

CHAUDHARY RANBIR SINGH UNIVERSITY, JIND

Scheme of Examination UG Programme (Interdisciplinary): Scheme D

Subject: Bachelor of Physical Education, Health Education and Sports Science

as per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry-Exit, Internships and Choice Based Credit System implemented from session 2023-24.

SEMESTER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours	Max. Marks				
				Theory	Practical	Total		Theory		Practical		Total
								External	Internal	External	Internal	
1	Core Course - 1	23-BSc-Phy.Ed.-101	History and Foundation of Physical Education	3	1	4	5	50	20	20	10	100
	Core Course - 2	23-BSc-Phy.Ed.-102	Health Education	3	1	4	5	50	20	20	10	100
	Core Course - 3	23-BSc-Phy.Ed.-103	Basic Anatomy and Physiology	3	1	4	5	50	20	20	10	100
	Core Course Minor - 1	23-BSc-Phy.Ed.-104	Olympics Movement	1	1	2	3	20	10	15	5	50
	Multidisciplinary Courses (MDC) - 1	23-BSc-Phy.Ed.-105	Fundamentals of Physical Education	2	1	3	4	35	15	20	5	75
	Ability Enhancement Courses (AEC) - I	23-BSc-Phy.Ed.-106	Athletics - Track Events and Road races	1	1	2	3	20	10	15	5	50
	Skill Enhancement Courses (SEC) - I			2	1	3	4	35	15	20	5	75
	Value Added Course – 1	B-23- VAC-101	Human Values and Ethics	1	1	2	3	20	10	15	5	50
2	Core Course - 4	23-BSc-Phy.Ed.-201	Exercise Physiology	3	1	4	5	50	20	20	10	100
	Core Course - 5	23-BSc-Phy.Ed.-202	Sports Psychology	3	1	4	5	50	20	20	10	100
	Core Course - 6	23-BSc-	Sports Nutrition	3	1	4	5	50	20	20	10	100

		Phy.Ed.-203										
	Core Course Minor - 2	23-BSc-Phy.Ed.-204	Asian and Commonwealth Games	1	1	2	3	20	10	15	5	50
	Multidisciplinary Courses (MDC) - 2	23-BSc-Phy.Ed.-205	Basics of Naturopathy	2	1	3	4	35	15	20	5	75
	Ability Enhancement Courses (AEC) - 2	23-BSc-Phy.Ed.-206	Athletics Field Events	1	1	2	3	20	10	15	5	50
	Skill Enhancement Courses (SEC) - 2	23-SEC-226	Self Defence Technique	2	1	3	4	35	15	20	5	75
	Value Added Course - 2	B-23- VAC-201	Environment Studies	1	1	2	3	20	10	15	5	50
Internship of 4 credits of 4-6 weeks duration after 2nd semester												
3	Core Course - 7	23-BSc-Phy.Ed.-301	History and Foundation of Physical Education	3	1	4	5	50	20	20	10	100
	Core Course - 8	23-BSc-Phy.Ed.-302	Health Education	3	1	4	5	50	20	20	10	100
	Core Course - 9	23-BSc-Phy.Ed.-303	Basic Anatomy and Physiology	3	1	4	5	50	20	20	10	100
	Core Course Minor - 3	23-BSc-Phy.Ed.-304	Olympics Movement	3	1	4	5	50	20	20	10	100
	Multidisciplinary Courses (MDC) - 3	23-BSc-Phy.Ed.-305	Fundamentals of Physical Education	2	1	3	4	35	15	20	5	75
	Ability Enhancement Courses (AEC) - 3	23-BSc-Phy.Ed.-306	Athletics - Track Events and Road races	1	1	2	3	20	10	15	5	50
	Skill Enhancement Courses (SEC) - 3			2	1	3	4	35	15	20	5	75
4	Core Course - 10	23-BSc-Phy.Ed.-401	Physical Fitness	3	1	4	5	50	20	20	10	100
	Core Course - 11	23-BSc-Phy.Ed.-402	Sports Sociology	3	1	4	5	50	20	20	10	100
	Core Course - 12	23-BSc-Phy.Ed.-403	Organization and Administration	3	1	4	5	50	20	20	10	100
	Core Course Minor - 4	23-VOC-113	Basic of	3	1	4	5	50	20	20	10	100

