

(Revised UG - Syllabus –Based on UGC-LOCF)

**DEPARTMENT OF PHYSICAL EDUCATION
AND SPORTS SCIENCES**

**(FACULTY OF INTER-DISCIPLINARY AND APPLIED
SCIENCES, UNIVERSITY OF DELHI)**

**B.Sc. (P.E., H.E. & S.) Programme
Choice Based Credit System (CBCS)**



**SYLLABUS OF COURSES TO BE OFFERED AS DISCUSSED IN
COMMITTEE OF COURSES MEETING ON WEDNESDAY, 15/5/2019 AT
12:15 PM IN THE DEPARTMENT OF PHYSICAL EDUCATION AND
SPORTS SCIENCES, B-BLOCK, VIKAS PURI, NEW DELHI-18.
Discipline Specific Core, Ability Enhancement Courses Skill Enhancement Courses &
Discipline Specific Elective**

SCHEME FOR CBCS IN B.Sc. (PHYSICAL EDUCATION, HEALTH EDUCATION & SPORTS) PROGRAM

Sem	Core Course DSC (12)	Ability Enhancement Compulsory Course (AECC) (2)	Skill Enhancement Course (SEC) (4)	Discipline Specific Elective DSE (6)
I	DSC-1 Foundation of Physical Education 6 credits (5 Th + 1 Tut)	AECC-1 (English/Hindi/ MIL Communication), Environmental Science (4 credits– 4 Th)		
	DSC-2 Anatomy & Physiology 6 credits (5 Th + 1 P)			
	DSC-3 * Game of Specialization 6 credits (4Th + 2 P)			
II	DSC-4 Health Education 6 credits (5 Th + 1 Tut)	AECC-2 Environmental Science, (English/Hindi/ MIL Communication) (4 credits – 4 Th)		
	DSC-5 Yoga 6 credits (4Th + 2 P)			
	DSC-6 Gymnastics 6 credits (4Th + 2 P)			
III	DSC-7 Exercise Physiology 6 credits (5 Th + 1 P)		SEC-1-4 credits (4Th) Select any one option: i. English (Technical writing) ii. Hindi iii. Growth and Development iv. Adapted Physical Education	
	DSC-8 Pedagogy in Physical Education 6 credits (5 Th + 1 Tut)			
	DSC-9 *Game of Specialization 6 credits (4 Th + 2 P)			
IV	DSC-10 Test, Measurement & Evaluation in Physical Education 6 credits (5 Th + 1 P)		SEC-2- 4 credits (4Th) Select any one option: i. Introduction to MS Excel and SPSS ii. Weight Management iii. Wellness Lifestyle	
	DSC-11 Track & Field 6 credits (4 Th + 2 P)			
	DSC-12 Fundamentals of Sports Training 6 credits (5Th + 1Tut)			
V			SEC-3- 4 credits (4Th) Select any one option i. Sports Management ii. Sports Specific Skill Enhancement iii. Exercise Prescription	DSE-1 **Sports Proficiency-1, 6 credits (4 Th + 2P)
				DSE-2. Kinesiology & Bio-Mechanics 6 credits (5 Th + 1 P)
				DSE-3 Research Methodology 6 credits (5 Th + 1Tut)
VI			SEC-4 - 4 credits (4Th) Select any one option: i. Posture and Athletic Care. ii. Olympic Education iii. Sports and Exercise Nutrition. iv. Stress Management	DSE-4 ***Sports Proficiency-2, 6 credits (4 Th + 2 P)
				DSE-5 Sports Psychology and Sociology, 6 credits (5 Th + 1 Tut)
				DSE-6 Project work/ Dissertation 6 credits (5 Th + 1 P) OR Select any one option 6 credits (5 Th + 1P) i. Gym Operation ii. Fitness & Exercise Management iii. Computer Application iv. Sports Journalism

TABLE OF CONTENTS

S. NO.	DETAIL OF CONTENTS	PAGE NO.
1.	Preliminary Matter- title, contents, structure, marking scheme, instructions.	1- 9
1	Semester- I. Three DSC papers and one AECC paper.	10- 57
2	Semester- II. Three DSC papers and one AECC paper.	58-71
3	Semester- III. Three DSC papers and SEC - 1paper (Four Options).	72-129
4	Semester- IV. Three DSC papers and SEC - 2paper (Three Options).	130-150
5	Semester- V. SEC – 3 paper (Three Options) and three DSE papers.	151-197
6	Semester- VI. SEC - 1paper (Four Options) and three DSE papers.	198-260

General Instructions for the Scheme

Abbreviations:-

- DSC = Discipline Specific Core (12 Papers of 6 Credits each)
- AECC = Ability Enhancement Compulsory Course (2 Papers of 4 Credits each)
- SEC = Skill Enhancement Course (4 Papers of 4 Credits each)
- DSE = Discipline Specific Elective (6 Papers of 6 Credits each)
- Th = Theory
- P = Practical
- Tut = Tutorial

*DSC-3: A student has to select any one game from the following list as Game of Specialization in DSC - 3 and continue with the same game of specialization in semester III as DSC – 9 from out of the List of the games given below:

List of Games/Sports for DSC - 3

- (i) Athletics (ii) Badminton (iii) Basketball (iv) Cricket (v) Football (vi) Gymnastic (vii) Handball (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Volleyball (xiii) Yoga

Note: 1) The game offered by an institute/college will depend upon the availability of teaching faculty and infrastructure facilities.

2) The institute/college can add a game depending upon the availability of infrastructure and faculty member; however clearance for the finalization of syllabus will be required from the Committee of Courses.

3) The institute/ college may appoint additional coaches for coaching classes/preparation from difference Tournaments/Teaching Practice/Practical Classes in different games.

**DSE-1: A student must select different game/sport other than DSC – 3/ DSC – 9 (Game of specialization) to be studied in DSE-1 from out of the listed games/sports:-

List of Games/Sports

- (i) Badminton (ii) Basketball (iii) Cricket (iv) Football (v) Handball (vi) Hockey (vii) Judo (viii) Kabaddi (ix) Kho-Kho (x) Volleyball

Note: 1) The game offered by an institute/college will depend upon the availability of teaching faculty and infrastructure facilities.

2) The institute/college can add a game depending upon the availability of infrastructure and faculty member; however clearance for the finalization of syllabus will be required from the Committee of Courses.

3) The institute/ college may appoint additional coaches for coaching classes/preparation from difference Tournaments/Teaching Practice/Practical Classes in different games.

***DSE-4: A student must select different game/sport other than DSC – 3/ DSC – 9 (Game of specialization) and DSE-1 to be studied in DSE-4 from out of the listed games/sports:-

List of Games/Sports

- (i) Badminton (ii) Basketball (iii) Cricket (iv) Football (v) Handball (vi) Hockey (vii) Judo

(viii) Kabaddi (ix) Kho-Kho (x) Volleyball

Note: 1) The game offered by an institute/college will depend upon the availability of teaching faculty and infrastructure facilities.

2) The institute/college can add a game depending upon the availability of infrastructure and faculty member; however clearance for the finalization of syllabus will be required from the Committee of Courses.

3) The institute/ college may appoint additional coaches for coaching classes/preparation from difference Tournaments/Teaching Practice/Practical Classes in different games.

IMPORTANT INFORMATION

1. The B.Sc. (PE, HE & S) contains 12 Discipline Specific Core (DSC) papers placed from Semester – I to Semester – IV of 6 credits each labeled from DSC-1 to DSC -12. These are listed below:
 - DSC-1 Foundation of Physical Education : 6 credits (5 Th +1 Tut)
 - DSC-2 Anatomy & Physiology : 6 credits (5 Th + 1P)
 - DSC-3 Game of Specialization: 6 credits (4 Th + 2 P)
 - DSC-4 Health Education : 6 credits (5 Th +1Tut)
 - DSC-5 Yoga : 6 credits (4 Th + 2P)
 - DSC-6 Gymnastics : 6 credits (4 Th + 2 P)
 - DSC-7 Exercise Physiology : 6 credits (5 Th +1P)
 - DSC-8 Pedagogy in Physical Education : 6 credits (5 Th + 1Tut)
 - DSC-9 Game of Specialization- : 6 credits (4 Th + 2P)
 - DSC-10 Test, Measurement & Evaluation in Physical Education : 6 credits (5 Th + 1P)
 - DSC-11 Track & Field : 6 credits (4 Th + 2 P)
 - DSC-12 Fundamentals of Sports Training : 6 credits (5 Th + 1Tut)
2. The B.Sc. (PE, HE & S) course contains **Two** theory papers Ability Enhancement Compulsory Course (AECC) of 4 credits each placed in Semester I and semester II labeled as AECC – 1 and AECC - 2. These papers are listed below:
 - AECC – 1 (English/Hindi/MIL Communication), Environmental Science : 4 credits (4 Th)
 - AECC – 2 Environmental Science, (English/Hindi/MIL Communication) : 4 credits (4 Th)
3. The B.Sc. (PE, HE & S) course contains **Four** theory papers of Skill Enhancement Course (SEC) placed from Semester I to Semester IV of 4 credits each labeled as SEC – 1 to SEC – 4. These papers are listed below:
 - SEC-1- 4 credits (4 Th) Select any **one** option:
 - i. English (Technical writing)
 - ii. Hindi
 - iii. Growth and Development
 - iv. Adapted Physical Education
 - SEC-2- 4 credits (4 Th) Select any **one** option:
 - i. Introduction to MS Excel and SPSS
 - ii. Weight Mangement
 - iii. Wellness Lifestyle

