



BANGALORE UNIVERSITY

Jnanabharathi campus, Bengaluru-560056

REGULATIONS & SYLLABUS

FOR

**FIRST AND SECOND SEMESTER
UNDER GRADUATE PROGRAMMES**

PHYSICAL EDUCATION SPORTS AND YOGA

2021-2022



Framed According to the
NATIONAL EDUCATION POLICY-2020
Karnataka

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BANGALORE UNIVERSITY
Board of Studies for framing the Syllabus
in
Physical Education, Sports and Yoga

Sl. No.	Name	Designation and Address	
1	Dr. K.K. Amarnath	Principal and Chairman University College of Physical Education Bangalore University, Bengaluru.	Chairman
2	Dr. P.C. Krishnaswamy	Professor, former Principal and Chairman University College of Physical Education Bangalore University, Bengaluru.	Member
3	Dr. Ramesh H Kittur	Assistant Professor University College of Physical Education Bangalore University, Bengaluru.	Member
4	Dr. C.K. Kishore Kumar	Registrar Mangalagangothri Mangalore University, Mangalore	Member
5	Dr. R Venkatesh	Principal Sri. K.V College of Physical Education, Chikkabalapur.	Member
6.	Dr. S. Madialagan	Professor and Chairman Dept.of Physical Education & Sports Sciences University of Mysore, Mysore	Member
Co-Opted Members			
7	Dr. Nagendra Kumar B T	Physical Education Director GFGC Kengeri Bengaluru.	Member
8	Dr. Shobha A	Physical Education Director GFGC Peenya Bengaluru.	Member
9	Mr. R Srikanth	Nodal Officer Dept. of Collegiate Education, Government of Karnataka, Bengaluru.	Member
Invitees			
10	Dr. Venkata Chalapathi G	Physical Education Director GFGC, Kanakapura Ramanagara	Member
11	Mr. Chidananda S M	Physical Education Director GFGC, Anekal Bengaluru.	Member

PREAMBLE

Bangalore University being one of the oldest university has transformed itself to education hub. Nurturing the ecology of education, the University strongly believes that physical education is an integral part of education. Since times there are constant efforts to bring in Physical Education as curricular subjects of the education programs offered by the University. With the introduction of New Education Policy-2020 there are immense and intense openings for Physical education, Sports and Yoga as a subject being introduced as not only the Discipline core subject or Open elective subject but also compulsory Skill enhancement courses and Value based core subject. Physical Education, Sports and Yoga when introduced at graduate level will have greater impact on health of the community in general.

The Under Graduate level course in Physical Education, Sports and Yoga contains subjects varying from Foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & Coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teachings, History, Principles and Practices of Yoga, Application of Yoga etc. which are aimed to give thorough knowledge and skills to the students. Students perusing Physical education, Sports and Yoga courses are fit to join the jobs as Physical and Yoga trainers, coaches, Sports and games officials, Referees, Umpires, Curators, Gym trainers, Life guards, Personal trainers, Yoga therapist etc. During their course of education the students also develop the expertise to establish their own business as entrepreneurs in the field of Fitness, Sports, Yoga, Recreation, Rehabilitation, Adventure Sports, Camping, Event Management etc. The graduates who are interested can also pursue research in the field of Physical Education, Sports and Yoga.

The Board of Studies meeting was held on 4th October 2021 at University College of Physical Education, Bangalore University, Bengaluru. The First and Second Semesters curriculum framework was designed and finalised, In accordance with the proposed curriculum frame work of Karnataka state Higher Education council.

The BOS thanks the Authorities of Bangalore University for providing this opportunity to finalise the syllabus. The BOS also thanks the Honourable Chairman and Vice-chairman, Karnataka State Higher Education council, and members of the subject expert committee for providing the inputs.

PHYSICAL EDUCATION

Aim of the Course

- The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and to promote Health and wellness through Healthy Lifestyle.

