

SYLLABUS FOR
UNDER GRADUATE PROGRAMME
Three Year (Six Semester) Course
B.Sc. Physical Education and Sports (P.H.E.S.)

N.E.P.- 2020

W.e.f. session 2025-26

Dr Sandeep Gupta
Dr Sudev Maan → Smaon
Dr Rita Bora
Dr Ajay Malik
Dr Anukul Pant (Present in
online mode)








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Maa Shakumbhari University, Saharanpur

SYLLABUS Designed By:-

S.NO.	NAME	DESIGNATION	DEPARTMENT	UNIVERSITY/COLLEGE
1	Prof. Sandeep Gupta (Convenor)	Professor	Physical Education	J.V.JAIN COLLEGE, SRE
2	Dr. Sehdev Maan (Internal Member)	Professor	Physical Education	CCRD (PG) COLLEGE, MZN
3	Dr. Parveen Ahmed (Internal Member)	Professor	Physical Education	R.K.(PG) COLLEGE, SHAMLI
4	Dr. Rita Bora (Internal Member)	Asso. Professor	Physical Education	ML & JNK COLLEGE , SAHARANPUR
5	Prof. Ajay Malik (External Member)	Asso. Professor	Physical Education	G.K.V. HARIDWAR
6	Dr. Mukul Pant (External Member)	Asso. Professor	Physical Education	H.N.B. UNIVERSITY, GARHWAL

Details of Courses Under Undergraduate Programme B.Sc. (P.H.E.S.)

Course	*Credits	
	Theory+ Practical	Theory+Tutorials
I. Core Course (12 Papers)	12X4= 48	12X5=60
Core Course Practical / Tutorial* (12 Practical/ Tutorials*)	12X2=24	12X1=12
II. Elective Course (8 Papers)	4x4=16	4X5=20
A.1 Discipline Specific Elective (4 Papers)		
A.2 Discipline Specific Elective Practical / Tutorials* (4 Papers)	4X2=08	2X1=2
B.1 Generic Elective/Interdisciplinary (2Papers)	2X 4=08	2X5=10
B.2 Generic Elective Practical / Tutorials* (04 Papers)	2X2=04	2X1=2
III. Ability Enhancement Courses		
1. Ability Enhancement Compulsory Course(AECC) (2 Papers of 4 credits each) Environmental Science English/MIL Communication	4 X2=8	2 X 4=8
2. Skill Enhancement Course (SEC) (Skill Based) (Minimum 2, Max. 4)	2 X 2=4	4 X 2=8
	Total credit= 120	Total credit= 122

* Allotment of option by previous semester/exam merit

** Facilities not available

Abbreviations:-

DCC	=	Discipline Compulsory Core (12)
CCP	=	Core Compulsory Practical (12)
DSE	=	Discipline Specific Elective (8)
DSCP	=	Discipline Specific Core Practical (8)
SEC	=	Skill Enhancement Course (4)
AEC	=	Ability Enhancement Compulsory Course (2)
GEC	=	Generic Elective Course (02)

CHOICE BASED CREDIT SYSTEM
B.Sc. (P.H.E.S.)

S. No	Subject Code	Subject Title	Credits	Evaluation Scheme				Subject Total
				SESSIONAL			ESE	
				CT	TA	Total		
I SEMESTER B.Sc. (P.H.E.S.) I YEAR								
1	BES-C101	History of Physical Education	4	20	10	30	70	100
2	BES-C102	Track & Field (track events)	4	20	10	30	70	100
3	BES-C104	Anatomy & Physiology	4	20	10	30	70	100
4	BES-C151	Practical -History of Physical Education	2	-	-	30	70	100
5	BES-C152	Practical -Track & Field (track events)	2	-	-	30	70	100
6	BES-C154	Practical - Anatomy & Physiology	2	-	-	30	70	100
7	BEN-A101	Sports Sociology	4	20	10	30	70	100
TOTAL								700
II SEMESTER B.Sc. (P.H.E.S.) I YEAR								
8	BES-C202	Badminton & Squash	4	20	10	30	70	100
9	BES-C203	Olympic Education	4	20	10	30	70	100
10	BES-C204	Kinesiology	4	20	10	30	70	100
11	BSE-C252	Practical -Badminton & Squash	2	-	-	30	70	100
12	BES-C253	Practical -Olympic Education	2	-	-	30	70	100
13	BES-C254	Practical - Kinesiology	2	-	-	30	70	100
14	BEG-A201	Sports Psychology	4	20	10	30	70	100
TOTAL								700
III SEMESTER B.Sc. (P.H.E.S.) II YEAR								
15	BES-C301	Health Education	4	20	10	30	70	100
16	BES-C302	Volleyball & Basketball	4	20	10	30	70	100
17	BES-C303	Track & Field (Field events)	4	20	10	30	70	100
18	BES-C351	Practical -Health Education	2	-	-	30	70	100
19	BES-C352	Practical -Volleyball & Basketball	2	-	-	30	70	100
20	BES-C353	Practical -Track & Field (Field events)	2	-	-	30	70	100
21	Skill Enhancement Course (Opt any one) (SEC-1)							
	BES-S301	Health awareness & general fitness	4	20	10	30	70	100
	BES-S302	Physical Growth & Development	4	20	10	30	70	100
TOTAL								700
IV SEMESTER B.Sc. (P.H.E.S.) II YEAR								
22	BES -C401	Officiating and Coaching	4	20	10	30	70	100
23	BES -C402	Sports Medicine	4	20	10	30	70	100
24	BES -C403	Test, Measurement & Evaluation in physical Education	4	20	10	30	70	100
25	BES -C451	Practical -Officiating and Coaching	2	-	-	30	70	100
26	BES -C452	Practical -Football & Hockey	2	-	-	30	70	100
27	BES -C453	Practical -Test, Measurement & Evaluation in physical Education	2	-	-	30	70	100
28	Skill Enhancement Course (Opt any one) (SEC-2)							
	BES -S401	Adventure Sports	4	20	10	30	70	100
	BES -S402	Organization and Administration	4	20	10	30	70	100
TOTAL								700