- SEC-3- 4 credits (4 Th) Select any one option:
 - i. Sports Management
 - ii. Sports Specific Skill Enhancement
 - iii. Exercise Prescription
 - SEC-4 - 4 credits (4 Th) Select any one option:
 - i. Posture and Athletic Care
 - ii. Olympic Education
 - iii. Sports and Exercise Nutrition.
 - iv. Stress Management
4. The B.Sc. (PE, HE & S) course contains **06** Discipline Specific Elective (DSE) papers placed in Semester V and Semester VI of 6 credits each labeled from DSE-1 to DSE-6. These are listed below:
- DSE-1 Sports Proficiency – 1: 6 credits (4 Th + 2P)
 - DSE-2. Kinesiology & Bio-Mechanics : 6 credits (5 Th + 1P)
 - DSE-3 Research Methodology : 6 credits (5 Th + 1Tut)
 - DSE-4 Sports Proficiency-2 : 6 credits (4 Th + 2 P)
 - DSE-5 Sports Psychology and Sociology : 6 credits (5 Th + 1Tut)
 - DSE-6 Project work/ Dissertation 6 credits (5 Th + 1P)
- OR
- i. Gym Operation: 6 credits (5 Th + 1P)
 - ii. Fitness & Exercise Management : 6 credits (5 Th + 1P)
 - iii. Computer Application: 6 credits (5Th + 1P)
 - iv. Sports Journalism: 6 credits (5Th + 1P)
5. Project work/Dissertation is considered as a special course involving application of knowledge in solving / analyzing /exploring a real life situation / difficult problem. A Project/Dissertation work would be of 6 credits. A Project/Dissertation work may be given in lieu of a discipline specific elective paper.
6. The B.Sc. (PE, HE & S) course consists of a total of 132 credits. (22 credits in each semester).
7. (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.
(c) One Tutorial period is equal to 1 credit of 1 hour duration.

8. Marking Scheme:

- i. Following marking scheme will be followed in case a paper in DSC or DSE **having practical component:**

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks
Total	-	150 Marks

- ii. Following marking scheme will be followed in case a paper in DSC, DSE, AEC and SEC **does not contain the practical component:**

Theory	-	75 Marks
Internal Assessment	-	25 Marks
Total	-	100 Marks

9. Assessment of Practical (Max. Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

10. Internal Assessment (Max. Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

11. Instruction for Examiners/ Paper Setters:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each part from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

12. In all options of SEC - 1 to SEC - 4 a minimum of 20 students will be required for an option to be allotted except the Sports Specific Skill Enhancement paper option of SEC – 3.
13. In all options of DSE - 1 to DSE - 4 a minimum of 10 students will be required for an option to be allotted.
14. Wherever, there is a practical component in a paper there will be no tutorial period.
15. Examination Rules regarding passing of examination, eligibility for promotion, division to be assigned, etc., related to the degree award of B.Sc. (PEHE&S) programme will be in accordance with the CBCS rules of the University.

CHOICE BASED CREDIT SYSTEM (CBCS):

The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India. This will benefit the students to move across institutions within India to begin with and across countries. The uniform grading system will also enable potential employers in assessing the performance of the candidates. In order to bring uniformity in evaluation system and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations, the UGC has formulated the guidelines to be followed.

Outline of Choice Based Credit System:

1. Core Course: A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

2. Elective Course: Generally a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/ subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

2.1 Discipline Specific Elective (DSE) Course: Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).

2.2 Dissertation/Project: An elective course designed to acquire special/advanced knowledge, such as supplement study/support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher/faculty member is called dissertation/project.

2.3 Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

3. Ability Enhancement Courses (AEC)/Competency Improvement Courses/Skill Development Courses/Foundation Course: The Ability Enhancement (AE) Courses may be of two kinds: AE Compulsory Course (AECC) and AE Elective Course (AEEC). "AECC" courses are the courses based upon the content that leads to Knowledge enhancement. They ((i) Environmental Science, (ii) English/MIL Communication) are mandatory for all disciplines. AEEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc.

3.1 AE Compulsory Course (AECC): Environmental Science, English Communication/MIL Communication.

3.2 AE Elective Course (AEEC): These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based instruction.

Project work/Dissertation is considered as a special course involving application of knowledge in solving / analyzing /exploring a real life situation / difficult problem. A Project/Dissertation work would be of 6 credits. A Project/Dissertation work may be given in lieu of a discipline specific elective paper.

Semester-I

S.No.	Paper No.	Title	Credit
			Theory/ Practical/Tutorial
1	DSC-1	Foundation of Physical Education	6 (5 Th + 1Tut)
2	DSC-2	Anatomy & Physiology	6 (5 Th + 1 P)
3	DSC-3	Game of Specialization	6 (4Th + 2 P)
4	AECC-1	(English/Hindi/ MIL Communication), Environmental Science	4 (4 Th)
Total Credits			22

Note:

- Th = Theory
- P = Practical
- Tut = Tutorial

DETAILS OF COURSE OF UNDERGRADUATE B. SC. (PE, HE, & S) PROGRAMME

DSC -1

SEMESTER -I

DSC -1 FOUNDATIONS OF PHYSICAL EDUCATION

Max. Marks=100

Credit = 6 (5 Th + 1 Tut)

Time: 3Hrs.

Theory = 75 Marks + Internal Assessment = 25 Marks

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

Learning Outcome: - Students acquire the knowledge of history & foundations of Physical Education and understand the purpose & development of physical education & sports

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.

After the Completion of Second Month:

The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.

After the Completion of Third Month:

The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P. Ed, B.P. Ed & M.P. Ed course of study.

After the Completion of Fourth Month:

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

THEORY SYLLABUS

UNIT-I

- (i) Meaning, Definitions, Scope, importance of physical education in society.
- (ii) Aim and Objectives of Physical Education and their relation with education.

UNIT-II

- (i) Foundations of Physical, Education:-
 - (a) Biological foundation – Introduction, Growth and Development and Body types.
 - (b) Psychological Foundation – Introduction, Learning process and theories.
 - (c) Sociological Foundation – Introduction, Socialization process.

UNIT-III

- (i) Meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs
- (ii) Concept and role of wellness movement.

UNIT-IV

- (i) Modern and Ancient Historical perspectives of Physical Education: Greece, Rome and India.
- (ii) Olympic movement and Olympic Games (Ancient and Modern)
- (iii) Professional preparation in Physical education-YMCA, LNIPE, IGIPSS, SAI, NSNIS, Programme – NSO, NCC, NSS.
- (iv) Sports Career Avenues, National Sports awards and Honors.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Tutorial period is equal to 1 credit of 1 hour duration.

Marking Scheme:

Maximum Marks	-	100 marks
Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

- Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
- Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
- Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
- Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
- Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
- Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
- Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA
- Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge regarding meaning, definitions, scope, importance of physical education in society, Aim and Objectives of Physical Education and their relation with education.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will learn Biological, Psychological and Sociological Foundation of Physical Education. The student will learn to assess the body types by Heath & Carter method. The Students will develop the understanding and knowledge of meaning & concepts of movement, qualities of the movements, fundamentals movements, Need and importance of movement in educational programs, Concept and role of wellness movement.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will gain knowledge of the Modern and Ancient Historical development of Olympic movement and Olympic Games. The Student will learn to prepare reports e.g. on NCTE approved institutions for D.P. Ed, B.P. Ed & M.P. Ed course of study.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of Professional preparation in Physical education- YMCA, LNIPE, IGIPESS, SAI, NSNIS, Programme – NSO, NCC, NSS and Sports Career Avenues, National Sports awards and Honors.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC– 2

Semester I

DSC– 2 ANATOMY AND PHYSIOLOGY

Max. Marks=150

Credit = 6 (5 Th + 1 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

Learning Outcome: - Student will acquire the basic knowledge of the anatomy of the human body. They will develop understanding about the functions of each system of the body. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Definition of anatomy & physiology, Cell-microscopic structure & functions of its organelle, Tissue-classification & functions, Organs, Systems of the body, Bone classification and structure, joints-classification, Structure of synovial joints, Movements at various joints. The Student will also learn to count the pulse rate.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle. Types of muscular contractions, Name of various muscles acting on various joints, Cardio-vascular system Structure of heart, Cardiac cycle, Blood pressure, Cardiac output, composition & function of blood, Athlete's heart, Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

The Student will be able to learn the measurement of blood pressure and study of various bones of human body.

After the Completion of Third Month:

The Students will gain knowledge of the Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action, Endocrine system- role of various endocrine glands, Structure & function of human eye & ear. The Student will be able to explain different body system with the help of models and various movements of the joints.

After the Completion of Fourth Month:

The Students will gain knowledge of excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system The student will learn the various movements of the joints.