Objectives of the Course

- To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- To familiarize the students with health related Exercises, Sports and Yoga for Overall growth & development
- To create a foundation for the professionals in Physical Education, Sports and Yoga.
- To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organise & officiate Physical Education, Sports and Yoga events at schools, colleges and community.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organise & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and Yoga classes for urban as well as rural community.

Under Graduate Program in Physical Education
Weightage for Assessment

Sem	Type of Course	Theory/ Practical	Instruction hour per week	Total hours of Syllabus / Sem	Duration of Exam	Internal Assessment Marks	Sem End Exam. Marks	Total Marks	Credits
DSC I	DSCC-1	Theory	04 hrs	56	03 hrs	40	60	100	04
	DSCC-1	Practical	04 hrs	52	03 hrs	20	30	50	02
	OEC-1	Theory	01 hr	28	03 hrs	20	40	60	01
	OEC-1	Theory/ Practical	04 hrs	28	03 hrs	20	20	40	02
	SEC-1	Practical	02 hrs	28	-	25	-	25	01
	Health & Wellness	Theory + Practical	02 hrs	14 + 14	-	25	-	25	01
II	DSCC-2	Theory	04 hrs	56	03 hrs	40	60	100	04
	DSCC-2	Practical	04 hrs	52	03 hrs	20	30	50	02
	OEC-2	Theory	01 hr	28	03 hrs	20	40	60	01
	OEC-2	Practical	04 hrs	28	02 hrs	20	20	40	02
	SEC-2	Practical	02 hrs	28	-	25	-	25	01
Details of the other Semesters will be given later									

Details of Syllabus Prepared

- 1. Discipline Specific Core:** Physical Education Sports & Yoga
B.A/B.Sc. Total Credits for the Program (I & II Semesters): Discipline Core: 12 Credits
- 2. Open Elective Course :** 06 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)
- 3. Skill Enhancement Courses:** 03 Credits (BA/BSc/BCom/BBA/BCA & all other UG Courses)

B.A/B.Sc. Semester I
DSC-01
INTRODUCTION TO PHYSICAL EDUCATION, SPORTS
AND YOGA

Number of Theory Credits	Number of lecture hours/ semester	Number of practical Credits	Number of practical hours/ semester
4	56	2	56
Content of Theory Course-1			
Unit- I Introduction			
<ul style="list-style-type: none">• Meaning and definition of Physical Education, Sports and Yoga.• Aim, Objectives and Importance of Physical Education, Sports and Yoga.• History of Physical Education, Sports and Yoga.<ul style="list-style-type: none">• Ancient Greece• Ancient and Modern Olympics• Asian Games and Commonwealth Games• Post-Independence Period – Various Policies, Institutions, SAI, Khelo India, Fit India Movement.• Modern trends of Physical Education, Sports and Yoga.• Brief concept of Education in relation to Physical Education, Sports and Yoga.<ul style="list-style-type: none">• Applications in Education: Pedagogy, Research• Relationship of Education with Physical Education and Yoga			14

Unit- II Fitness training and Yoga	
<ul style="list-style-type: none">• Importance of Fitness and Yoga.• Fundamentals and Principles of Yoga.• Components of Fitness and Fitness equipments.• Yoga Practices .<ul style="list-style-type: none">○ Asanas, Pranayam, Meditation and Mudras• Food and Nutrition.	14
Unit- III Principles of Training and Duties of Officials	
<ul style="list-style-type: none">• Characteristics and Measurements of Standard Track.• Principles of Officiating and duties of Officials.• Qualities and Qualification of Technical officials for Athletics, Sports and Games.• Officiating of Athletics.• Officiating of Sports and Games.	14
Unit - IV PHYSICAL LITERACY	
<ul style="list-style-type: none">• Meaning, Definition and Importance of Physical Literacy.• Core Elements of Physical Literacy.• Growth and Development, Heredity and Environment .• Fundamental Movements - Walking, Running, Jumping and Throwing.• Locomotor and Balance skills.	14