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V SEMESTER B.Sc. (P.H.E.S.), III YEAR								
29	Skill Enhancement Course (Opt any one) (SEC-3)							
	BES-S501	Bio Mechanics	4	20	10	30	70	100
	BES-S502	Personality Development	4	20	10	30	70	100
30	Discipline Specific Elective (Opt any one) (DSE-1A)							
	BES-E501	Cricket	4	20	10	30	70	100
	BES-E502	Kho-Kho	4	20	10	30	70	100
31	Discipline Specific Elective practical (As Opt in theory) (DSE-1A)							
	BES-E551	Practical-Cricket	2	-	-	30	70	100
	BES-E552	Practical-Kho-Kho	2	-	-	30	70	100
32	Discipline Specific Elective (Opt any one) (DSE-2A)							
	BES-E503	Handball	4	20	10	30	70	100
	BES-E504	Kabaddi	4	20	10	30	70	100
33	Discipline Specific Elective practical (As Opt in theory) (DSE-2A)							
	BES-E553	Practical-Handball	2	-	-	30	70	100
	BES-E554	Practical-Kabaddi	2	-	-	30	70	100
34	Generic Elective (Opt any one from following 1 & 2)		4	20	10	30	70	100
	1. INTRODUCTION OF YOGA 2- PATANJAL YOGA							
TOTAL								600
VI SEMESTER B.Sc. (P.H.E.S.), III YEAR								
36	Skill Enhancement Course (Opt any one) (SEC-4)							
	BES-S601	Sports and Exercise Nutrition	4	20	10	30	70	100
	BES-S602	Athletic Care and Rehabilitation of sports injuries	4	20	10	30	70	100
37	Discipline Specific Elective (Opt any one) (DSE-1B)							
	BES-E601	Safety Education	4	20	10	30	70	100
	BES-E602	Water Sports	4	20	10	30	70	100
38	Discipline Specific Elective practical (As Opt in theory) (DSE-1B)							
	BES-E651	Practical-Safety Education	2	-	-	30	70	100
	BES-E652	Practical-Water Sports	2	-	-	30	70	100
39	Discipline Specific Elective (Opt any one) (DSE-2B)							
	BES-E603	Judo	4	20	10	30	70	100
	BES-E604	Table Tennis	4	20	10	30	70	100
40	Discipline Specific Elective practical (As Opt in theory) (DSE-2B)							
	BES-E653	Practical-Judo	2	-	-	30	70	100
	BES-E654	Practical-Table Tennis	2	-	-	30	70	100
41	Generic Elective (Opt any one from following 1 & 2)		4	20	10	30	70	100
	1-APPLIED YOGA , 2- YOGIC TEXT & YOGI							
TOTAL								600
GRAND TOTAL								4000

SEMESTER I

BES-C101

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

HISTORY OF PHYSICAL EDUCATION

UNIT-I:

Introduction

Meaning, Definition, Need and Scope of Physical Education
Aims and Objectives of Physical Education
A Brief Historical Perspective of Physical Education in India

UNIT-II:

Development of Physical Education at global level
USA
Russia
Germany
Denmark
Rome
Greece

UNIT-III:

Philosophy of Physical Education- Idealism, Naturalism, Realism & Pragmatism
Need of Philosophy in Physical Education.
Indian Olympic Association
International Olympic Committee

UNIT-IV

Physical Education & Sports Institution in India-
YMCA, HVPM & LNIPE
Sports Coaching Schemes their functions & Objectives-
Raj Kumari Amrit Kaur Sports coaching scheme, NSNIS, Patiala & SAI
Awards
Honors and Awardees

SUGGESTED READINGS:

Malik Ajay (2013) Foundation of physical education
Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA
Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
Indian Olympic Association, Jan., 1976.
Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
Dagar,R.K.S. and Chauhan, Shiv Kumar., "Philosophical Foundations of Physical Education and sports" friends publications, New Delhi 2005.

SEMESTER I

BES-C102

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

TRACK AND FIELD (TRACK EVENTS)

Unit-I

Introduction to athletics (track events)

Sprint Events

Middle Distance Races

Long Distance Races

Unit-II

Rules and regulations (track events)

Duties of officials

Equipment's

Unit-III

Brief background techniques and importance of motor-components of the following events:

Sprint Events

Relay Races

Hurdle Races

Flat Races

Unit-IV

Brief historical background of track events

Organizing of athletic meet

Role of various Committees.

National records

Various Awards

SUGGESTED BOOKS

Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

Handbook-Rules and Regulation. International Athletic Federation (2010).

Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi

Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.

Indian Olympic Association, Jan., 1976.

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

YMCA rule book of games and sports

Barar T.S.(2004) Track and Field- Officiating Techniques friends publication New Delhi

Arora Monika(2005) Athletics Coaching Coaching Manual sports publication New Delhi.

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Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

ANATOMY & PHYSIOLOGY

UNIT-I:

Basic Concept

Need and Importance of Anatomy and Physiology in Physical Education.

Definition, Description of Cell

Definition, types & description of Tissue

Classification of Organ and System

UNIT-II:

Circulatory System: Organs

Functions

Introduction of Blood

UNIT III:

Respiratory System

Organs

Functions

Unit-IV:

Digestive System

Organs

Functions

SUGGESTED BOOKS:

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.

Pearce E.C.(1973)Anatomy & Physiology for nurses. Faber and faber, London.

Singh Shamsher (2007) Introduction to Anatomy and physiology, friend publication, New Delhi

Dhull D.S.(1998) Sharir rachana avem kriya vigyan Friend publication New Delhi, India

Lakshmi D.R.(2007) Anatomy & Physiology in physical education, Sports education technology, New Delhi



**PRACTICAL'S
SEMESTER I**

BES-C151

Passing marks-40

Max. Marks-100

70 Marks + Internal Assessment = 30 Marks

HISTORY OF PHYSICAL EDUCATION

Preparation of report of National Sports awards of the last year (a scrap file).