THEORY SYLLABUS

Unit-I

- Definition of Anatomy & Physiology, Cell-microscopic structure & functions of its organelle.
- Tissue-classification & functions.
- Organs, systems of the body, Bone- classification and structure, joints-classification, Structure of synovial joints. Movements at various joints.

Unit-II

- Muscular System -Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle.
- Types of muscular contractions, Name of various muscles acting on various joints.
- Cardio-vascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, composition & function of blood, Athlete's heart.

Unit-III

- Respiratory system-structure and function, second wind, oxygen debt.
- Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

Unit-IV

- Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action.
- Endocrine system- role of various endocrine glands, Structure & function of human eye & ear.
- Excretory system-structure & function, including structure & function of skin.
- Reproductive system- structure & function of male & female Reproductive system.

Practicals:-

1. Counting of pulse rate
2. Measurement of blood pressure
3. Study of various bones of human body
4. Study of different body system with the help of models
5. Study of various movements of the joints.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,

- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Definition of anatomy & physiology, Cell-microscopic structure & functions of its organelle, Tissue-classification & functions, Organs, Systems of the body, Bone classification and structure, joints-classification, Structure of synovial joints. Movements at various joints. The Student will learn counting of pulse rate	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Muscular System - Classification, Structure, functions & properties of Skeletal Muscle, Smooth Muscle & Cardiac Muscle. Types of muscular contractions, Name of various muscles acting on various joints, Cardio-vascular system Structure of heart, Cardiac cycle, Blood pressure, Cardiac output, composition & function of blood, Athlete's heart, Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature. The Student will be able to learn the measurement of blood pressure and study of various bones of human body.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will gain knowledge of the Nervous system-structure of brain, spinal cord, Autonomic nervous system, reflex action, Endocrine system- role of various endocrine glands, Structure & function of human eye & ear. The Student will be able to explain different body system with the help of models and various movements of the joints.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system The student will learn the various movements of the joints.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(i)

Semester I

DSC-3(i) GAME OF SPECIALIZATION - ATHLETICS

Credit = 6 (4 Th + 2 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. The technical practice of sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components. Track marking and marking of different areana for selected events in unit-III.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation of the sport.
- Warming up and psychological basis of Warming up.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch competition Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game- – sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Track marking and marking of different arenas for selected events in unit-III.

Practical -

1. Learning and demonstrating various skills/techniques of sports- sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put.
2. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.
3. Track marking and marking of different arenas for selected events in unit-III.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of psychological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance. The technical practice of sprint races, middle and long distance races, hurdles races, jumping event- long jump, throwing events- shot put, hammer throw.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components. Track marking and marking of different areana for selected events in unit-III.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(ii)

Semester I

DSC-3(ii) GAME OF SPECIALIZATION (BADMINTON)

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ

			<ul style="list-style-type: none"> • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(iii)

Semester I

DSC-3(iii) GAME OF SPECIALIZATION (BASKETBALL)

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co.,USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing,USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. NewDelhi.
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- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra,Delhi.
- Wilmore & Costill (2004).Physiology of Sports & Exercise. Human Kinetics,US.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment

		<ul style="list-style-type: none"> • Presentation 	<ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(iv)

Semester I

DSC-3(iv) GAME OF SPECIALIZATION (CRICKET)

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. NewDelhi.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of

	Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Assessment Methods • Presentation 	Assignment <ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(v)

Semester I

DSC-3(v) GAME OF SPECIALIZATION (FOOTBALL)

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(vi)

Semester I

DSC-3(vi) GAME OF SPECIALIZATION (GYMNASTICS)

Credit = 6 (4 Th + 2 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

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

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation of the sport.
- Warming up and psychological basis of Warming up.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Artistic Gymnastics, trampoline, parko and rhythmic.
- Motor Fitness Components Testing
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of Artistic Gymnastics, trampoline, parko and rhythmic.
- Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(vii)

Semester I

DSC-3(vii) GAME OF SPECIALIZATION (HANDBALL)

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and it's effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(viii)

Semester I

DSC-3(viii) GAME OF SPECIALIZATION (HOCKEY)

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(ix)

Semester I

DSC-3(ix) GAME OF SPECIALIZATION (JUDO)

Credit = 6 (4 Th + 2 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and it's effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

4. Learning and demonstrating various skills/techniques of sports.
5. Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(x)

Semester I

DSC-3(x) GAME OF SPECIALIZATION (KABADDI)

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and its testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and its effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(xi)

Semester I

DSC-3(xi) GAME OF SPECIALIZATION (KHO-KHO)

Credit = 6 (4 Th + 2 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and it's effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(xii)

Semester I

DSC-3(xii) GAME OF SPECIALIZATION (VOLLEYBALL)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

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

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

After the Completion of First Month:

A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.

After the Completion of Second Month:

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

After the Completion of Third Month:

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

After the Completion of Fourth Month:

A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.

THEORY SYLLABUS

Unit-I

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

Unit-II

- Rules and their interpretation.
- Warming up and physiological basis of Warming up and it's effect on performance.
- Cooling down and its effect.
- Techniques of Coaching – Peptalk, Pre, During and Postmatch Coaching.

Unit-III

- Basic skills and techniques of the Sports/Game.
- Skill/Technique Evaluation
- Evaluation of Player's Performance.

Unit-IV

- Introduction to Physical and Motor Fitness components: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.
- Motor Fitness Components Testing of above components.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various tests to evaluate motor components as listed in unit IV above.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
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First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports/game, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and it's testing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-3(xiii)

Semester I

DSC-3(xiii) GAME OF SPECIALIZATION - YOGA

Max. Marks=150

Credit = 6 (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

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

After the Completion of First Month:

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

The student will learn about the prayer.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:- Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrischikhasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhrumari, ujjayi Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana Bandhas : jalandhar, uddiyana, mool bandha.

The student will be able to perform Asanas, pranayama, shatkarma, bandha.

After the Completion of Third Month:

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

The student will learn Yoga-nidra/relaxation techniques

After the Completion of Fourth Month:

The Students will gain knowledge of Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet.

The student will learn Visit to yoga centers/institutes

THEORY SYLLABUS

UNIT-I

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

Yoga asana competition at:- State, National, International, SGFI, AIU etc.

UNIT-II

Philosophical aspects of yoga-Pre-vedic, Vedic period; Buddhism, upnishada period, Jainism & tantra

Qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official,

Scoring system and judgment criteria, Protocols for referees, judges and officials

UNIT-III

Meaning, techniques, precautions & effects of the following:-

Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana

Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi

Shatkarma : neti, dhauti, nauli, basti, kunj, kapal bhati, shankh prakshalana

Bandhas : jalandhar, uddyana, mool bandha

UNIT-IV

Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease, diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation, importance of vegetarianism in yogic diet.

PRACTICALS

1. Prayer
2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
3. Yoga-nidra/relaxation techniques
4. Visit to yoga centers/institutes

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields, Yoga asana completion at:- State, National, International, SGFI, AIU etc. Philosophical aspects of yog. Pre-vedic, Vedic period; Buddhism, upnishada period, Jainism & tantra, qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials. The student will learn about the prayer.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Meaning, techniques, precautions & effects of the following:- Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi Shatkarma : neti, dhauti, nauli, basti, kunjil, kapal bhati, shankh prakshalana Bandhas : jalandhar, uddyana, mool bandha.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

	The student will be able to perform learn Asanas, pranayama, shatkarma, bandha.		
Third Month	<p>The Students will gain knowledge of Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease.</p> <p>The student will learn Yoga-nidra/relaxation techniques.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet.</p> <p>The student will Visit yoga centers /institutes.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

(AECC-1)

Semester I

Ability Enhancement Compulsory Course (AECC-1)

(English/Hindi/ MIL Communication) Environmental Science (4 credits)

- The syllabus contents of the English will be provided by the Department of English, University of Delhi.
- The syllabus contents of the Hindi will be provided by the Department of Hindi, University of Delhi.
- The common syllabus contents of the Environmental Science will be provided by the University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Semester- II

S.No.	Paper No.	Title	Credit
			Theory/ Practical/Tutorial
1	DSC-4	Health Education	6 (5 Th + 1 Tut)
2	DSC-5	Yoga	6 (4 Th + 2 P)
3	DSC-6	Gymnastics	6 (4 Th + 2 P)
4	AECC-2	(English/Hindi/ MIL Communication), Environmental Science	4 (4 Th)
		Total Credits	22

Note

- Th = Theory
- P = Practical
- Tut = Tutorial

DSC-4**Semester II****DSC-4 HEALTH EDUCATION**

6 Credits (5 Th + 1 Tut)

Max. Marks=100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks**Objective:** - To acquaint the students with basic aspects of Health, Nutrition, First Aid and rehabilitation.**Learning Outcome:** - The Students will be able to adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, ability.**After the Completion of First Month:**

The Students will develop the understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The students will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The student will gain knowledge of meaning and importance of different types of Hygiene. The Student will learn the Prescription of diet and determination of calorie value of foods.

