment • Floorings and equipments required for aerobic- Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight • Aerobics and aqua aerobics	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.	03	Introduction to different exercise equipment
		03	Floorings and equipments required for aerobic- Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight
	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 • 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	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.	03	Measurement of Weight and Height, Calculating BMI (Body Mass Index)
	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.	02	Measurement of Fitness Components • Flexibility (Sit and Reach Test, Hip Bend and Toe Touch) Strength (Sit-Ups, Leg-Raise for Minimal Strength)
	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).	02	Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvardstep test)
	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.	02	Self- evaluation – Personal Health and Well-being

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit V GYM MANAGEMENT ECONOMICS Costing, Balance sheet, Promotional plans	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 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.	05	Costing, Balance sheet, Promotional plans
		04	Promotional plans
Practical		30	1. Calculating BMI 2. Flexibility Test (Sit and reach test, hip bend and toe touch) 3. Strength Test (Bend knee sit ups, leg raise for minimal strength) 4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run) 5. Self evaluation- (Personal health and well being) 6. Any five asanas 7. Aerobic schedule 8. Weight management

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)
2ND	GE – 2 (4) 103	PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS	3	0	1	4
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 Plan

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit I HISTORICAL PERSPECTIVE <ul style="list-style-type: none"> • Professional Preparation in India • Pre Independence perspective • Post-Independence perspective • Comparative analysis of professional preparation program in U.S., Europe and China 	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.	03	Professional Preparation in India
	2. The learner will develop skills to meet professional requirements for best applications and analysis.	03	Pre and Post-Independence perspective.
	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: 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 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 No.	Learning Objective	09 Hrs.	Topics to be covered
Unit II PROFESSIONAL PREPARATION PROGRAMMES • Foundation: need, objectives and characteristic of professional preparation programmes • Courses available in physical education and sports. • Role of physical education teacher and institutes in professional preparation programmes	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.	03	Foundation: need, objectives and characteristic of professional preparation programmes
	2. The learner will develop skills to meet professional requirements for best applications and analysis.	03	Courses available in physical education and sports.
	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: 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 research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.	03	Role of physical education teacher and institutes in professional preparation programmes

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit III PHYSICAL EDUCATION AND PROFESSIONALISM • Concept and meaning of Profession, Professional and Professionalism. • Physical education as a profession.	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.	03	
	2. The learner will develop skills to meet professional requirements for best applications and analysis.	03	
	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: 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 research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.	03	

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
<p>Unit IV</p> <p>CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS</p> <ul style="list-style-type: none"> • Career avenues after under graduation and post-graduation and research degrees. • Planning for a career : self-assessment, motivational dynamics, 	<p>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.</p> <p>2. The learner will develop skills to meet professional requirements for best applications and analysis.</p> <p>3. The learner will understand the need for professional development to do comparative analysis of professional preparation program in U.S., Europe and China.</p> <p>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.</p> <p>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.</p> <p>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.</p>	04	Career avenues after under graduation and post-graduation and research degrees.
		05	Planning for a career : self-assessment, motivational dynamics

Unit No.	Learning Objective	09 Hrs.	Topics to be covered
Unit V EXPLORING AND VENTURING INTO NEW AVENUES • Challenges and opportunities in physical education • Inter-relationship among various careers in physical education and sports	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.	05	Challenges and opportunities in physical education
		04	Inter-relationship among various careers in physical education and sports
Practical	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: 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 research degrees, planning for a career: self-assessment, motivational dynamics, decision making, counseling and guidance, challenges and opportunities in physical education.	30	Case study on national sports policy/national education policy

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)
2ND	GE – 2 (4) 104	STRESS MANAGEMENT	3	0	1	4
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 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.

Lesson Plan

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
Unit I Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.	1. The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.	05	Definition of stress and anger
	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.	05	Causes and effects of stress and anger, two main emotions of stress-fear and anger
	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 & 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.	05	Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
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, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.	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.	05	Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress
	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 & spirituality. The learner will be able to correlate the concepts and practices of the above.	05	Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse
	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.	05	i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
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.	1. The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.	05	Self-awareness and stress management, Muscular tension reduction
	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.	05	Emotional tension reduction, Stress free living, Stress free examination
	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 & 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.	05	Stress management through physical activity, Stress management through recreation.