Pictorial Description of Olympic Games its sites.

Viva-voce

SEMESTER I

BES-C152

Passing marks-40

Max. marks-100

70 Marks + Internal Assessment = 30 Marks

TRACK & FIELD (Track Events)

Technique of Start, Finish

Baton Exchange

File (history, rules, Techniques & records)

Viva-voce

SEMESTER I

BES-C154

Passing marks-40

Max. Marks-100

70 Marks + Internal Assessment = 30 Marks

ANATOMY & PHYSIOLOGY

Counting of pulse rate

Study of different body system with the help of models

A Scrape File

Viva-voce

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B.P.E.S SEMESTER –I

Max. Marks: 60

External Marks: 40

Internal Marks: 20

Time: 3 hours

SPORTS SOCIOLOGY**UNIT-I****1. Concept of Sociology**

- 1.1 Meaning, nature and scope of sociology
- 1.2 Methods of sociology and their relationship with other social sciences.
- 1.3 Effect of various social forces on personality development.
- 1.4 Sport – medium of socio-cultural change.

UNIT-II**2. Introduction to sports sociology**

- 2.1 Meaning and scope of sports sociology
- 2.2 Sports sociology as a discipline
- 2.3 Sports as a social occurrence
- 2.4 Effect of appearance, sociability and specialization on sport participation

UNIT-III**3. Sports and society**

- 3.1 Socialization through games and sports
- 3.2 Recreation and its scope through games and sports.
- 3.3 Sport as an element of society
- 3.4 Sport as an element of cultural development
- 3.5 Sport as an art.

UNIT-IV**4. Social factors concerning sports in society**

- 4.1 Social stratification in sports
- 4.2 Demonstration in sports
- 4.3 Sport and women
- 4.4 Sport and children
- 4.5 Sport and older adults

REFERENCES :

- Sing, Bhupinder, Sports Sociology
- Yobu, A, Sociology of Sports, Friends publication, New Delhi.
- Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi.



SEMESTER II

BES-C204

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

KINESIOLOGY

UNIT-I

Definition & Meaning of Kinesiology
Aims & objectives of kinesiology
Scope of Kinesiology in physical Education and Sports
Role of Kinesiology in physical Education and Sports

UNIT-II

Fundamental concepts: Centre of gravity, line of gravity
Axis and planes
Fundamental movements of human body joints
Meaning & definition of motion around various joints

UNIT-III

Introduction of Bones
Composition of bones
Types of bones
Classification of bones

UNIT-IV

Introduction of Muscles
Types of muscles
Classification of muscles
Structure of Skeletal muscles

SUGGESTED BOOKS

Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
Hay (1993). The biomechanics of sports techniques prentice hall inc New Jersey.
McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.
Parmeswar ram P.(2001) Essentials of Kinesiology and Biomechanics New Delhi.
Rai Ramesh(2003) Biomechanics mechanical aspects of human motion, Agrim publication, Mohali.

SEMESTER II**BES-C202**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BADMINTON & SQUASH**UNIT-I****Introduction of Badminton**

Origin, historical perspectives and modern trends & development of Badminton

Orientation of the fundamental skills

Construction and maintenance of Badminton court

Rules of the game.

Introduction of Badminton Association of India (BAI)

Introduction of International Badminton Federation (BWF)

UNIT-II**Coaching and Officiating in Badminton**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications and, responsibilities/functions of technical officials

Protocols of referees, judges, umpires

UNIT-III**Introduction of Squash**

Origin, historical perspectives and modern trends & development of Squash

Orientation of the fundamental skills

Construction and maintenance of Squash court- rules of the game.

Introduction of Squash Association of India (SRFI)

Introduction of International Squash Federation (SRF)

UNIT-IV**Coaching and Officiating in Squash**

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications and, responsibilities/functions of technical officials

Protocols of referees, judges, umpires



SEMESTER II

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-C203

Time allowed: 3Hrs

OLYMPIC EDUCATION**UNIT-I**

History of ancient Olympic games

History of modern Olympic games

Role of Olympic movement

UNIT-II

Aims and symbols of the Olympic movement

The International Olympic Committee (IOC)

The international bid process for selecting sites for the games

Participation in Olympic games

UNIT-III

Indian Olympic association & their role in promotion sports

Olympic museum

Para Olympic games

Winter Olympic games

UNIT-IV

Sports for all:-Culture, Olympism, winning, participation and universality of the games.

Awareness of Drug abuse and doping.

Role of WADA to control doping in sports.

SUGGESTED BOOKS:

Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.

Toropove, Brandon., The Olympic for Beginners, 2008.

Wallechineley, Davi, The Complete Book of the Olympic, 1992.

Suggested Readings:

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Osborne, Manpope, Ancient Greece and the Olympic, 2004.

Oxlade, chris., Olympic, 199980



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**PRACTICAL'S
SEMESTER II**

Max. marks - 100
70 Marks + Internal Assessment = 30 Marks

BES-C252
Passing marks-40

SPECIALIZATION- BADMINTON & SQUASH

Demonstration of skills of Badminton
Demonstration of skills of Squash
A Scrape File
Viva-voce

SEMESTER II

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

BES-C253
Passing marks-40

OLYMPICS EDUCATION

PRACTICAL:-

File on Olympic movement
Viva-voce

SEMESTER II

Max. marks - 100
70 Marks + Internal Assessment = 30 Marks

BES-C254
Passing marks-40

KINESIOLOGY

A scrap file on Bones and Muscles
Pictorial Description of Bones and Muscles.
Viva-voce

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SEMESTER II SPORTS PSYCHOLOGY

Max. Marks: 60
External Marks: 40
Internal Marks: 20
Time: 3 hours

UNIT - I

1. Introduction :

Meaning definition and nature of Psychology and Educational Psychology.
Psychology as a Science.
Importance of Psychology in Physical Education.