After the Completion of Second Month:

The Students will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The student will acquire the knowledge of Communicable and Non-communicable diseases, distinction between them, mode of spread and prevention of communicable diseases and Cause, Mode of spread and prevention of some specific diseases - diarrhea, typhoid, malaria, STD Respiratory disease. The student will also be acquainted with meaning, causes and prevention of Non-communicable diseases - diabetes, CVD, cancers, renal diseases and respiratory diseases. The Student will be able to demonstrate CPR.

After the Completion of Third Month:

The Students will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, and smoking) and their harmful effects substance abuse management. The students will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy. The student will be able to define first aid, DRABCH of first aid, CPR and will learn first aid for hemorrhage, fractures, sprain and strain (PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion. The student will gain knowledge about international health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health, School Health Service, Components Of school health.

The Student will learn the Immunization schedule

After the Completion of Fourth Month:

The Students will gain knowledge of the Rehabilitation (definition, physical and mental rehabilitation) and Rehabilitation Modalities (cold, heat, water, radiation, Hydrotherapy, cryo therapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator).

The Student will learn about the Rehabilitation Modalities

THEORY SYLLABUS**Unit-I**

Health-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of health , concept and components of wellness.

Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education. Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health

Unit-II

Foods and Nutrition- Misconceptions about food, essential body nutrients- functions, food sources, balanced diet, diet prescription, Communicable and Non-communicable diseases-Distinction between communicable and non-communicable diseases. Communicable diseases-Definition, mode of spread and prevention, Cause, Mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease; non-communicable diseases-- Meaning, causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.

Unit-III

Contemporary health problems of college youth- Alcohol, drugs, tobacco (chewing, sniffing, smoking)- their harmful effects substance abuse management

Population education- importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy

Unit-IV

Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain (PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion.

International health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health.

School Health Service, Components of school health.

Rehabilitation – definition, physical and mental rehabilitation.

Rehabilitation Modalities – cold, heat, water, radiation, Hydrotherapy, cryotherapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Tutorial period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of factors affecting health and importance of health for individual, family, community and nation. The students will also learn about concept and components of wellness, Health Education and its meaning, scope, aims and objectives, principles and methods and media used. The student will gain knowledge of meaning and importance of different types of Hygiene. The Student will learn the Prescription of diet and determination of calorie value of foods.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will learn the basic concepts of Foods and Nutrition, Misconceptions about food, essential body nutrients- functions, food sources, balanced diet and diet prescription. The student will get the knowledge of Communicable and Non-communicable diseases, distinction between them, mode of spread and prevention of communicable diseases and Cause, Mode of spread and prevention of some specific diseases - diarrhea diseases, typhoid, malaria, STD Respiratory disease. The student will also be acquainted with meaning, causes and prevention of Non-communicable diseases - diabetes, CVD, cancers, renal diseases and respiratory diseases. The Student	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

	will be able to demonstrate CPR.		
Third Month	<p>The Students will gain knowledge of the Contemporary health problems of college youth; Alcohol, drugs, tobacco (chewing, sniffing, smoking) and their harmful effects substance abuse management. The students will also learn Population education, importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy. The student will be able to define first aid, DRABCH of first aid, CPR and will learn first aid for hemorrhage, fractures, sprain and strain (PRICER), Drowning snake bite, poisoning, heat stroke and heat exhaustion. The student will gain knowledge about international health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health, School Health Service, Components Of school health. The Student will learn the Immunization schedule</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of the Rehabilitation (definition, physical and mental rehabilitation) and Rehabilitation Modalities (cold, heat, water, radiation, Hydrotherapy, cryo therapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator).</p> <p>The Student will learn about the Rehabilitation Modalities</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-5

Semester II

DSC-5 YOGA

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: To provide the knowledge of Yoga including the various Asanas and pranayama and their effects. Student will also be given the knowledge about the yogic diet.

Learning Outcome: - The students will learn about various Yoga Asanas, Satkarmas, Pranayams, Bandhas and yogic diet. This will help the students to lead a happy and satisfied life.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Origin, definition and scope of yoga, limitations and misconceptions related to yoga, importance of yoga in physical education and other fields, Historical development of yoga in India, Types of Yoga.

The Student will learn and Practice of some part of the Shatkarma: neti, dhauti, nauli, basti,

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Patanjali yoga sutras- yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact. Shatkarm/cleansing process/ yogic methods and personal hygiene.

The Student will learn and Practice of some part of the Shatkarma: kunjal, kapal bhati, shankh prakshalana

After the Completion of Third Month:

The Students will gain knowledge of the Asanas: Types, importance of asanas in special reference to Physical Education & Sports. Differentiate between asanas and exercise. Pranayama and importance of pranayama in special reference to its Physiological effects.

The Student will learn and skillful in all the aspects of Pranayama: anulom-vilom, bhastrika, nadi shodhan, sheetali, sheetkari, bhramari, ujjayi.

After the Completion of Fourth Month:

The Students will gain knowledge of the Importance of vegetarianism in yogic diet. Bandhas and mudras and its Physiological effects.

The Student will learn the Practice of Bandhas: jalandhar, uddiyana, mool bandha

THEORY SYLLABUS

UNIT- I

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

UNIT- II

Historical development of yoga in India.

Types of Yoga:-Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga,

jnana yoga, raj yoga

UNIT- III

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

Shatkarm/cleansing process/ yogic methods and personal hygiene.

UNIT- IV

Asanas: Types, importance of asanas in special reference to Physical Education & Sports.

Differentiate between asanas and exercise.

Pranayama and importance of pranayama in special reference to Physiological effects.

Importance of vegetarianism in yogic diet. Bandhas, mudras and their physiological effects.

PRACTICAL

1. Practice of Shatkarma : neti, dhauti, nauli, basti, kunjla, and kapal bhati.
2. Practice of Pranayam : anulom-vilom, bhastrika, nadi shodhan, sheetali, sheetkari, bhramari, ujjayi
3. Practice of Bandhas : jalandhar, uddiyana, mool bandha

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	<p>The Students will develop the understanding and knowledge of Origin, definition and scope of yoga, limitations and misconceptions related to yoga, importance of yoga in physical education and other fields, Historical development of yoga in India, Types of Yoga.</p> <p>The Student will learn the Practice of some part of the Shatkarma : neti, dhauti, nauli, basti,</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	<p>The Students will develop the understanding and knowledge of Patanjali yoga sutras- yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyan, Samadhi & their psychological impact., Shatkarm/cleansing process/ yogic methods and personal hygiene.</p> <p>The Student will learn the Practice of some part of the Shatkarma: kunjla, kapal bhati, shankh prakshalana</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	<p>The Students will gain knowledge of the Asanas: Types, importance of asanas in special reference to Physical Education & Sports. Differentiate between asanas and exercise. Pranayama and importance of pranayama in special reference to Physiological effects.</p> <p>The Student will learn to practice all aspects of Pranayam : anulom-vilom, bhastrika,</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

	naddi shodhan, sheetali, sheetkari, bhramari, ujjayi		
Fourth Month	<p>The Students will gain knowledge of the Importance of vegetarianism in yogic diet. Bandhas, mudras and their physiological effects.</p> <p>The Student will learn the Practice of Bandhas : jalandhar, uddyana, mool bandha</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-6**Semester II
DSC-6 GYMNASTICS**

6 Credits (4 Th + 2 P)

Max. Marks=150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective:- To teach all the students the Game of Gymnastics which includes various type of Exercise on various equipment and floor. It also teaches the Students about various National and International Level of Gymnastics competitions.

Learning Outcome:- After studying this subject, the students will learn the Theoretical and Practical aspects of various exercises in Gymnastics and able to understand the process of organizing and evaluating various National and International Competition.

After the Completion of First Month:

The Students will develop the understanding and knowledge about the history of gymnastics with special reference to India and Fundamental skills for Men and Women (Forward Roll, Backward Roll, Handstand, Cart wheel, leg split etc.).

The Student will learn to perform Floor exercises.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Parallel Bars, Balancing Beam, Roman Rings and uneven parallel bars.

The Student will learn to perform on Parallel Bars/ Balancing Beam

After the Completion of Third Month:

The Students will gain knowledge of the Horizontal Bars and Pommel Horse.

The Student will learn to perform on Volting Horse

After the Completion of Fourth Month:

The Students will gain knowledge of the **Men & Women-** Important competitions at National, International levels, Fundamental skills; Evaluation of 20 points in Artistic, duties and Functions of Gymnastics, regulation, duties and –Right of Gymnastic. The student will learn about the Type of Gymnastics and Competition.