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
<p>Unit IV</p> <p>Anger management- Redford William's 12 steps of anger management Stress management- behavior modification, time management, coping strategy& intervention skills.</p> <p>Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v)Mental imagery, vi) Music therapy, vii) Massage therapy</p>	<p>1. The learner would be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.</p> <p>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.</p> <p>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 & spirituality. The learner will be able to correlate the concepts and practices of the above.</p> <p>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.</p> <p>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.</p>	07	<p>Anger anagement- Redford William's 12 steps of anger management Stress management- behavior modification, time management, coping strategy& intervention skills.</p>
		08	<p>Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v)Mental imagery, vi) Music therapy, vii) Massage therapy</p>

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)
2ND	DSE – 2(4) 2.1	ANATOMY AND PHYSIOLOGY	3	0	1	4
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 Physiology 1. Meaning and Definition of Anatomy, Physiology and Exercise Physiology 2. Importance of Anatomy and Physiology in Physical Education and Sports 3. Description of Cell and Tissues	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.	05	Meaning and Definition of Anatomy, Physiology and Exercise Physiology
	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.	05	Importance of Anatomy and Physiology in Physical Education and Sports
	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	Description of Cell and Tissues

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
Unit II Introduction to Various Systems-I 1. Skeletal System: Structural and Functional Classification of Bones, Types of Joints, Different types of Movement around the Joints, Effects of Exercise on Skeletal System 2. Muscular System: Structural and Functional Classification of Muscles, Properties of Muscles, Types of Muscular Contraction, Effects of Exercise on Muscular System, Metabolism	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.	05	Skeletal System: Structural and Functional Classification of Bones, Types of Joints, Different types of Movement around the Joints, Effects of Exercise on Skeletal System
		05	Muscular System: Structural and Functional Classification of Muscles
		05	Properties of Muscles, Types of Muscular Contraction, Effects of Exercise on Muscular System, Metabolism

Unit No.	Learning Objective	15 Hrs.	Topics to be covered
<p>Unit III Introduction to Various Systems-II 4. Circulatory System: Structure and Function of Human Heart, Circulation of Blood, Functions of Blood, Effects of Exercise on Circulatory System, Blood Pressure, Cardiac Output 2. Respiratory System: Structure and Function of Respiratory System, Effects of Exercise on Respiratory System, Second Wind, Oxygen Debt</p>	<p>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.</p>	<p>05 05 05</p>	<p>Circulatory System: Structure and Function of Human Heart, Circulation of Blood, Functions of Blood, Effects of Exercise on Circulatory System, Blood Pressure, Cardiac Output Respiratory System: Structure and Function of Respiratory System Effects of Exercise on Respiratory System, Second Wind, Oxygen Debt</p>
<p>Practical</p>	<p>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.</p>	<p>30</p>	<p>1. Microscopic identification of Cell/ Tissue. 2. Identification of different parts of Skeletal System. 3. Identification of different parts of Muscular System. 4. Identification of different parts of Circulatory System. 5. Identification of different parts of Respiratory System. 6. Measurement of resting heart rate. 7. Measurement of blood pressure. 8. Measurement of respiratory rate.</p>

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	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 Definition of, Physiology and Exercise Physiology 2. Minute Structure and Functions of Cell and its Organelles 3. Structure and Classifications of Tissues 4. Essential Properties of Living Organisms 5. Physiological Concept of Health and Fitness	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
	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.	02	Minute Structure and Functions of Cell and its Organelles
	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.	02	Structure and Classifications of Tissues
	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.	02	Essential Properties of Living Organisms
	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 Pressure, Its Maintenance and Regulation; Cardiac Output and its Regulation; Functions of Blood and Blood Clotting; Effect of Exercise 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	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.	04	Cardio-vascular System and Blood: Cardiac Cycle, Pumping action of Heart and its Regulation; Blood Pressure, Its Maintenance and Regulation
		04	Cardiac Output and its Regulation; Functions of Blood and Blood Clotting; Effect of Exercise on Circulatory System
		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 Hrs.	Topics to be covered
Unit III 1. 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 2. 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 3. Sensory System: General Sensations (Cutaneous and Kinesthetic); Various forms of Senses with special reference to Vision and Hearing	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.	03	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
		03	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
		04	Sensory System: 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), 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; Effect of Exercise on Endocrine System 3. Reproductive System: Physiology of Human Reproduction, Basic Knowledge of Transmission of Hereditary Characteristics	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.	04	. Excretory System: Excretion of Water from the Body through Skin (Sweating), Lungs, Kidney and GI Tract; Effect of Exercise on Excretory System
		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
		03	Reproductive System: Physiology of Human Reproduction, Basic Knowledge of Transmission of Hereditary Characteristics
Practical		30	1. Measurement of fitness. 2. Measurement of exercise heart rate. 3. Measurement of exercise blood pressure. 4. Measurement of respiratory rate. 5. Calculation of cardiac output. 6. Measurement of reaction time.

GENERIC ELECTIVE (GE)

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