UNIT -II

2.1 Growth and Development :

- 2.1.1 Meaning of growth and development.
- 2.1.2. Physical, Mental & Social development during following stages :-
 - 2.1.2.1 Early childhood
 - 2.1.2.2 Middle childhood
 - 2.1.2.3 Late childhood
 - 2.1.2.4 Adolescences

2.2 Individual Differences:

- 2.2.1 Meaning of the term individual difference
- 2.2.2 Heredity and Environment as causes of Individual Differences
- 2.2.3 Interaction of Heredity and Environment

UNIT-III

3. Learning

- 3.1 Meaning definition and nature of learning
- 3.2 Principles/Laws of Learning
- 3.3 Factors affecting Learning
- 3.4 Meaning and Conditions of Transfer to Training

UNIT- IV

1.1 Motivation and Emotion :

- 1.1.1 Meaning of Motivation
- 1.1.2 Concept of need, drive, motive, incentive and achievement
- 1.1.3 Types of Motivation
- 1.1.4 Role of Motivation in teaching physical activities

1.2 Emotion :

- 1.2.1 Meaning and nature of Emotion
- 1.2.2 Typ es of Emotion

1.3 Personality :

- 1.3.1 Meaning and nature of Personality
- 1.3.2 Dimensions of Personality
- 1.3.3

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2. Introduction to Sports Psychology

2.1 Meaning and area/scope of sports psychology

2.2 Importance of sports

psychology for physical

educationists Coaches and players

REFERENCES :

Gates, A.I. et al. Educational Psychology (Macmillan Co. N.Y. 1957) Lindgram, H.E. Advanced Educational Psychology in the classroom.

Kuppnswami, B. Advanced Educational Psychology (Sterling Publishers Pri. Ltd., 1947) Oxendine, J.B. Psychology and Motor Learning (Engle wood chffs : New Jersey, 1968)

Dr. M.L. Kamlesh, "Psychology of Physical Education of Sports" metropolitan, New Delhi 1983.

Jack H. Liewellyn, Judy A. Bluckeve., Psychology of Coaching Theory and application Surjeet Publication, Delhi 1982.

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SEMESTER III

BES-C301

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

HEALTH EDUCATION

UNIT I

Health Education: Meaning and Definition
Concept and Principles of Health Education
Health – Importance, Components
Health Promoting Behaviours

UNIT II

Meaning & definition of Personal Hygiene, Mental Hygiene & Sleep Hygiene
Role of Personal Hygiene, Mental Hygiene & Sleep Hygiene
Occupational Hygiene in physical education and sports
Role of Different Agencies in Promoting Health (WHO, UNICEF, Local Bodies)

UNIT III: Natural Resources

Meaning, Definition, role and uses of natural resources
Water resources
Food resources
Land resources

UNIT IV: Environmental issues

Definition, effects and control measures of:
Air Pollution
Water Pollution
Soil Pollution
Noise Pollution
Thermal Pollution
Management of environment and Govt. policies
Role of pollution control board.

SUGGESTED READINGS

Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.
Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.
Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
Shaw D and Kaushik S (2001). Lesson Palnning- Teachinh Methods and Classman in Physical Education. K.S.K. Delhi.
Shrivastava A.K. (2004). Shareerik Shiksha Khel Main Sangthan Avum Prashashan. Sports. New Delhi.

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

VOLLEYBALL & BASKETBALL

UNIT-I

Introduction of Volleyball

Origin, historical perspectives and modern trends in Volleyball

Orientation of the fundamental skills

Construction and maintenance of Volleyball court- rules of the game.

Introduction of Volleyball Association of India (VFI)

Introduction of International Volleyball Federation (FIVB)

UNIT-II

Coaching and Officiating in Volleyball

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications of an official

Responsibilities of technical officials

UNIT-III

Introduction of Basketball

Origin, historical perspectives and modern trends in Basketball

Orientation of the fundamental skills

Construction and maintenance of Basketball court- rules of the game.

Introduction of Basketball Association of India (BFI)

Introduction of International Basketball Federation (FIBA)

UNIT-IV

Coaching and Officiating in Basketball

Duties/responsibilities of a coach

Qualifications and qualities of a coach

Qualifications of an official

Responsibilities of technical officials

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SEMESTER III

BES-C303
Time allowed: 3Hrs

Max. Marks =100
Theory = 70 Marks + Internal Assessment = 30 Marks

TRACK AND FIELD (FIELD EVENTS)

Unit-I

Introduction to athletics (Field events)
Throws
Jumps

Unit-II

Marking of various field events
Throws (Shot put, Discuss & Javelin)
Jumps (Long jump & High Jump)

Unit-III

Techniques and training of the following events:
Throwing events (Shot put, Discuss & Javelin)
Jumping events (Long jump & High Jump)

Unit-IV

General rules
Officiating (Field events),

SUGGESTED BOOKS

Barar T.S.(2004) Track and Field- Officiating Techniques friends publication New Delhi
Arora Monika(2005) Athletics Coaching Coaching Manual sports publication New Delhi
Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
Handbook-Rules and Regulation. International Athletic Federation (2010).
Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.12
YMCA Rule book of games and sports

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**PRACTICAL
SEMESTER III**

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

BES-C351
Passing marks-40

HEALTH EDUCATION

A scrape file on Health, hygiene and pollution
Viva-voce

SEMESTER III

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

BES-C352
Passing marks-40

VOLLEYBALL & BASKETBALL

Demonstration of fundamental skills
Game officiating
A scrape file on Volleyball & Basketball
Viva-voce

SEMESTER III

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

BES-C353
Passing marks-40

TRACK & FIELD (FIELD EVENTS)

Skills of Shot Put & Long Jump
Record File (history, rules, Technique & records)
Viva-voce

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SKILL ENHANCEMENT COURSE (SEC-1)

SEMESTER III

BES-S301

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

HEALTH AWARENESS AND GENERAL FITNESS

Unit- I

Introduction of Health awareness

Definition & Methods of fitness:

Health club

Aerobics

Cycling

Jogging

Benefits of exercises on body fitness

Unit- II

Fitness potential for popular sports

Fitness activities

Role of parents for individual/ community Health.

Unit-III

Prevention and awareness of diseases through fitness.