The Student will learn to practice and improve the skills of floor exercise, Parallel Bars/ Balancing Beam and Vaulting Horse

THEORY SYLLABUS**Unit-I**

Brief history of gymnastics with special reference to India. Fundamental skills:- Floor exercises

Men**Floor exercise**

Forward roll

Backward roll

Handstand

Cartwheel

Hand stand to forward roll

Women**Floor exercise**

Forward roll

Backward roll,

Hand stand

Cart wheel

Leg Split

Unit-II Fundamental skills using parallel bar/balancing beam

Parallel Bars (Men)

Under Arms swing Upper Arms Support Position
(90° Turn, 180° Turn & 360° Turn)

Perfect swing

Shoulder stand to roll forward

Backward and sideward) Front or backward swing to the side(dismount) Mount (1/4 turn to cross sitting)

Dismount (Jump from the end of the beam with leg straddle in the air) and landing on ground with legs together

Table Vault

Squat Vault/stoop vault

Squat vault

Balancing Beam (Women)

Turning movement on the beam

Cat jump, Tuck Jump, Stretch Jump, Pike Jump

Different kinds of scales (forward,

Backward and sideward) Mount (1/4 turn to cross sitting)

Table Vault

Straddle vault/ Stoop Vault

Straddle vault

Unit-III

Roman Rings

Perfect swings

Back Up rise

In location with bent body

Shoulderstand

Straddle Dismount

forward and backward Hip circle forward

Uneven Parallel Bars

different kinds of grips

back turn over (Mount)

Fraddle Dismount

straddle circle forward and backward

Back hip circle

Horizontal Bar

Perfect swing on horizontal bar

Back Turn over to Mount

Back Hip circle

Hip Circle Forward

Fraddle dismount

sideways.

Pommel Horse

Shifting of Grips

Swing

Scissor (forward)

Single Leg Circle

Single leg circle from uneven support to dismount

Unit-IV

Men & Women- Important competitions at National, International levels,

- Evaluation of 20 points in Artistic.
- Duties and Functions of Gymnastics.
- Regulation, Duties and –Right of Gymnastic.
- Type of Gymnastics
- Types of Competition.

Practical

Exercises:

1. Floor exercise
2. Parallel Bars
3. Balancing Beam
4. Vaulting Horse

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

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- Brown and Wardell (1980). Teaching and Coaching Gymnastics for Men & Women. John Wiley & Sons.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
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Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	<p>The Students will develop the understanding and knowledge about the history of gymnastics with special reference to India and Fundamental skills for Men and Women (Forward Roll, Backward Roll, Handstand, Cart wheel, leg split etc.).</p> <p>The Student will learn to perform Floor exercises.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	<p>The Students will develop the understanding and knowledge of Parallel Bars, Balancing Beams, Roman Rings and uneven parallel bars.</p> <p>The Student will learn to perform on Parallel Bars/ Balancing Beam</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	<p>The Students will gain knowledge of the Horizontal Bars and Pommel Horse.</p> <p>The Student will learn to perform on Vaulting Horse</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of the Men & Women- Important competitions at National, International levels, Fundamental skills; Evaluation of 20 points in Artistic, duties and Functions of Gymnastics, regulation, duties and – Right of Gymnastic. The student will learn about the Type of Gymnastics and Competition.</p> <p>The Student will practice and improve the skills of floor exercise, Parallel Bar/Balanacing Beam and Vaulting Horse</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

(AECC-2)

Semester II

4 Credits (4 Th)

Ability Enhancement Compulsory Course (AECC-2)

(English/Hindi/ MIL Communication) Environmental Science (4 credits)

- The syllabus contents of the English will be provided by the Department of English, University of Delhi.
- The syllabus contents of the Hindi will be provided by the Department of Hindi, University of Delhi.
- The common syllabus contents of the Environmental Science will be provided by the University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Semester- III

S.No.	Paper No.	Title	Credit
			Theory/ Tutorial/Practical
1	DSC-7	Exercise Physiology	6 (5 Th + 1 P)
2	DSC-8	Pedagogy in Physical Education	6 (5 Th + 1 Tut)
3	DSC-9	Game of Specialization	6 (4 Th + 2 P)
4	SEC-1	Select any one option from- i. English (Technical Writing) ii. Hindi (Social Media) iii. Growth and Development iv. Adapted Physical Education	4 (4 Th)
Total Credits			22

Note

- Th = Theory
- P = Practical
- Tut = Tutorial

DSC-7

Semester-III

DSC-7 - EXERCISE PHYSIOLOGY

6 Credits (5 Th + 1 P)

Max. Marks =150

Time Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To provide students with the knowledge of alterations and adaptations in physiological processes of the body that occurs in Exercise & training.

Learning Outcome: - Student will learn changes/adaptations in body systems in response to Exercise & training. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex.

After the Completion of First Month:

The Students will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The student will understand the Nature of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The Student will be well acquainted with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Bio-energetics : Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.

The Student will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects.

After the Completion of Third Month:

The Students will gain knowledge of Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Acute response and Chronic Adaptation, Respiratory Function During Exercise and Training : Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.

After the Completion of Fourth Month:

The Students will understand the fundamentals of Body Composition, Obesity and its causes, Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.

The Student will be able to assess BMR and will revise all the Practicals.

THEORY SYLLABUS

UNIT 1: Fundamentals and Neuromuscular Function

The Focus of Exercise Physiology: Definition, Concept & it Significance in the field of Physical Education & Sports, Acute Physiological Response, Chronic Physiological Adaptation.

The Nature Of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle,, Sliding Filament Theory , Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system .

UNIT 2: Energy & Hormonal Regulation

Bio-energetics: Aerobic & Anaerobic Systems & Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate.

Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.

UNIT 3: Cardiorespiratory System and Training Adaptation

Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptation.

Respiratory Function during Exercise and Training: Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.

UNIT 4: Body Composition

Understanding Body Composition, Obesity and its causes.

Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.

Practical

Assessment of Resting Heart Rate

Assessment of Blood Pressure

Administering the Harvard Step test

To measure vital capacity using Spirometer

To assess the Body Mass Index of the subjects

To assess the Waist Hip Ratio of the subjects

Methods of assessing Body Composition

Assessment of BMR of the subjects

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will be able to understand the concept of Exercise Physiology and its Significance in the field of Physical Education & Sports, Acute Physiological Response, and Chronic Physiological Adaptation. The student will understand the Nature Of Skeletal Muscles: Gross & Microscopic Structure of Skeletal Muscle, Sliding Filament Theory, Muscle fiber types, Acute Response & Chronic Adaptation and the muscular system. The Student will acquaint with the practical aspect of assessing Resting Heart Rate and Blood Pressure of the subject and will learn to administer the Harvard Step test.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the knowledge of Bio-energetics : Aerobic & Anaerobic Systems &	<ul style="list-style-type: none"> • Lecture Methods • Demonstration 	<ul style="list-style-type: none"> • Evaluation of Presentation

	<p>Energy Production, Fat and Protein Metabolism, Basal Metabolic Rate, Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.</p> <p>The Student will be able to measure vital capacity using Spirometer and assess the Body Mass Index of the subjects.</p>	<p>Methods</p> <ul style="list-style-type: none"> • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	<p>The Students will gain knowledge of Cardiovascular Function during Exercise and Training: Structure & Function of the Heart, Respiratory Function During Exercise and Training : Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.</p> <p>The Student will learn to assess the Waist Hip Ratio of a given subject and the methods of assessing Body Composition.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will understand the fundamentals of Body Composition, Obesity and its causes, Weight Management, Various methods of Assessing Body Composition, BMI, and WHR.</p> <p>The Student will be able to assess BMR and will revise all the Practicals.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-8

Semester III

DSC-8 - PEDAGOGY IN PHYSICAL EDUCATION

6 Credits (5Th + 1Tut)

Max. Marks = 100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- To acquaint students with theoretical & practical knowledge of methods of teaching, coaching & officiating in Physical Education & Sports.

Learning Outcome:- Students will understand the use of various methods in teaching & coaching in the field of physical education & sports. They will also learn the officiating in various sports events.

After the Completion of First Month:

The Students will learn the Meaning, Definition, Scope and importance of Organisation and Administration, meaning of teaching, coaching, officiating and as a career in Physical Education & Sports, meaning and need for methods, factors affecting teaching method.

After the Completion of Second Month:

The Students will develop the understanding of Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation

Class management: techniques, formations, command (types and techniques) factors effecting class management. Lesson Plan: Need, construction, Introduction development, skill/recreation

After the Completion of Third Month:

The Students will gain knowledge of the Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers and reports and records; Meaning, Definition and essence of writing different reports. Records maintainence of Physical Education and Sports for future reference.

After the Completion of Fourth Month:

The Students will learn about the Tournaments/Competitions and types of competition, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting in construction of Time-table.

THEORY SYLLABUS

UNIT I

Meaning, Definition, Scope and importance of Organisation and Administration.

Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports.

Meaning and need for methods, factors influencing teaching method.

UNIT II

Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation

Class management: techniques, formations, command (types and techniques) factors effecting class management

Lesson Plan: Need, construction, Introduction development, skill/recreation

Unit-III

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

Reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.