Content of Practical Course 1: Practicals (2 credits/56 hours)	
I. Basic Fitness, Training and Assessment	
<ul style="list-style-type: none"> • General warm-up • Body Composition (BMI) • Training and Assessment for Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition 	
II. Major/Minor Outdoor Games / Track & Field	
<ul style="list-style-type: none"> • One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) • One event in each - Running, Jumping and Throwing. 	
III. Asanas & Surya Namaskara (as per the reference books)	
<ul style="list-style-type: none"> • Shithilikarana Vyayama (Dynamic) • Surya Namaskara • Standing & Sitting Asanas • Prone & Supine Asanas 	
IV. Pranayamas	
<ul style="list-style-type: none"> • Vibhagiya Pranayama (Sectional breathing) • Sukha Pranayama (Breath awareness) • Kapalabhati/Basthrika • Anuloma Viloma/Nadi Shuddhi • Bhramari & Cooling Pranayamas (Sithali/Sithkari/Sadhantha) 	

Pedagogy: The course shall be taught through Lecture, Practicals, Interactive, Sessions, Materials, Assignments, Seminars, Intramurals & Extramurals.

Formative Assessment	
Assessment	Weightage of Marks
Theory	Theory-60 Marks Internal-40 Marks
Practicals	Practical - 30 Marks Internal - 20 Marks
Total	150 Marks

Reference

1. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
2. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Coalter, F. (2013) Sport for Development: What game are we playing?. Routledge.
4. D.M Jyoti, Athletics (2015) lulu.com3101, Hills borough, NC27609, United States
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
6. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
7. IAAF Manual
8. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
9. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
10. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
11. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
12. Officiating and Coaching, Dr.Anil Kumar Vanaik, 2017, Friends Publications(India), Ist Edition, Daryaganj, New Delhi
13. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr.Md.Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi
14. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
15. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
16. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA: Human Kinetics.
17. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
18. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
19. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
20. William, J. F. (1964). The principles of physical education. Philadelphia:W.B. Saunders Co.

B.A/B.Sc. Semester II
DSC -2
LIFE STYLE MANAGEMENT

Number of Theory Credits	Number of lecture hours/semester	Number of practical Credits	Number of practical hours/ semester
4	56	2	56
Content of Theory Course 2			
Unit – I INTRODUCTION TO LIFE STYLE & PHYSICAL FITNESS			
<ul style="list-style-type: none">• Meaning and Definitions of Physical Fitness and Life Style• Need and Benefits of Physical Fitness• Health Related Fitness Components: - Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, and Body Composition.• Skill Related Physical Fitness Components: - Agility, Balance, Co- ordination, Power, Reaction Time and Speed			12
Unit - II TYPES OF YOGA AND YOGIC LIFESTYLE			
<ul style="list-style-type: none">• Jnana Yoga,• Karma Yoga,• Bhakthi Yoga,• Raja Yoga/ Astanaga Yoga• Yogic Life Style: Ahara, Vihara, Vichara, Achara, Vyavahara			14

Unit – III LIFE STYLE MANAGEMENT THROUGH DIET, FITNESS & WELLNESS	
<ul style="list-style-type: none">• Meaning and Definitions of Wellness & Lifestyle.• Dimensions/Components of Wellness and Lifestyle• Healthy Lifestyle through Diet. Relationship between Diet and Fitness• Components of Balanced Diet and its importance – Carbohydrates, Protein, Fat, Vitamins, Minerals & Water• Lifestyle diseases and its management	16
Unit- IV Career Opportunities in Physical Education, Sports and Yoga	
<ul style="list-style-type: none">• Physical Education, Sports and Yoga professionals at various levels of educational institutions.• Sports Trainers, Yoga Instructors, Coaches, Managers, Researchers, Event Organizers, Technical Officials, Entrepreneurs and others• Physical Education, Sports and Yoga Trainer for fitness priority professions (Police, Defence, Forest Service and Paramilitary forces) of State and Central Government organizations - Physical Standards and Physical Fitness norms.• Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in private, Government, Corporate Sectors and others.• Sports Journalists, Sports Tourism, Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props (Different types of equipments) manufactures.	14