Diet description.

Exercise description.

Description in modern life style changes.

Unit-IV

Weight management

Role of exercises in Diabetes.

Ageing and Physical exercise.

Test, measurements & evaluation of fitness components agility, balance, speed & flexibility

SUGGESTED BOOKS:

Driskell JA and Wolinky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.

Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.

Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth

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Max. Marks = 100

Theory = 70 Marks + Internal Assessment = 30 Marks

PHYSICAL GROWTH & DEVELOPMENT

Unit-I Introduction

Meaning and definitions of growth and development.

Difference between the process of growth and development.

Factors affecting growth and development.

Unit-II Physical growth

Methods of studying physical growth-general pattern of growth in tissue and system.

General differences in male and female pattern of growth and development.

Individual differences.

Unit-III Developmental growth

Changes in physiological development in adolescent

Distance and velocity curves of physical growth.

Maturing pattern of growth and development.

Unit-IV Psychological growth

Cognitive (mental) growth, emotional development,

Psychological growth and development.

Relationship between growth and emotional development.

Suggested Readings:

Dagar R.K.S. (2007) Sharirik siksha mein samanya vigyan friends publication, New Delhi

ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.

Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications.

New Delhi 61

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SEMESTER IV

BES-C401

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

OFFICIATING AND COACHING

Unit-I

Meaning and general principles of officiating
Financial aspects of officiating.

Legal aspects of officiating.

Unit- II

Qualifications of an official. Qualities of an official.

Duties of an official.

Unit – III

Meaning & definition of ingredients of officiating. Rules of enforcement.

Facilities, Arrangement and environment for officiating.

Unit –IV

Relations of officials-

Management

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Spect

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Fans

Pre game preparation of an

official. During game

preparation of an official. After

game preparation of an official.

SUGGESTED READINGS

Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Sharma,Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.

Dagar,R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.

Thomas R. Baechle and Roger W. Earle, (2000).

Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

SEMESTER IV

Sports Medicine

BES-C402

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

UNIT I – Introduction

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II – Basic Rehabilitation

Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching.

Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

UNIT III – Spine Injuries and Exercise

Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT IV – Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

UNIT V – Lower Extremity Injuries and Exercise

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

Practicals: Lab. Practicals and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, Visit to TV Centre etc. should be planned internally.,

REFERENCES:

Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V.

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Mosby Company.

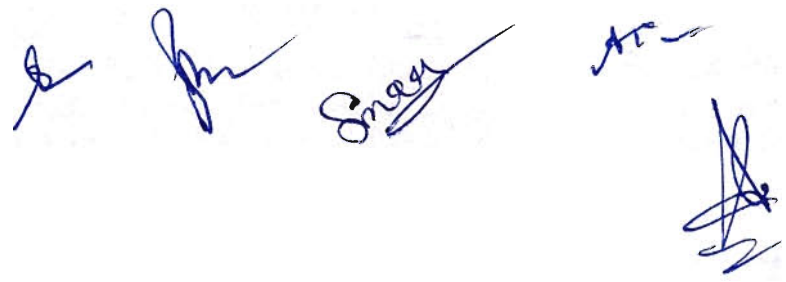
Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.

Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia:

Tittel Blackwell Scientific publications.

Practical: Anthropometric Measurements,

A collection of five handwritten signatures in blue ink, arranged horizontally. From left to right: a simple signature, a signature with a large loop, a signature that appears to be 'Singh', a signature that appears to be 'A. S.', and a signature with a large 'S' and a horizontal line.A line of very faint, illegible handwritten text at the bottom of the page.

SEMESTER IV**BES-C403**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION**UNIT-I**

Concept: Meaning and Definition of Test, Measurement & Evaluation in the field of physical education

Importance of Test, Measurement & Evaluation in the field of physical education

Scope of Test, Measurement & Evaluation in the field of physical education

Relationship between Test, Measurement & Evaluation in the field of physical education

UNIT – II

Concept: Meaning and Definition of General fitness

Concept of Physical Fitness

Components of physical fitness

Introduction of Strength test: - Kraus Weber strength test

UNIT –III

Meaning and definition of Endurance

Endurance Test, Harvard step test

Millar wall volley badminton test

Harbans hockey Test

UNIT-IV

Anthropometric Measurements:

Weight

Height

Chest circumference

Skin fold calliper introduction and uses.

SUGGESTED BOOKS

Kansal DK (2012). A practical approach to Measurement Evaluation in Physical Education & Sports selection. Sports & Spiritual Science Publications, New Delhi.

Miller David K (2006). Measurement by the Physical Educator: Why and How. Mcgraw-Hill. Boston, U.S.A.

Mishra Sharad Chandra (2005). Tests And Measurement in physical education. Sports. Delhi

Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi

Srivastava AK (2006). Sharirik Shhiksha Evam Khel Main Maapan Evam Mullyakan. Sport pub. Delhi.

Chauhan S.K.C.(2007) Sharirik siksha me mapan avem mulyankan, Prema Publication New Delhi

**PRACTICAL
SEMESTER IV**

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

BES-C451
Passing marks-40

OFFICIATING AND COACHING

A scrape file related to officiating and coaching of any two games
Viva-voce

SEMESTER IV

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

BES-C452
Passing marks-40

FOOTBALL & HOCKEY

Demonstration of skills
A scrape file
Viva-voce

SEMESTER IV

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

BES-C453
Passing marks-40

TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

Harvard step test. Harbans Hockey Test & Kraus Weber test
Record File
Viva-voce

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SKILL ENHANCEMENT COURSE (SEC-2)**SEMESTER IV****BES-S401**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

ADVENTURE SPORTS**Unit – I**

Introduction of Adventure Sports

History of Adventure Sports

Types of Adventure Sports

Unit – II

Adventure Sports at global level

Scope of Adventure Sports in India

Need and Importance of Adventure Sports

Unit – III

Role of Indian government in promotion of Adventure Sports

Role of SAI in promotion of Adventure Sports

Role of Associations and Federations in promotion of Adventure Sports

Role of Uttarakhand Government for promoting Adventure Sports

Role of Local Bodies for promoting Adventure Sports

Unit – IV

Equipments required for adventure sports

Precautions during adventure sports

First aid required for adventure sports

Rehabilitation required for adventure sports

Suggested Reading:

Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.

Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.

Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.

Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth

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SEMESTER IV

BES-S402

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

ORGANIZATION AND ADMINISTRATION

Unit-I

Introduction, Meaning, Definition, Scope and importance of Organization and Administration. Introduction, Meaning, Definition and importance of Intra-mural and Extra-mural.

Unit-II

Types of Organization and Administration
Function of organization and administration.
Principles of Organization and Administration.

Unit-III

Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers.

Unit-IV

Reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference. Tournaments/Competitions and types Fixture, types of fixture and seeding.

References:

Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
Gangwar, B.R., Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub., 1999.
Sharma, V.D., Physical & Health Education, ND: Asha Prakashan, 1993.
Shaw, D & Kaushik, S: Lesson Planning: Technical Methods and Class Management, New Delhi: S.K., 2001.
Singh, M.K., Shareerik Shiksha Main Sangtan, Prashashan, Avum Parvakshan. N.D. Friends Pub., 2007.

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Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

Bio Mechanics

UNIT- I

Meaning and Scope of Biomechanics in Physical Education

Basic concepts of kinematics and kinetics

Definition of terms: Distance, Displacement, Speed, Velocity, Acceleration, Mass and Weight.

Newton's Laws of Motion and their application in sports

UNIT- II

Lever: (a) Classification of Levers and Lever Arms

(b) Concept of Mechanical advantage

(c) Human body levers.

Force: (a) Definition and Effects of Forces.

(b) Properties of Force

(c) Internal and External Forces

(d) Centripetal and Centrifugal Forces

(e) Friction: Meaning, Coefficient of friction, factors effecting friction

UNIT- III

Meaning of Centre of Gravity and Line of Centre of Gravity

Meaning Equilibrium, types of equilibrium & principles of stability

Meaning of Projectile, Characteristics of Projectile, Range of Projectile, Height of Projectile and Time of Projectile

Buoyancy Force and Principle of Flotation

UNIT- IV

Meaning of Spin, Types of Spin, Effect of Spin on angle of rebound and velocity, Magnus Effect (Beroulli's principle)

Meaning of Work, Power and Energy

Mechanical Analysis of Gait Cycle Walking and Running

Mechanical Analysis of Long Jump (Takeoff and landing)

Mechanical Analysis Shot Put (Power Position and Delivery Phase)

REFERENCES –

- Biomechanics of Sport and Exercise by Peter M. McGimis
- Fundamentals of Biomechanics by Duane Knudson
- Fundamentals of Biomechanics: Equilibrium, Motion and Deformation by Nihat Ozkaya, Dawn Leger, David Goldsheyder, and Margareta Nordin
- Biomechanics and Motor Control of Human Movement by David A. Winter
- Introduction to Sports Biomechanics: Analysing Human Movement Patterns by Roger Bartlett

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SEMESTER V

Max. Marks =100
Theory = 70 Marks + Internal Assessment = 30 Marks

BES-S502
Time allowed: 3Hrs

PERSONALITY DEVELOPMENT**Unit-I Introduction**

Personality -meaning and definition.
Introduction to acronym CAKE (Commitment to Application of Knowledge Existing)
Components of Personality

Unit-II Physical Personality

Meaning, Definition and types of Personality.
Principles of Developing Personality.
Somato type and Personality.
Meaning and Definition of Spiritual Personality.

Unit-III Personality and Wellness

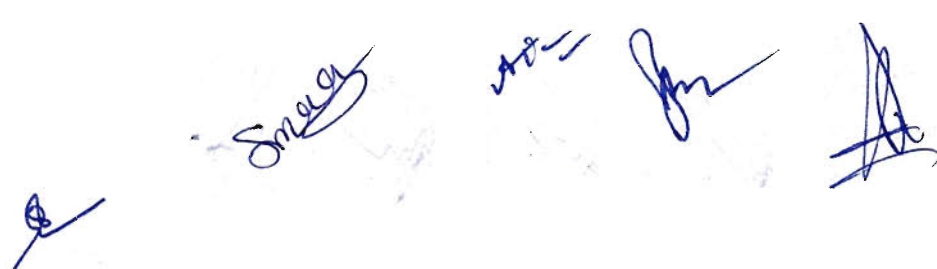
Components of Wellness, Relation of Wellness and Personality.
Behaviour Change Method.
Physical Fitness-Components and Role in Physical Personality Development

Unit-IV Mental Personality

Meaning and Definition of Mental Personality
Type A, B & C Personality Characteristics
Traits affective Personality and Its Development.
Heredity and Environment in relation to Personality Development.

SUGGESTED READINGS

Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
Singh, Ajmer et.al. "Olympidu, "Health and physical education", lakshmi publishing house,Rohtak,2011
Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi
Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York. U.S.A.
Kamlesh M.L.(2002) psychology in physical education and sports, metropolitan book co. pvt. ltd, New Delhi



DISCIPLINE SPECIFIC ELECTIVE (DSE-1A)
SEMESTER V

BES-E501
Time allowed: 3Hrs

Max. Marks =100
Theory = 70 Marks + Internal Assessment = 30 Marks

CRICKET

UNIT-I

Origin & developmental aspects of Cricket at global level
Development of Cricket in India Pre & post-independence
Facilities & Equipment's

UNIT-II

Marking of playground
Measurements/ dimensions of Cricket apparatus
Governing bodies at National & International level

UNIT-III

Rules and Regulations
Duties of Officials in respect of rules and regulations
Recognized Tournaments at National & International level

UNIT-IV

Defensive skills
Offensive skills
Sports skill tests
Officiating in Cricket

SUGGESTED BOOKS

Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
Bhalla Ajay (2001)cricket Kitab Ghar New Delhi
Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
Thani V. (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.
YMCA rule book of games and sports
Pant N.C. (1996) Wills world cup cricket 1996 kitab ghar New Delhi



SEMESTER V

33

Max. Marks =100
Theory = 70 Marks + Internal Assessment = 30 Marks

BES-E502
Time allowed: 3Hrs

KHO-KHO

UNIT-I

Origin & developmental aspects of Kho-kho at global level
Development of Kho-Kho in India
Modern trends and developments in Kho-Kho.
Organization of KKFI.