Unit-IV

Tournaments/Competitions and types, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting construction of Time-table.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Tutorial period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will learn the Meaning, Definition, Scope and importance of Organisation and Administration, meaning of teaching, coaching, officiating and as a career in Physical Education & Sports, meaning and need for methods, factors effecting teaching method.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation Class management: techniques, formations, command (types and techniques) factors effecting class management. Lesson Plan: Need, construction, Introduction development, skill/recreation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Third Month	The Students will gain knowledge of the Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers and reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will learn the Tournaments/Competitions and types, Fixture, types of fixture and seeding, Time table: Meaning, concept, importance and principles of construction of time-table and Factors effecting in construction of Time-table.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-9 (i)

Semester III

DSC – 9 (i): GAME OF SPECIALIZATION - ATHLETICS

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training means and methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training and Hill Training.
- Use of Thera Bands, Free Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Scoresheet and Record Keeping.
- Organisational aspects in sport:

- i. Selection of Team
- ii. Conduct of Coaching Camps
- iii. Planning and Organisation for Competitions
- iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of – jumping event- triple jump, pole vault, throwing events- discus throw, hammer throw, relay races-4X100m, 4X400m., race walking, combine events.
- Tactical aspect of selected events.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/techniques- triple jump, discus throw, relay races and race walking.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result in selected events.
5. Demonstration and practice of Tactical Pattern in selected events.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions. Drills for perfection of skills/techniques of – jumping event- triple jump, pole vault, throwing events- discus throw, hammer throw, relay races-4X100m, 4X400m., race walking, combine events. Tactical aspect of selected events.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-9 (ii)

Semester III

DSC – 9 (ii): GAME OF SPECIALIZATION-BADMINTON

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
- Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
- Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part-I & II). Friends Publication. New Delhi.
- Jain D (2001). Teaching and Coaching – Badminton. Khel S.K. Delhi
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- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-9(iii)

Semester III

DSC – 9 (iii): GAME OF SPECIALIZATION-BASKETBALL

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Resistance Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-9(iv)

Semester III
DSC – 9 (iv): GAME OF SPECIALIZATION-CRICKET

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Resistance Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
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- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-9(v)

Semester III

DSC – 9 (v): GAME OF SPECIALIZATION -FOOTBALL

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9(vi)

DSC – 9(vi): GAME OF SPECIALIZATION - GYMNASTICS

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Resistance Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Scoresheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9 (vii)

DSC – 9 (vii): GAME OF SPECIALIZATION HANDBALL

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Scoresheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9(viii)

DSC – 9(viii): GAME OF SPECIALIZATION HOCKEY

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:- The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Scoresheet and Record Keeping.

- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various training means and methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about anatomical, physiological, biomechanical and psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9 (ix)

Semester III

DSC – 9 (ix): GAME OF SPECIALIZATION - JUDO

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Resistance Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Scoresheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sports competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9 (x)

DSC – 9 (x): GAME OF SPECIALIZATION - KABBADI

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:- The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Scoresheet and Record Keeping.
- Organisational aspects in sport:
 - v. Selection of Team
 - vi. Conduct of Coaching Camps
 - vii. Planning and Organisation for Competitions
 - viii. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

Officiating a match/event/competition.

Learning and perfecting drills for various skill/tech.

Learning and demonstrating the rehabilitation process of injured player.

Learning and demonstrating the process of scoring and recording competition result.

Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9 (xi)

DSC – 9 (xi): GAME OF SPECIALIZATION - KHO-KHO

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective:- The Students has to continue with the game selected in the I semester from the list of games to be carried forward to Semester III named as DSC-9 Game of Specialization.

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Tere Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.

- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9 (xii)

Semester III

DSC – 9 (xii): GAME OF SPECIALIZATION - VOLLEYBALL

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning Outcome:-The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.

After the Completion of Second Month:

A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports

After the Completion of Third Month:

A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.

After the Completion of Fourth Month:

A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.

THEORY SYLLABUS

Unit-I

- Common injuries related to sports.
Sprain, Strain, Contusion, Abrasion and Dislocation
- Rehabilitation of injured player/athletes.

Unit-II

- Training Means and Methods for development of motor components.
- Interval Training, Circuit Training, Weight Training, Continuous method of training, Fartlek Training, plyometric Training, Sand Training, hill training.
- Use of Resistance Bands, Weights, Medicine Ball and Massage manipulation and Sauna Bath.
- Talent Identification and Development in sports.

Unit-III

- Anatomical Consideration in a Sport.
- Physiological basis to performance in a Sport.
- Biomechanical analysis of skills/techniques.
- Psychological basis to performance.

Unit-IV

- Duties and responsibilities of Technical/Official in the Sports.
- Qualification of Officials, Score sheet and Record Keeping.
- Organisational aspects in sport:
 - i. Selection of Team
 - ii. Conduct of Coaching Camps
 - iii. Planning and Organisation for Competitions
 - iv. Report Writing of a Competition/Tournament.
- Development drills/supplementary exercises.
- Drills for perfection of skills/techniques of the sport.
- Tactical Aspect of sports.

Practical -

1. Officiating a match/event/competition.
2. Learning and perfecting drills for various skill/tech.
3. Learning and demonstrating the rehabilitation process of injured player.
4. Learning and demonstrating the process of scoring and recording competition result.
5. Demonstration and practice of Tactical Pattern.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Common injuries related to sports and Rehabilitation of injured player/athletes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and gain knowledge about various Training Means and Methods for development of motor components, identifying and development of talent in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to understand and gain knowledge about Anatomical, Physiological, Biomechanical and Psychological basis to performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learn and gain proficiency in officiating, organizing, planning and conducting of sport competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC – 9 (xiii)

Semester III

DSC – 9 (xiii): GAME OF SPECIALIZATION - YOGA

Max. Marks=150

Time allowed for Theory Exam: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

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

Learning outcome:- Students become proficient in the knowledge, skill and practical of Games/Sports of his choice in terms of technical and tactical efficiency, rules of the game and training related to their games, officiating and coaching

After the Completion of First Month:

The Students will understand the Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga, Patanjali yoga sutras- yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

The Student will learn to Repetition of syllabus of Semester-I, Tests of flexibility, concentration, VO₂ max., balance.

After the Completion of Second Month:

The Students will develop the According to yoga concept of normality, according to modern psychology, concept of personality & its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression, Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

The Student will able to learn the Observing and assessing the video/tournament recording/movie and preparing a report, teaching lessons.

After the Completion of Third Month:

The Students will gain knowledge of Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century, Different techniques of meditation and their practice prekha, vipashyana and different chakras

The Student will able to learn the Planning for a Yoga competition, Organisation of a Yoga competition.

After the Completion of Fourth Month:

The Students will gain knowledge of Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga, Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, Use of teaching aids.

The Student will able to learn the Project on researches in Yoga, Officiating in Yoga competitions, Coaching lessons.

THEORY SYLLABUS:

UNIT-I

Types of Yoga:- Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

UNIT-II

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

UNIT-III

According to yoga concept of normality, according to modern psychology, concept of personality & its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression

Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

UNIT-IV

Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century Different techniques of meditation and their practice prekha, vipashyana and different chakras

Yoga – teaching methodology, Teaching practice, techniques and modules, preparing teaching lessons in yoga, Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, Use of teaching aids.

PRACTICALS

1. Tests of flexibility, concentration, VO₂ max., balance
2. Observing and assessing the video/tournament recording/movie and preparing a report
3. Planning for a Yoga competition
4. Organisation of a Yoga competition
5. Project in Yoga
6. Officiating in Yoga competitions

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
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Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perকাশan
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- Swami Swatma Ram: Patanjali Yoga Sutra
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will understand the Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga, Patanjali yoga sutras- yama, niyama, asana, pranayama, Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact. The Student will learn to Repetition of syllabus of Semester-I, Tests of flexibility, concentration, VO ₂ max., balance. The Student will able to learn the Project on researches in Yoga, Officiating in Yoga competitions.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the According to yoga concept of normality, according to modern	<ul style="list-style-type: none"> • Lecture Methods • Demonstration 	<ul style="list-style-type: none"> • Evaluation of Presentation

	<p>psychology, concept of personality & its development, yogic management of psychosomatic ailments: frustration, anxiety, depression, Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies</p> <p>The Student will able to learn the Observing and assessing the video/tournament recording/movie and preparing a report.</p>	<p>Methods</p> <ul style="list-style-type: none"> • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	<p>The Students will gain knowledge of Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century, Different techniques of meditation and their practice prekha, vipashyana and different chakras</p> <p>Student will able to learn the Planning for a Yoga competition, Organisation of a Yoga competition.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga, Guidelines for preparing coaching lessons in Yoga and Use of teaching aids</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-1 (i)

Semester III

4 Credits (4 Th)

SEC-1 (i) English (Technical Writing)

The syllabus contents of the English will be provided by the Department of English, University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks -100 marks

Theory Examination -75 Marks

Internal Assessment -25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SEC-1 (ii)

Semester III

4 Credits (4 Th)

SEC-1 (ii) Hindi (Social Media)

The syllabus contents of the Hindi will be provided by the Department of Hindi, University of Delhi.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks -100 marks

Theory Examination -75 Marks

Internal Assessment -25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SEC-1(iii)

**Semester III
SEC-1 (iii) Growth and Development**

Max. Marks =100

4 Credits (4 Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- Students will be educated with the knowledge and importance of physical growth & development

Learning Outcome:- Students learn various factors affecting the physical growth & development.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and development.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Physical growth, Cognitive (mental) growth, emotional development and Psychological Development, relationship between physical growth of brain and intellectual ability.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of Adolescent growth & development. Distance & Velocity Curves.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of Introduction to Motor Development and body physiques.