	(V)		Physiotherapy									
	Ability Enhancement Courses (AEC) - 4	23-BSc-Phy.Ed.-405	Weight Management	1	1	2	3	20	10	15	5	50
	Value Added Course - 3	23-VAC-302	Yoga and Meditation	1	1	2	3	20	10	15	5	50
Internship of 4 credits of 4-6 weeks duration after 4th semester												
5	Core Course - 13	23-BSc-Phy.Ed.-501	Sports Training	3	1	4	5	50	20	20	10	100
	Core Course - 14	23-BSc-Phy.Ed.-502	Kinesiology	3	1	4	5	50	20	20	10	100
	Core Course - 15	23-BSc-Phy.Ed.-503	Sports Management	3	1	4	5	50	20	20	10	100
	Core Course Minor- 5 (V)	23-BSc-Phy.Ed.-504	Stress Management	3	1	4	5	50	20	20	10	100
Internship of 4 Credits												
6	Core Course - 16	23-BSc-Phy.Ed.-601	Measurement and Evaluation	3	1	4	5	50	20	20	10	100
	Core Course - 17	23-BSc-Phy.Ed.-602	Biomechanics	3	1	4	5	50	20	20	10	100
	Core Course - 18	23-BSc-Phy.Ed.-603	Officiating and Coaching	3	1	4	5	50	20	20	10	100
	Core Course Minor- 6/ Core Course Minor- 7 (V)	23-BSc-Phy.Ed.-604	Posture and Athletic Care/ Sports Journalism	3	1	4	5	50	20	20	10	100

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Core Course - 1

PartA - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	History and Foundation of Physical Education		
CourseCode	23-BSc-Phy.Ed.-101		
CourseType:	Core Course - 1		
Level of the Course	100-199		
Pre-requisite(ifany)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. Itisopenforall.		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe the Aims, Objectives and scope of Physical Education. 2. Explain the historical development of Physical Education in India 3. Illustrate the basic knowledge ofbiological aspects of Physical Education 4. Tell thevarious Career opportunities in Physical Education and Sports. 		
	5. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho Kho and Badminton.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100			Time: 3 Hours
Part I - Theory = 70			For End Term Exam
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	IntroductionofPhysicalEducation: <ul style="list-style-type: none"> • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives Physical Education • Scope of Physical Education. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science 		12

II	History of Physical Education in India: <ul style="list-style-type: none"> Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) Physical Education during Vedic period (2500 BC – 600 BC) Physical Education during Early Hindu Period(600 BC – 320 A.D) Physical Education during Later Hindu Period (320 A.D – 1000 A.D) Physical Education during Medieval Period (1000 A.D – 1757 A.D) Physical Education during British Period (Till 1947) Physical Education during After Independence 	12	
III	Biological Basis of Physical Education: <ul style="list-style-type: none"> Meaning of Growth and Development Meaning of Chronological Age, Anatomical age, Physiological age and Mental age Principles of Growth and development Difference between Growth and development Factors affecting Growth and development Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood. 	11	
IV	Career opportunities in Physical Education and Sports: <ul style="list-style-type: none"> Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts Career opportunities in various Central Govt, State Govt., Private Organizations and others Career opportunities in Manufacturing and Marketing sectors. Entrepreneurs opportunities in Physical Education and Sports. 	10	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment -20 Marks + End Term Exam – 50 Marks)			
Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.	
Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	15 Marks	15
II	Badminton: Court specifications, general rules and basic skills	15 Marks	15

<p>InternalAssessment: 10 Marks</p> <p>Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Game)</p>	<p>End TermExam: 20 Marks</p> <p>Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Game)</p>
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PartC-Learning Resources