UNIT-II

Marking
Measurements/ dimensions
Selection of a team.
Conduct of a camp.

UNIT-III

Conduct of a tournament.
Rules, regulations and their Interpretations
Latest Rules
Duties of Officials

UNIT-IV

Warming up: - General & Specific
Specific conditioning programme for Kho-Kho
Basic skills- offensive & defensive.
Classification of Techniques

SUGGESTED BOOKS

Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra, Delhi.
Panday L (1982). Kho - Kho Sarvaswa. Metropolitan

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DISCIPLINE SPECIFIC ELECTIVE PRACTICAL'S (DSE-1A)

SEMESTER V PRACTICAL'S

BES-E551
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

CRICKET

Playing ability
Skills of Cricket
File
Viva-voce

SEMESTER V PRACTICAL'S

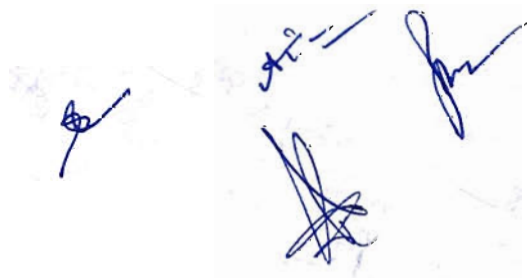
BES-E552
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

KHO-KHO

Playing Ability
Skills
Ground measurement & preparation of Kho-kho court
File
Viva-voce

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DISCIPLINE SPECIFIC ELECTIVE (DSE-2A)**SEMESTER V****BES-E503**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

HANDBALL**UNIT-I**

Origin & developmental aspects of Handball at global level

Development of Handball in India

Modern trends and developments in Handball.

Organization of Handball (Federation and Association).

UNIT-II

Marking

Measurements/ dimensions

Selection of a team.

Conduct of a camp.

UNIT-III

Conduct of a tournament.

Rules, regulations and their Interpretations

Latest Rules

Duties of Officials

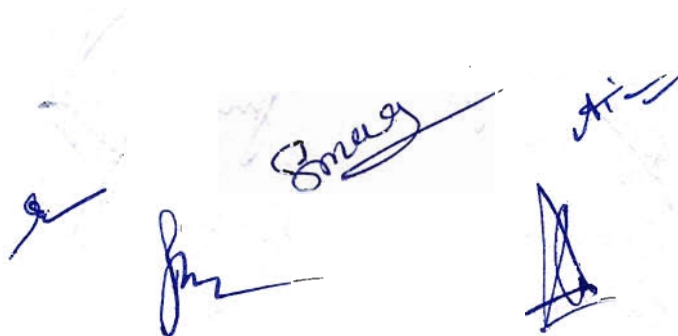
UNIT-IV

Warming up: - General & Specific

Specific conditioning programme for Handball

Basic skills- offensive & defensive.

Classification of Techniques

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Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

KABADDI

UNIT-I

Origin & developmental aspects of Kabaddi at global level

Development of Kabaddi in India

Modern trends and developments in Kabaddi.

Organization of Kabaddi.

UNIT-II

Marking

Measurements/ dimensions

Selection of a team.

Conduct of a camp.

UNIT-III

Conduct of a tournament.

Rules, regulations and their Interpretations

Latest Rules

Duties of Officials

UNIT-IV

Warming up: - General & Specific

Specific conditioning programme for Kabaddi

Basic skills- offensive & defensive.

Classification of Techniques

SUGGESTED BOOKS

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DISCIPLINE SPECIFIC ELECTIVE PRACTICAL'S (DSE-2A)

**SEMESTER V
PRACTICAL'S**

BES-E553
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

HANDBALL

Playing Ability
Skills
Ground measurement & preparation of Handball court
File
Viva-voce

**SEMESTER V
PRACTICAL'S**

BES-E554
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

KABADDI

Playing Ability
Skills
Ground measurement & preparation of Kabaddi court
File
Viva-voce

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GENERIC ELECTIVE (GE-1)
SEMESTER V

***OPT ANY ONE FROM THE LIST OF GENERIC ELECTIVE AS DEVISED BY
DEPARTMENT OF YOGIC SCIENCES AND HUMAN CONSCIOUSNESS**

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SKILL ENHANCEMENT COURSE (SEC-4)

SEMESTER VI

BES-S601
Time allowed: 3Hrs

Max. Marks =100
Theory = 70 Marks + Internal Assessment = 30 Marks

SPORTS & EXERCISE NUTRITION

Unit – I

Meaning and Definition of Sports Nutrition
Basic Nutrition guidelines
Role of nutrition in sports

Unit – II

Carbohydrates, Protein, Fat – Meaning, classification and its function
Role of carbohydrates, Fat and protein during exercise
Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight

Unit – III

Vitamins, Minerals, Water – Meaning and classification
Vitamins, Minerals, Water – Role and function
Role of hydration during exercise, water balance

Unit – IV

Meaning of weight management
Factor affecting weight management and values of weight management
Concept of BMI (Body mass index)
Obesity – Definition, meaning and types of obesity
Obesity and its hazard

Essential Reading :-

Practical Applications in Sports Nutrition Finic HH et al (2006), J & B Publisher, USA.
Handbook of Sports Nutrition, Lal PR (2009) Friends Publication.

SUGGESTED READINGS

Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal
Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.
Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

ATHLETIC CARE AND REHABILITATION OF SPORTS INJURIES

Unit-I:

Posture – Concept, Significance & Benefits

Bad Posture (Sitting, Standing, Walking, Lying down)

Effects of Bad Posture on Our Body

Unit-II:

Postural Deformities – Types and Causes (Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot)

Corrective Exercises for Postural Deformities

Illnesses due to Improper Posture (Back Pain, Neck Pain)

Corrective Exercises for Improper Posture.