Content of Practical Course 1: (2 credits/56 hours) PRACTICALS	
I. Specific warming-up / Lead up Activities	
II. Physical Fitness Test Assessment for Agility, Balance, Speed, Co-ordination, Power, Reaction Time.	
III. Asanas	<ul style="list-style-type: none"> • Standing Asanas • Sitting Asanas • Prone Asanas • Supine Asanas • Meditative Asanas
IV. Pranayama	<ul style="list-style-type: none"> • Surya Anuloma Viloma/Surya Bhedana Pranayama • Chandra Anuloma Viloma/Chandra Bhedana Pranayama • Ujjayi Pranayama • Kumbhaka Pranayama • Sampoorana Yoga Shwasana (Full Yogic Breathing)
V. Major/Minor Outdoor Games / Track & Field	<ul style="list-style-type: none"> • One Major Game & One Individual Sport (Among the list of IOA, AIU, SGFI) • One event each - Running, Jumping and Throwing Event (Except opted in First Semester)

Pedagogy: The course shall be taught through Lecture, Practicals, Interactive Sessions, Materials, Assignments, Seminars, Intramural & Extramurals

Formative Assessment	
Assessment	Weightage of Marks
Theory	Theory - 60 Marks Internal- 40 Marks
Practicals	Practical - 30 Marks Internal - 20 Marks
Total	150 Marks

Reference:

1. “Asana, Pranayama, Mudra, Bandha”, 1969, Swamy Sathyananda Saraswati, Bihar Yoga Bharati, Munger
2. “Four Yoga of Swamy Vivekananda”, 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta
3. “Nutrition Education”, Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi
4. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M.Harold, Rosemary.Mc.Gee, Lea & Febiger, Philadelphia
5. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics
6. Fit & Well, 4th Edition, Thomas D.Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company, London
7. Fit to be Well, Alton L.Thygerson, Karl L.Larson, Jones and Bartlett Publishers, Sudbury
8. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
9. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuch scaris brick Publishers, Arizona
10. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company.
11. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
12. Introduction to Physical Education, Fitness and Sport, 5th Edition, Dary Sidentop, Mc Graw Hill 007-123271-0ISBN
13. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
14. New Perspectives in Stress Management, 2014, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
15. Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
16. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
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18. Pranic Enegezation Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore
19. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K, Struder, 2021, Meyer & Meyer Sport(UK) publishers, Germany
20. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore

Semester – I
Skill Enhancement Course (SEC-1)
PHYSICAL EDUCATION - YOGA
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
1	28
Content of Practical Course	
<p>Unit I:-Asanas</p> <ul style="list-style-type: none"> • Yoga Stretchings, Suryanamaskara (Warming-up), Standing Asanas, Sitting Asanas, Prone position Asanas, Supine position Asanas, Meditative Asanas, Relaxation Asanas <p>Unit II:- Pranayama</p> <ul style="list-style-type: none"> • Vibhagiya Pranayama, Sukha Pranayama, Kapalabathi / Basthrika, Anuloma-Viloma / Nadishuddhi, Brahamari Pranayama, Shithali / Shitkari / Sadantha, Shwana-Swasha-Lion Breath <p>Unit III : - Meditation</p> <p>Unit IV: - Mudras</p> <p>Note: The program shall be designed at college level for Specially channleged students</p>	28Hrs

Pedagogy: The course shall be taught through, Lecture, Practicals, Interactive Sessions, Materials, Assignments, Seminars, Intramural and Extramurals.