- Suggested Readings:
- Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
- BevinsonPerinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
- Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
- Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
- Charles C. Cowell & William L. France.(1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd .Daryagani, New Delhi. (2013).
- Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana.(2000).
- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014).
- Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

**1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Core Course - 2

PartA - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	Health Education		
CourseCode	23-BSc-Phy.Ed.-102		
CourseType	Core Course - 2		
Level of the Course	100-199		
Pre-requisite(ifany)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. Itisopenforall.		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the concept of Health and Health Education. 2. Explain the concept of Occupational Health 3. Illustrate the basic knowledge of various Communicable Diseases 4. Acquire basic knowledge about the Communicable Diseases 5. Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100			Time: 3 Hours
Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			For End Term Exam
Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
Instructions for Paper- Setter:			
The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	IntroductionofHealth and Health Education: <ul style="list-style-type: none"> • Meaning and definition of Health • Meaning and definition of Health Education • Objectives of Health Education • Dimensions of Health Education • Scope of Health Education • Principles of Health Education. • Need of Health Education in modern society. 		12
II	Occupational Health <ul style="list-style-type: none"> • Meaning and definition of Occupational Health • Scope of Occupational Health • Principles of Occupational Health. • Scope of Occupational Health • Factors responsible for Occupational Health Hazards and Diseases: Physical Hazards, Chemical Hazards, Biological Hazards, Mechanical Hazards, Psycho – Social Hazards. • Occupational diseases caused by Physical and Chemical factors 		10

III	Communicable Diseases <ul style="list-style-type: none"> • Meaning of Communicable Diseases • Name of various Communicable Diseases • Meaning, Causes, symptoms and Treatment of HIV/ AIDS • Meaning, Causes, symptoms and Treatment of Hepatitis A, B and C • Meaning, Causes, symptoms and Treatment of Tuberculosis and Chicken Pox • Meaning, Causes, symptoms and Treatment of COVID-19 	12	
IV	Non - Communicable Diseases <ul style="list-style-type: none"> • Meaning of Non-Communicable Diseases • Name of various Non-Communicable Diseases • Meaning, Causes, symptoms and Treatment of various types cardiovascular disease • Meaning, Causes, symptoms and Treatment of various types of Typhoid and Attention Deficit Hyperactivity Disorder (ADHD) • Meaning, Causes, symptoms and Treatment of Type I and Type II Diabetes • Meaning, Causes, symptoms and Treatment of Arthritis 	11	
Suggested Evaluation Methods: Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)			
Internal Assessment: Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/ class test, etc. = 5 Mid Term Test = 10		End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.	
Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)			
Unit	Topics	Marks distribution	Contact Hours
I	BMI: Calculation of BMI, Categories of BMI	5 - Marks	7
II	Calculation of Peak Expiratory Flow with Spirometer, Analysis of Peak Expiratory Flow	5 - Marks	8
III	Measurement of Pulse Rate and Blood Pressure	5 - Marks	7
IV	Measurement of Oxygen Saturation level, its interpretation	5 - Marks	8
Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)		University Exam (UE): 20 Marks Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	
Part C - Learning Resources			
Suggested Readings: <ul style="list-style-type: none"> • Sharma, V.K, Health & Physical Education Saraswati House Pvt. Ltd .Daryaganj, New Delhi.(2013). • Bucher Olsen and Willgoose; The Foundation of Health Prentice Hall inc.Englewood Cliffs, New Jersey,(1976). • Turner S and Smith, School Health and Health Education, The C.V. Mos by Company 			

St.Loius (1961).

- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
- Kang G.S. Deol N.S. An introduction to Health and Physical Education 21st century.Patiala (2008).
- Verma, K.K., "Health & Physical Education" Parkash Brothers, Ludhiana, 2015

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Core Course – 3

PartA - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	2nd Semester		
Name of the Course	Basic Anatomy and Physiology		
CourseCode	23-BSc-Phy.Ed.-103		
CourseType:	Core Course - 3		
Level of the Course	100-199		
Pre-requisite(ifany)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. Itisopenforall.		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Anatomy,Physiology and structure of Cells. 2. Explain the structure of Joints and Muscular System 3. Illustrate the basic knowledge about Anatomy,Physiology of Circulatory and Digestive Systems of human body 4. Explainthe Anatomy,Physiology of Respiratory and Excretory Systems of human body 		
	5. Identify name and locations of bones, muscles and organs of various systems of human body.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Anatomy and Physiology <ul style="list-style-type: none"> • Meaning and Definition of Anatomy and Physiology. • Importance of Anatomy and Physiology in Physical Education and sports • Cell: Structure, Properties and functions • Meaning of Cell, Tissues, Organs and System. • Bone: Meaning and types • Skeletal System: Structure and functions of Skeletal System. • Axial and Appendicular Skeleton 		12

II	Joints and Muscular System <ul style="list-style-type: none"> • Meaning of Joints, Types of Joints • Types of Synovial Joints present in human body • Meaning of Muscle, Types of muscles present in human body • Gross Structure of Skeletal Muscle, • Structural Classification of Skeletal muscles. 	11
III	Circulatory System and Digestive System <ul style="list-style-type: none"> • Constituents of blood and Function of blood • Structure of the heart • Types of Blood Circulation: Systemic, Pulmonary and Coronary • Organs of Digestive System • Structure and functions of the digestive system, • Process of Food absorption, Name and functions of various digestive juices and enzymes 	12
IV	Respiratory System and Excretory System <ul style="list-style-type: none"> • Organs of Respiratory system and their functions. • Structure of Respiratory system • Exchange of gases in the lungs and tissues • Organs of Excretory System: kidneys and skin • Parts and Functions of the urinary system • Structure and functions of Skin. 	10

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam - 50 Marks)

Internal Assessment: 20 Marks Continuous Comprehensive Evaluation (CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/ Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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**Part II – Practical
(Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Identification of Name and location of Human Bones on Skeleton and Chart	10 Marks	10
II	Identification of Name and location of Major Muscles of Human Body on Model and Chart	10 Marks	10
III	Identification of Name and Location of organs of various systems: Circulatory, Digestive, Respiratory and Excretory on Models and Charts	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File	University Exam (UE): 20 Marks Evaluation through Viva Voce/ Practical Record File:	

PartC-Learning Resources

- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,(2010).
- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

**1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)**

Minor Core Course - 1

PartA - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	Olympic Movement		
CourseCode	23-BSc-Phy.Ed.-104		
CourseType	Minor Core Course - 1		
Level of the Course	100-199		
Pre-requisite(ifany)	Course only for students studying Physical Education, Health Education and Sports Science as Major subject		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the concept of Olympic Movement and Ancient Olympics. 2. Acquire basic knowledge about Modern Olympics. 3. Describe the various Types of Olympics. 		
Credits	Theory	Practical	Total
	2	Nil	2
Contact Hours	2 hours per week	Nil	2
Max. Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)		Time: 2 Hours For	
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III & IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Origin of Olympic Movement <ul style="list-style-type: none"> • Philosophy of Olympic movement • The significant stages in the development of the Ancient Olympic movement • Politics and Religion of Ancient Olympics, Opening ceremony, Different Events of Ancient Olympics, Participants of Various events, Prizes for winners, • Decline and Termination of the ancient Olympics 		10
II	Modern Olympic Games <ul style="list-style-type: none"> • Revival of Olympic Games • Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem • Opening ceremony, Closing ceremony, medal ceremony • Olympic Protocol for member countries • Indian Performance in Modern Olympics 		10
III	Different Olympic Games <ul style="list-style-type: none"> • Paralympics Games: Brief History and symbols. Its relation with other Olympics • Winter Olympics: Brief History and symbols. Its relation with other Olympics • Youth Olympic Games: Brief History and symbols. Its relation with other Olympics • Indian Performance in Modern Paralympics, Winter and Youth Olympics. 		10