Meaning & Definition of Sports Injuries

Unit-III:

General Principles of Prevention of sports Injuries

Sports Medicine and Athletic Care - Concept and Significance, Factors causing Injuries

Introduction of Common Sports Injuries (Strain, Sprain in Muscle and Ligament, Shin Pain, Contusion, Abrasion, Fracture & Dislocation)

Management of Injuries

Unit-IV

Sports Injuries and First Aid (P.R.I.C.E.)

Rehabilitation - Aim and Objective, Recovery

Introduction of Therapeutic Modalities

Muscle Strengthening through Active and Passive Exercise

SUGGESTED READINGS

ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.

Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) **Teaching Today Health**, Mosby Publishers, Chicago (USA)

Beotra, Alka (2001-02) **Drug Education Handbook on Drug Abuse in Sports**, Applied Nutrition Sciences, Mumbai.



DISCIPLINE SPECIFIC ELECTIVE (DSE-1B)

Semester VI

BES-E601
Time allowed: 3Hrs

Max. Marks =100
Theory = 70 Marks + Internal Assessment = 30 Marks

SAFETY EDUCATION

Unit 1

Safety Education: Introduction, Meaning & definition of Safety Education,
Aims & Objectives of Safety Education
Significance of Safety Education in Physical Education & Sports

Unit 2

Components of Safety for Health, Wealth & Physical Fitness
Safety on and off the field
Role of Coach
Role of Officials

Unit-3

Safety equipments for indoor games
Precautions & handling of equipments
General instructions for safety during indoor games
Surface area while playing

Unit 4

Safety equipments for outdoor games
Precautions & handling of equipments
General instructions for safety during outdoor games
Surface area while playing

BOOKS RECOMMENDED



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Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

WATER SPORTS

Unit – I

Introduction of Water Sports

History of Water Sports

Types of Water Sports

Unit – II

Scope of Water Sports in India

Need and Importance of Water Sports

List of Equipment's used in Various Water Sports

Purchase and Care of Equipment's used in Water Sports

Unit – III

Introduction of Kayaking and Kenoying

Equipment's and It's availability

Training of handling equipment's

Competitions and role of Federation/ Indian Government

Unit – IV

Introduction of Water Surf, Sailing and Power Boats

Equipment's and It's availability

Training of handling equipment's

Competitions and role of Federation/ Indian Government

Suggested Books:

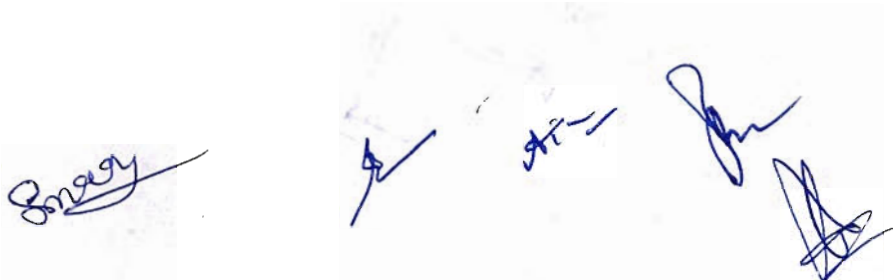
Aamidor A (2003). Real Sports Reporting. Indiana University Press. Valparaiso. Indiana. U.S.A.

Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi.

Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.

Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.

Kamath, M V (1980). Professional Journalism. K.S.K. New Delhi



DISCIPLINE SPECIFIC ELECTIVE PRACTICAL (DSE-1B)

**PRACTICAL
SEMESTER VI**

BES-E651
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

SAFETY EDUCATION

A Scrape file
Viva-voce

**PRACTICAL
SEMESTER VI**

BES-E652
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

WATER SPORTS

A Scrape file on Water Sports
Viva-voce

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DISCIPLINE SPECIFIC ELECTIVE (DSE-2B)

SEMESTER VI

BES-E603

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

JUDO

UNIT-I

Origin, historical perspectives

Development of Judo in India

Development of Judo at International level.

Modern trends of Judo at National and International level.

UNIT-II

Structure and function of Judo Federation of India (JFI).

International Judo Federation (IJF).

Fundamentals of Judo

UNIT-III

Rules and regulations

Latest changes

Developments in rules and Regulations

Techniques of officiating.

Technical preparation and grading system.

UNIT-IV

Competition area.

Equipments.

Qualifications, qualities and responsibilities of a coach.

Qualifications and responsibilities of technical officials, judges.

Warming-up, cooling-down

Basic skills.

SUGGESTED READINGS

Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.

Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.

Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.

Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.

Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA



Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

TABLE- TENNIS

Unit-1

Historical background of Table-Tennis.
Historical background of Table-Tennis
Origin and development
Equipment's

Unit-2

Measurements/ dimensions
Governing bodies at National and International level
Rules and Regulations

Unit-3

Rules and Regulations
Cards and punishments
Duties of Officials in respect of rules and regulations
Recognized Competitions at National & International level

Unit-4

Defensive skills
Offensive skills
Sports skill tests
Officiating in Table- Tennis

SUGGESTED BOOKS

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DISCIPLINE SPECIFIC ELECTIVE PRACTICAL (DSE-2B)

**SEMESTER VI
PRACTICAL**

BES-E653
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

JUDO

PRACTICAL

Skills
Measurement and marking.
A scrape File
Viva-voce

**PRACTICAL
SEMESTER VI**

BES-E654
Passing marks-40

Max. Marks -100
70 Marks + Internal Assessment = 30 Marks

TABLE-TENNIS

Playing Ability
Skills
Measurement of Table-tennis Table.
File
Viva-voce

**GENERIC ELECTIVE (GE-2)
SEMESTER VI**

***OPT ANY ONE FROM THE LIST OF GENERIC ELECTIVE AS DEVISED BY
DEPARTMENT OF YOGIC SCIENCES AND HUMAN CONSCIOUSNESS**