Formative Assessment	
Assessment	Weightage of Marks
Practicals	Internal Assessment - 25 Marks

References:

1. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
2. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
3. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
4. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA : Human Kinetics.
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1. AAPHERD “Health related Physical Fitness Test Manual.”
1980 Published by Association drive Reston Virginia
2. Bucher.C.A (1979) foundation of Physical Education (5th
edition Missouri CV Mosby Co.)
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Delhi : Surjeet Publication
7. Shanti K Y (1987) “The Science of Yogic Breathier” (Pranayama)
D B Bombay
8. Thomas D Fahey and others. Fit and well : 6th Edition New York :
McGraw Hill Publishers, 2005
9. Uppal A K &Gautam G P (2008) Health and Physical Education.
Friends Publication New Delhi
10. Ziegler E F (2007) “An Introduction to Sports and Physical
Education” Philosophy Delhi

Semester – II
Skill Enhancement Course (SEC-1)
PHYSICAL EDUCATION AND SPORTS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester (Inclusive of Theory & Practicals)
1	28
Practical Course	
28Hrs	
<p>Unit I: - Physical Education and Sports</p> <ul style="list-style-type: none"> • Conditioning exercises • Aerobics & Calisthenics • Any one of the AIU approved Major Games- Skills, Drills, Tactics, Rules and regulations. • Rural Games (Lagori, Kuntepille, Kite Flying, Breaking the Pot, Human hurdles etc) • Intramural Competitions <p>Note:</p> <ol style="list-style-type: none"> 1. Students should opt any one game in each of the semester and shall not repeat the same game in other semesters. 2. The programme shall be designed at college level for specially challenged students. 	
28	

Note: Due weightage in Assessment shall be given to Elite Sportspersons of the College

Formative Assessment	
Assessment	Weightage of Marks
Practicals	Internal Assessment - 25 Marks

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.

References:

1. Rules and regulations of International Federations and Associations
2. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual , Silver Star Publication, Shimoga
3. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
4. Steve oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.
5. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi

Note: Skills of Sports and Games (Game Specific books) may be referred

Semester – I
Open Elective Paper - 1
SPORTS AND NUTRITION
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
1	14	2	56 Hous
Content of Theory Course			14 Hrs
Theory: <ul style="list-style-type: none"> • Meaning, Definition and Importance of Nutrition • Components of Nutrition & Balanced Diet • Nutrition for Fitness Components • Nutrition for Pre, During and Post Competition. • Nutrition Deficiency 			14
Practical: <ul style="list-style-type: none"> • Fitness Activities for Strength, Flexibility and Endurance. • Field Visits (Sports Hostels, SAI, etc.) • Assignments • Projects 			56
Formative Assessment			
Assessment	Weightage of Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.

References

1. Bose, Dawson E.C. and Catherine Stretton First Aid for everyday Emergencies, Bombay: Jaico publishing House, 1978.
2. Byrd, Oliver E. health, Fourth Edn; Philadelphia: W.b. Saunders Company, 1966
3. Dr. Briz Mohan T Raman Health exercise and fitness
4. Dr. Nadgir Anand Health Education Kannada version
5. Dr.Gordon Jackson Diet and nutrition

Semester – I
Open Elective Paper - 2
SPORTS EVENT MANAGEMENT
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	28
Content of Theory Course			14 Hrs
Theory <ul style="list-style-type: none"> • Meaning, Definition and importance of Sports Management • Scope of Sports Event Management • Principles of Sports Event Management • Major and Minor Sports Events • Traditional Games Management 			28
Practicals <ul style="list-style-type: none"> • Organization of Indoor Sports and Games Events • Project on Outdoor Sports and Games Events • Visits to Sports Clubs, Sports Stadiums, IPL. KPL and Large Tournaments • Organization of Intramural - Sports Events, Sports Fests Traditional Games Fest • Report Preparation, Records and PPT 			28
Formative Assessment			
Assessment		Weightage of Marks	
Theory		Theory - 40 Marks Internal - 20 Marks	
Practicals		Practical - 20 Marks Internal - 20 Marks	
Total		100 Marks	

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.