SuggestedEvaluationMethods: MaximumMarks:50(Internal Assessment -15 Marks + End Term Exam –35 Marks)	
InternalAssessment: ContinuousComprehensiveEvaluation(CCE): 15 Marks Class presentation = 4 Seminar/ Assignment/Quiz/class test, etc. = 4 Mid Term Test = 7	End Term Exam: 35Marks Time = 2 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1Marks = 5 Marks.
PartB -Learning Resources	
SuggestedReadings: <ul style="list-style-type: none"> ● Ajmeer Sing, Jagdish Bans, Jagtar Sing Gill , Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publisheres. ● Burbank, J. M., Andranovich, G. D. & cHeying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner Osborne, M. P. (2004). ● Magictree House Fact Tracker: Ancient Greece and the Olympics: A Nonfiction Companion To Magic Tree House: Hour of the Olympics. New york: random house books for young readers. 	

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)
Multidisciplinary Course - 1

PartA - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	Fundamentals of Physical Education		
CourseCode	23-BSc-Phy.Ed.-105		
CourseType	Multidisciplinary Course - 1		
Level of the Course	100 - 199		
Pre-requisite(ifany)	It is open for all.		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Aims, Objectives and scope of Physical Education. 2. Illustrate the basic knowledge of biological aspects of Physical Education 3. Tell thevarious Career opportunities in Physical Education and Sports. 4. Know the basic specifications of court/ground, general rules and demonstrate the basic skills of Kho-Kho and Badminton. 		
Credits	Theory	Practical	Total
	2	1	3
Contact Hours	2 hours per week	2 hours per week (Size of practical group = 20 students)	4
Max. Marks: 75			Time: 2 Hours
Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			For End Term Exam
Part II - Practical = 25 (Internal Assessment - 5 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Four Units I, II, III& IV. Unit I, II and III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit IV will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	IntroductionofPhysicalEducation: <ul style="list-style-type: none"> • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education • Aim and Objectives of Physical Education • Professional Courses in Physical Education and Sports. • Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science 		10
II	Biological Basis of Physical Education: <ul style="list-style-type: none"> • Meaning of Growth and Development • Meaning of Chronological Age, Anatomical age, Physiological age and Mental age • Principles of Growth and development • Difference between Growth and development • Factors affecting Growth and development • Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood. 		10

III	Career opportunities in Physical Education and Sports: <ul style="list-style-type: none"> • Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. • Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others • Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others • Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. • Qualifications and responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts • Career opportunities in various Central Govt, State Govt., Private Organizations and others • Career opportunities in Manufacturing and Marketing sectors. • Entrepreneur opportunities in Physical Education and Sports. 	10
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Suggested Evaluation Methods:
Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)

Internal Assessment: 15 Continuous Comprehensive Evaluation (CCE): 15 Marks Class presentation = 4 Seminar/ Assignment/Quiz/class test, etc. = 4 Mid Term Test = 7	End Term Exam: 35 Marks Time = 2 hrs. One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.
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Part II – Practical
Maximum Marks: 25 (Internal Assessment - 5 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Kho - Kho: Court specifications, general rules and basic skills	10 Marks	15
II	Badminton: Court specifications, general rules and basic skills	10 Marks	15
	Internal Assessment: 5 Marks Demonstration of Skill/Viva-Voce/ Practical Record File	University Exam (UE): 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File: (10 Marks for each Sports)	

Part C - Learning Resources

Suggested Readings:

- Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
- Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
- Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
- Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
- Charles C. Cowell & William L. France. (1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.
- Singh Ajmer et.al. Modern Text Book of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, (2010).
- Sharma, V.K, Health & Physical Education, Saraswati House Pvt. Ltd .Daryagani, New Delhi. (2013).
- Singh Ajmer et. al. Olympic Movement, Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, Principles & History of Physical Education, Parkash Brothers, Ludhiana. (2000).
- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014).
- Mohan, V. M. Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. &

Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.

- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
- Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
- Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.