Unit-I

Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development .Stages of growth & development:-Pre-natal and Post natal growth and development

Unit-II

Physical growth, Cognitive (mental) growth, emotional development and Psychological Development, relationship between physical growth of brain and intellectual ability

Unit-III

Adolescent growth & development. Distance & Velocity Curves

Unit-IV

Introduction to Motor Development and body physiques.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings:

- Day J AP (1986). Perspectives in Kianthropometry. The 1984 Olympic Scientific Congress Proceedings. Volume I. Human Kinetics Publisher. Champaign. Illinois. USA.
- Gallahue DL and JC Ozmun (1998). Understanding Motor Development- Infants, Children, Adolescents and Adults McGraw Hill Company Boston.USA.
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- Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications. New Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ

	and development .Stages of growth & development:-Pre-natal and Post natal growth and development.	<ul style="list-style-type: none"> • Presentation 	<ul style="list-style-type: none"> • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Physical growth- Cognitive (mental) growth, emotional development and Psychological Development, relation between physical growth of brain and intellectual ability.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will develop the understanding and knowledge of Adolescent growth & development. Distance & Velocity Curves.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will develop the understanding and knowledge of Introduction to Motor Development and body physiques	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-1(iv)

Semester III

4 Credits (4 Th)

SEC-1 (iv) ADAPTED PHYSICAL EDUCATION

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- Students will be educated with the knowledge and importance of adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for an able person.

Learning Outcome:- Students learn various ways and means for adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for an able person.

After the Completion of First Month: The Students will develop the understanding and knowledge of meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.

After the Completion of Second Month: The Students will develop the understanding and knowledge of Changing concept of disability handicaps, retardation, physically and mentally challenged. Physical disability, Characteristics and Category. Functional limitation, General causes. Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection

After the Completion of Third Month: The Students will develop the understanding and knowledge of Guiding principles for adapted physical education programme (AAHPER Principle). Physical education programme for disabled of - Elementary school, Middle school, High school. Special adapted programme for various types and categories of physical disability. Regular physical activity, Informal games and special activity, Informal and formal competitions. Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions

After the Completion of Fourth Month: The Students will develop the understanding and knowledge of Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme

Creative development and hobby & culture development programme. Aquatic activity programme for disabled Importance of activity for disabled.

Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation – adjustment, environmental and personality development and legislative approach

THEORY SYLLABUS:

UNIT-I INTRODUCTION TO A DAPTED PHYSICAL EDUCATION

Meaning, definitions, Aims and objectives, Need and importance.

Role of physical education in adapted physical education.

Brief historical review of adapted physical education.

UNIT-II CLASSIFICATION OF DISABILITY

Changing concept of disability handicaps, retardation, physically and mentally challenged.

Physical disability, Characteristics and Category.

Functional limitation, General causes.

Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes.

Other disabled conditions. Behavioural problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social problems, Social stigma, Discrimination and Social rejection

UNIT-III ADAPTED PHYSICAL EDUCATION PROGRAMMES

Guiding principles for adapted physical education programme (AAHPER Principle).

Physical education programme for disabled of - Elementary school, Middle school, High school.

Special adapted programme for various types and categories of physical disability. Regular physical activity

Informal games and special activity, Informal and formal competitions.

Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions.

UNIT-IV ACTIVITIES FOR DISABLED

Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme

Creative development and hobby & culture development programme. Aquatic activity programme for disabled Importance of activity for disabled.

Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation – adjustment, environmental and personality development and legislative approach

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

- C, Blauwet, (2007). Promoting the Health and Human Rights of Individuals with a Disability through the Paralympic Movement. (ICSSPE,) at 21. (Blauwet- Promoting the Health).
- Barton, L. (1993) 'Disability, empowerment and physical education', in J. Evans (ed.), Equality, Education and Physical Education. London: The Falmer Press.
- Guttmann, L. (1976) Textbook of Sport for the Disabled. Oxford: HM & M Publishers.
- K, DePauw & S. Gavron, (2005). Disability and Sport. (2nd Ed) Illinois: Human Kinetics.
- R, Metts. (2000). Disability Issues, Trends and Recommendations for the World Bank (Washington D.C.: World Bank,).
- Oliver, M. (1990). The Politics of Disablement. Basingstoke: Macmillan.
- Sport England (2000) Young People with a Disability and Sport. London: Sport England.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of meaning, definitions, Aims and objectives, Need and importance. Role of physical education in adapted physical education. Brief historical review of adapted physical education.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Changing concept of disability handicaps, retardation, physically and mentally challenged. Physical disability, Characteristics and Category. Functional limitation, General causes. Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics, Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes. Other disabled conditions. Behavioral problems associated with disability, Adjustment problem, Emotional problem, Personality problem, Social	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

	problems, Social stigma, Discrimination and Social rejection		
Third Month	<p>The Students will develop the understanding and knowledge of Guiding principles for adapted physical education programme (AAHPER Principle). Physical education programme for disabled of - Elementary school, Middle school, High school. Special adapted programme for various types and categories of physical disability. Regular physical activity, Informal games and special activity, Informal and formal competitions. Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment. Regular physical activity, Informal games and special activity, Informal and formal competitions.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will develop the understanding and knowledge of Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme Creative development and hobby & culture development programme. Aquatic activity programme for disabled Importance of activity for disabled. Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation, aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted programme in rehabilitation. Functional rehabilitation, Psychological rehabilitation– adjustment, environmental and personality development and legislative approach.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester- IV

S.No.	Paper No.	Title	Credit
			Theory /Practical/Tutorial
1	DSC-10	Test, Measurement & Evaluation in Physical Education	6 (5 Th + 1 P)
2	DSC-11	Track & Field	6 (4 Th + 2 P)
3	DSC-12	Fundamentals of Sports Training	6 (5 Th + 1 Tut)
4	SEC-2	Select any one option from- i. Introduction to MS Excel and SPSS ii. Weight Management iii. Wellness Lifestyle	4 (4h)
Total Credits			22

Note:

- Th = Theory
- P = Practical
- Tut = Tutorial

DSC - 10

Semester IV

DSC – 10 TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

6 Credits (5 Th + 1 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective:- Students will acquire the knowledge (theoretical and practical) and importance of Test Measurement & Evaluation in Physical Education and Sports.

Learning Outcome:- Students will learn various ways and means to assess fitness in Sports & Exercise. Such core knowledge and skill will help to create a strong foundation to engage human subject of all ages, sex, and ability.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Test, Measurement and evaluation and its importance in the field of physical education and Test constructions:- a) general consideration b) physical fitness/ efficiency test.

The Student will learn the Administration 1 Mile Rock Port Test

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Physical fitness testing: components of physical fitness and Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardio-respiratory Fitness test: 1 Mile Rockport Test, Muscular Endurance Test, and Bent-Knee Sit Ups.

The Student will be able to understand Administration of senior Fitness Test

After the Completion of Third Month:

The Students will understand the Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold measurement (biceps, triceps, sub scapular and supra iliac) and Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test.

After the Completion of Fourth Month:

The Students will gain knowledge of the Administration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight foot up and go test for Agility, Six minute walk test

The Student will learn to measure the sports skills included in theory course.

THEORY SYLLABUS

UNIT-I

Introduction to Test, Measurement and evaluation and its importance in the field of physical education
Test constructions:- a) general consideration b) physical fitness/ efficiency test

UNIT-II

Physical fitness testing: components of physical fitness

Strength test: - Kraus Weber strength test, Cardio-respiratory Fitness test: 1 Mile Rockport Test, Muscular Endurance Test: Bent-Knee Sit Ups.

UNIT-III

Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold measurement (biceps, triceps, sub scapular and supra iliac).

Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test

UNIT-IV

Administration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight foot up and go test for Agility, Six minute walk test

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each.

The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical

1. Administration 1 Mile Rock Port Test
2. Administration of Fitness Test
3. Measurement of sports skills included in theory course.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units

of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

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- Balyan Sunita (2006). Sharirk Shiksha main Parikshan evmn maapan. Khel Sahitya. Delhi.
- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
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- 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 Shiksha Evam Khel Main Maapan Evam Mullyakan. Sport pub. Delhi.
- Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.

Facilitation the Achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Test, Measurement and evaluation and their importance in the field of physical education and Test constructions:- a) general consideration b) physical fitness/ efficiency test. The Student will learn the Adminsitration of 1 Mile Rock Port Test.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	After the Completion of Second Month: The Students will develop the understanding and knowledge of Physical fitness testing: components of physical fitness and Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardio-respiratory Fitness test: Mile Rockport Test, Musular Endurance Test, and Bent-Knee Sit Ups. The Student will be able to understand Adminsitration of Fitness Test.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will understand the Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of

	circumference, calf circumference, skin fold measurement (biceps, triceps, sub scapular and supra iliac) and Sports Skill Test-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test	<ul style="list-style-type: none"> • Assessment Methods • Presentation 	Assignment <ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of the Adminsitration of Senior Fitness Test: Chair Stand Test for lower body strength, Chair Sit and Reach Test for lower body flexibility, Back Scratch Test for upper body flexibility, Eight foot up and go test for Agility, Six minute walk test</p> <p>The Student will learn to measure the sports skills included in theory course.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-11

Semester IV DSC-11- TRACK & FIELD

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks=150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective:- To provide knowledge and skill of various Track & Field events in Athletics. They will also be equipped with technical and tactical knowledge of all Athletics events.