References

1. Bachelor of Sports Management Syllabus(Revised)'2008
2. Chandan, JS : Management – Concepts and Strategies, Vikas Publishing
3. Daft, RL : Management, Thomson
4. Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201, Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.
5. Ramaswami T; Principles of Mgmt., Himalaya Publishing
6. Robbins, SP : Management, Prentice Hall
7. Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice Hall.
8. Stoner J and Freeman RE: Management; Prentice-Hall
9. V.S.P Rao & Hari Krishna: Management-Text & Cases,Excel Books
10. Weihrich and Koontz, et al: Essentials of Management; Tata McGraw Hill

Semester – I
Open Elective Paper - 3
YOGA AND FITNESS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Importance of Yoga and Fitness • Types and Principles of Asanas • Fitness Components • General and Specific Conditioning and its importance • Specific Exercises for Strength, Flexibility, Speed, Agility, & Coordinative abilities • Yoga, Fitness and Personality • Nutrition for Fitness 			14
Practicals <ul style="list-style-type: none"> • General and Specific Warm up • Aerobics / Zumba Dance • Asanas • Recreation for Fitness • Report Preparation, Records and PPT 			56
Formative Assessment			
Assessment	Weightage of Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.

References

1. Ajith 'Yoga pravesha'' Rashtrotana parishad Bangalore
2. B K S Iyengar 'Light on Yoga' Rashtrotana parishad Bangalore
3. B.K.S.Iyengar 'Yoga the path to holistic Health', Dorling Kindersley Delhi 2001
4. Leslie Kaminoff, Amy Matthews 'Yoga Anatomy' Human Kinetics U.S.A. 2007
5. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports
6. Swami Sachidananda 'the yoga sutras of Pathanjali Integral yoga Publications 2012.

Semester – II
Open Elective Paper - 1
YOGA AND ITS APPLICATIONS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
<p>Theory</p> <ul style="list-style-type: none"> • Meaning of Yoga, history and development of yoga in India, • Ashtanga yoga • Precautionary measures to be taken before, during and after practicing yoga, Suryanamaskar, Asanas, Pranayama, Meditation and Mudras. • Effect of Asanas on different systems- <ol style="list-style-type: none"> 1. Circulatory system 2. Respiratory system 3. Digestive system 4. Nervous system 5. Excretory system 			14
<p>Practicals</p> <p>Asanas</p> <ul style="list-style-type: none"> • Yoga Stretchings, Suryanamaskara (Warming-up), Standing Asanas, Sitting Asanas, Prone line Asanas, Supine line Asanas, Meditative Asanas, Relaxation Asanas <p>Pranayama</p> <ul style="list-style-type: none"> • Vibhagiya Pranayama, Sukha Pranayama, Kapalabathi / Basthrika, Anuloma-Viloma / Nadishuddhi, Brahamari Pranayama, Shithali/Shitkari/Sadhantha, Shwana-Swasha-Lion Breath <p>Meditation</p> <ul style="list-style-type: none"> • Zen meditation, Vipasana,. Etc., <p>Mudras</p>			56
Formative Assessment			
Assessment	Weightage of Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.

REFERENCES

1. Ajith ‘Yoga pravesha’ Rashtrotana parishad, Bangalore.
2. B K S Iyengar ‘Light on Yoga’ Rashtrotana parishad, Bangalore.
3. B.K.S.Iyengar ‘Yoga the path to holistic Health’, Dorling Kindersley Delhi 2001.
4. Leslie Kaminoff, Amy Matthews ‘Yoga Anatomy’ Human Kinetics U.S.A. 2007.
5. Swami Sachidananda ‘the yoga sutras of Pathanjali Integral yoga Publications 2012.

Semester – II
Open Elective Paper - 2
PHYSICAL FITNESS FOR CAREERS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Definition and Importance of Fitness • Physical Standards: Men and Women • Standard Fitness Tests: <ul style="list-style-type: none"> Fitness Tests for Defence Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education • General and Specific Conditioning and its importance • Tests for Strength, Flexibility, Cardiovascular endurance Speed, Agility and Coordinative abilities. • Mode of Selections and Qualifying Standards 			14
Practicals <ul style="list-style-type: none"> • General and Specific Warm up • Training for Strength, Flexibility, Endurance, Speed, Agility etc • Physical Fitness Tests for above parameters. 			56
Formative Assessment			
Assessment	Weightage of Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals

References;

1. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M.Harold, Rosemary.Mc.Gee, Lea & Febiger, Philadelphia
2. AAPERD “Health related Physical Fitness Test Manual.” 1980
Published by Association drive Reston Virginia
3. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
4. Russell, R.P.(1994). Health and Fitness through Physical Education.
USA: Human Kinetics.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication,
New Delhi
6. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.