1st Semester (Bachelor of Physical Education, Health Education and Sports Science)
(According to NEP2020 from Session 2023 - 24)

Ability Enhancement Courses - 1

PartA - Introduction			
Subject:	Physical Education, Health Education and Sports Science		
Semester	1st Semester		
Name of the Course	Athletics Track Events		
CourseCode	23-BSc-Phy.Ed.-106		
CourseType:	Ability Enhancement Courses - 1		
Level of the Course	170		
Pre-requisite(ifany)	Course only for students studying Physical Education, Health Education and Sports Science as Major subject		
Course LearningOutcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Athletics Events and Governing Bodies of Athletics 2. Illustrate the basic knowledge about Sprints, Hurdles and Relay race events. 3. Describe the rules and regulations of Middle and Long Distance races and 3000m Steeplechase. 4. Explain the rules and regulations of Marathon and Walking Events 5. Demonstrate the techniques of crouch start and Baton Exchange 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100		Time: 3 Hours	
Part I - Theory = 70		For End Term Exam	
(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)			
Part II - Practical = 30			
(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			
PartB-Contentofthe Course			
<u>Instructions for Paper- Setter:</u>			
The question paper will consist of Five Units I, II, III, IV& V. Unit I, II, III& IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Athletics <ul style="list-style-type: none"> • Brief History of Athletics • National and International Governing bodies of Athletics • Events of Athletics for Men and Women • Marking of Athletics track 200m • Marking of Athletics Track 400m 		12
II	Sprints, Hurdles and Relay race events <ul style="list-style-type: none"> • Basic Rules of Sprint events: 100m, 200m and 400m • Basic Rules of Hurdle events: 100m,110m and 400m • Basic Rules of Relay races: (4×100) and (4×400) • Specification of starting blocks, Baton and Shoes used athletes in these events. • Famous Indian Athletes of Sprint and Hurdle events 		12

III	Middle and Long Distance races and 3000m Steeplechase <ul style="list-style-type: none"> • Basic Rules of Middle distance races: 800m and 1500m. • Basic Rules of Long Distance Races: 3000m, 5000m and 10000m • Basic Rules of Steeplechase: 3000m • Specifications of Hurdle and water jumps in steeplechase • Famous Indian Athletes of Middle & LongDistance races and 3000m Steeplechase 	11
IV	Marathon and Walking Events <ul style="list-style-type: none"> • Distance of Marathon, Walking and other road races • Basic rules of Marathon Race • Basic Rules of Walking Events: 20 km and 50 km • Basic technique of walking. • Basic rules of Cross-Country races organized at university level. • Famous Indian Athletes of Marathon and walking events 	10

SuggestedEvaluationMethods:

MaximumMarks:70(Internal Assessment -20 Marks +End Term Exam– 50 Marks)

InternalAssessment: 20 ContinuousComprehensiveEvaluation(CCE): 20 Marks Class presentation = 5 Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 MarksTime = 3 hrs. One question of 10 marks from each Units I to IV = 40 Marks. Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.
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Part II – Practical

MaximumMarks:30(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Techniquesof Crouch Start	10 Marks	10
II	Techniques of Baton Exchange	10 Marks	10
III	Basics of Track Marking (200m/400m)	10 Marks	10
	InternalAssessment:10 Marks Evaluation through Demonstration of Skill/ Assignments/ Quiz/ Viva Voce/ Practical Record File	End Term Exam: 20 Marks Practical demonstration of skill of crouch start and Baton exchange: 5 Marks for each Evaluation through Viva Voce/ Practical Record File: 10 Marks	

PartC-Learning Resources

- Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book.
- Arnheim D., & William E Prentice. (1978). Athletic Training. St. Louis: Mosby Year Book.
- Authors Guide (2018) IAAF Competition Rules 2018-2019, Monaco Cedex: IAAF Publishing.
- George Immanuel.(1997).Track and Field Event layout and Marking. Chennai:
- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Josse, P, Moprtensen., & John, M,Copper. (1998). Track and Field for Coach and Athlete. St.Louis: C.V.Mosphy Company.
- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New

Delhi

- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.