Semester – II
Open Elective Paper - 3
SPORTS AND RECREATION
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Content of Theory Course			
Theory <ul style="list-style-type: none"> • Meaning, Definition and Concept of sports Fitness and Recreation • Objectives, Characteristics and Principles of sports Fitness and Recreation • Importance, Purpose, Benefits of Fitness and Recreation • Types of Recreation • Recreation through Sports and Games • Use of Leisure Time Activities and their educational values 			14
Practical <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games • Three Days outdoor camp and Hiking • Cycling, tie up with District/ State Associations • Visit to Recreational Clubs 			56
Formative Assessment			
Assessment	Weightage of Marks		
Theory	Theory - 40 Marks Internal - 20 Marks		
Practicals	Practical - 20 Marks Internal - 20 Marks		
Total	100 Marks		

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.

References

1. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CV Mosby Co.)
2. Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
3. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
4. Thomas D Fahey and others. Fit and well : 6th Edition New York : McGraw Hill Publishers, 2005

Model Question Paper

Discipline Specific Core

Maximum Marks: 60

Time: 03 Hours

Instructions:

1. Answer any EIGHT questions in the Part-A, each question carries 2 marks.
2. Answer any FOUR questions in the Part-B, each question carries 5 marks.
3. Answer any THREE questions in the Part-C, each question carries 8 marks.

PART – A

I. Answer any EIGHT questions 8x2= 16 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

PART – B

II. Answer any FOUR questions 4x5=20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

PART – C

III. Answer any THREE questions 3x8=24 Marks

- 1.
- 2.
- 3.
- 4.
- 5.

Model Question Paper

Open Elective

Maximum Marks: 40

Time : 90 Minutes

Instructions:

1. Answer any TEN questions in the Part-A, each question carries 2 marks.
2. Answer any FOUR questions in the Part-B, each question carries 5 marks.

PART – A

I. Answer any TEN questions 10x2= 20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

PART – B

II. Answer any FOUR questions 4x5=20 Marks

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Practicals:

Any Four Activities from the respective syllabus. 4X5 = 20 Marks

Model Question Paper

Skill Enhancement Course

Internal Assessment = 25 Marks

Attendance	Intramural Participation	Skill test/ Inter collegiate/ State/ National/ AIU Participation
15 Marks	5 Marks	5 Marks

RECOMMENDATIONS

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programs in Discipline specific core (DSC), Discipline Specific Elective (DSE), Skill Enhancement Courses (SEC), such as Health and wellness, yoga, sports etc., shall be taught (theory and practicals) **by qualified Physical Education Faculty**, as per the UGC guidelines.
2. The Committee recommends that, Physical Education, Sports & Yoga Discipline Specific Core (DSC) Subject shall be considered ***under both Arts (B.A) and also Science Stream (B.Sc.)*** from the academic year 2022-23 as it is in other states.
3. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e. BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22. Board of Studies (BoS) & Board of Examination (BoE) shall be constituted immediately in all the universities.
4. Physical Education Faculty shall be enriched with additional knowledge through short term courses/ workshops/ refresher/ orientation/ training programmes as per requirements.
5. Since Health and Wellness paper is practical-cum theory-based paper shall be taught by Physical Education Faculty only. (Value based paper under SEC).
6. In addition to Practicals, one hour of theory (for Physical Education, Sports and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.

7. Appropriate Sporting and Yoga infrastructure, necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEI'S).
8. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.
9. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
10. HEIs shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MOU with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