Learning Outcome:- The Students will be able to learn and perform all Athletics events.

After the Completion of First Month:

The Students will develop the knowledge of Introduction of track & field and historical review with special reference to India, Training Methods- Weight Training, Circuit Training, Cross-Country, Sand Running., Calculations of staggers, straight and radius of standard athletics tracks of 200m and 400m distance.

The student will learn various types of Crouch Start

After the Completion of Second Month:

The Students will gain knowledge of Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump and Sprinting- fixing of the starting blocks, various finishing techniques used in sprints.

The student will learn Finishing Techniques in Track Event

After the Completion of Third Month:

The Students will gain knowledge of Relays- hold of the baton, various types of baton exchange (visual and non-visual), Fixing Up runners for different relay races and Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump

The student will learn Baton Exchange in Relay Event.

After the Completion of Fourth Month:

The Students will gain knowledge of Triple Jump: Approach run, take off and landing for hop, step and jump, flying phase, landing and follow up action, Discus throw: Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action. Long distance running: Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics etc.

The student will learn Long Jump Technique.

THEORY SYLLABUS

Unit-I

- Introduction of track & field and historical review with special reference to India.
- Training Methods- Weight Training, Circuit Training, Cross-Country, Sand Running.
- Calculations of staggers, straight and radius of standard athletics tracks of 200m and 400m distance.

Unit-II

- Long Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump
- Sprinting- fixing of the starting blocks, various finishing techniques used in sprints

Unit-III

- Relays- hold of the baton, various types of baton exchange (visual and non-visual), and Fixing Up runners for different relay races.

Unit-IV

Triple Jump:

- Approach run, take off and landing for hop, step and jump, flying phase, landing and follow up action.
Discus throw: Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action
- Long distance running: Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics etc.

Practical

1. Various types of Crouch Start
2. Finishing Techniques in Track Event
3. Baton Exchange in Relay event
4. Long Jump, Triple Jump, Discus Throw, Technique

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
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- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
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- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
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- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New Delhi
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Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	<p>The Students will develop the understanding and knowledge of Introduction of track & field and historical review with special reference to India, Training Methods-Weight Training, Circuit Training, Cross-Country, Sand Running., Calculations of staggers, straight and radius of standard athletics tracks of 200m and 400m distance.</p> <p>The student will learn various types of Crouch Start</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration • Methods Assessment • Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	<p>The Students will gain knowledge of Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump and Sprinting- fixing of the starting blocks, various finishing techniques used in sprints.</p> <p>The student will learn Finishing Techniques in Track Event</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration • Methods Assessment • Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Third Month	<p>The Students will gain knowledge of Relays- hold of the baton, various types of baton exchange (visual and non-visual), Fixing Up runners for different relay races and Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump</p> <p>The student will learn Baton Exchange in Relay Event.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration • Methods Assessment • Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of Triple Jump: Approach run, take off and landing for hop, step and jump, flying phase, landing and follow up action, Discus throw: Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action. Long distance running: Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics etc.</p> <p>The student will learn Long Jump Technique.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration • Methods Assessment • Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSC-12

DSC- 12- FUNDAMENTALS OF SPORTS TRAINING

Max. Marks =100

6 Credits (5 Th + 1 Tut)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective:- To acquaint students with the knowledge of training principles and their application in enhancing the sports performance.

Learning Outcome:- The Students will be able to apply training principles in developing various exercise programmes and improving sports performances.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding Importance, definition, Aim and objectives, Characteristics & Principles of Sports training *and* Training Load, Adaptation and Recovery: Concept of load & Adaptation and Factors affecting of load and adaptation

After the Completion of Second Month:

The Students will develop the understanding and knowledge of STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance etc.) & Determining Factors affecting strength performance, Methods of strength training and ENDURANCE: Definition and significance of endurance, forms of endurance, Methods to develop endurance

After the Completion of Third Month:

The Students will gain knowledge of SPEED: Definition, Forms & factors determining speed, Methods to develop speed abilities. FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility.

After the Completion of Fourth Month:

The Students will gain knowledge of TECHNICAL PREPARATION: Definition and meaning of technique, skill and style, Technique training & its implication in various phases; Tactics and its aim, Principal of Tactical Preparation, Periodization: Need & types of periodization and Competition: Preparation for competition, number & frequency, competition preparation.

THEORY SYLLABUS:

Unit-I

Importance, definition, Aim and objectives, Characteristics and Principles of Sports training
TRAINING LOAD, ADAPTATION AND RECOVERY: Concept of load & Adaptation and Factors affecting of load & adaptation

Unit-II

STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance etc.) & Determining Factors affecting strength performance and Methods of strength training
ENDURANCE: Definition and significance of endurance, forms of endurance and Methods to develop endurance

Unit-III

SPEED: Definition, types & factors determining speed, Methods to develop speed abilities

FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility

Unit-IV

TECHNICAL PREPARATION: Definition and meaning of technique, skill and style

Technique training & its implication in various phases;

Tactics and its aim, Principal of Tactical Preparation.

Periodization : Need & types of periodization

Competition: Preparation for competition, number & frequency, competition preparation.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Tutorial period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Baechle T R & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics. USA.
- Bompa. T.O. (1994). Theory and Methods of Training-A Key to Athletic Performance (3rd Ed.). Kandwall Hunt Publication Co.
- Bompa. T.O. and G. Gregory Hett. (2009) Periodization: Theory and Methodology of Training.
- Dick FW (1999). Sport training Principles. A and C Black. London.
- Newton H (2006). Explosive lifting for sports. Human Kinetics. US.
- Singh Hardayal (1991). Science of Sport Training. D.V.S Pub. Delhi.
- Thomas R. Baechle and Roger W. Earle, (2000).

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge regarding Importance, definition, Aim and objectives, Characteristics & Principles of Sports training <i>and</i> Training Load, Adaptation and Recovery: Concept of load & Adaptation and Factors affecting of load and adaptation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of STRENGTH : Types of strength (maximum strength; explosive strength and Strength endurance etc.) & Determining Factors affecting strength performance, Methods of strength training and ENDURANCE : Definition and significance of endurance, forms of endurance, Methods to develop endurance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will gain knowledge of SPEED : Definition, Forms &, factors determining speed, Methods to develop speed abilities and FLEXIBILITY : Definition, Factors affecting flexibility; Methods used to develop flexibility	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of TECHNICAL PREPARATION : Definition and meaning of technique, skill and style, Technique training & its implication in various phases; Tactics and its aim, Principal of Tactical Preperation, Periodization: Need & types of periodization and Competition: Preparation for competition, number & frequency, competition preparation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-2(i)

SEC-2(i) - INTRODUCTION TO MS-EXCEL AND SPSS

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- The student will develop and gain knowledge about MS-Excel and SPSS

Learning Outcome:- The Students will be able to apply the knowledge in the field of physical education and sports research as well as evaluating the sports performance.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Introduction, Entering, Editing and Formatting of Data, Formatting Number and Understanding Formulas, Autosum, mean, median, mode, average, sort, Autofill and custom list.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics, Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration, Analysis Toolkit and Hands on Practice

After the Completion of Third Month:

The Students will develop the understanding and knowledge regarding Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust Chart Size, Line Chart, Scatter Chart, Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot, Editing Graph and Hand on Practice

After the Completion of Fourth Month:

The student will learn SPSS Statistics Environment: Entering Data into the data editor, The variable View, Missing values, Importing data, SPSS viewer, Exporting SPSS output, Syntax Editor, Saving Files, Retrieving a File. The student will also gain knowledge of Non-parametric Model: General Procedure of Non parametric tests in SPSS, Comparing two independent conditions, Comparing two related conditions Hands on Practice and data analysis on SPSS.

THEORY SYLLABUS

UNIT-I Introduction to Excel

- (i) Introduction, Entering, Editing and Formatting of Data and Formatting Number.
- (ii) Understanding Formulas, Autosum, mean, median, mode, average, sort, Autofill and custom list

UNIT-II Introduction of Analysis tool in Excel

- (i) Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics
- (ii) Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration.
- (iii) Analysis Toolkit
- (iv) Hands on Practice

UNIT-III: Exploring Data with Graph in Excel and SPSS

- (i) Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture

- Fill, Adjust Chart Size, Line Chart, Scatter Chart
- (ii) Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot
- (iii) Editing Graph
- (iv) Hand on Practice

UNIT-IV: Introduction of SPSS

- (i) Introduction of SPSS Statistics Environment
 - a. Entering Data into the data editor
 - b. The variable View
 - c. Missing values
 - d. Importing data
 - e. SPSS viewer
 - f. Exporting SPSS output
 - g. Syntax Editor
 - h. Saving Files
 - i. Retrieving a File.
- (ii) Introduction of Non-parametric Model
 - a. General Procedure of Non parametric tests in SPSS
 - b. Comparing two independent conditions
 - c. Comparing two related conditions
- (iii) Hands on Practice
- (iv) Data Analysis in SPSS
 - a. Descriptive Statistics
 - b. Compare Means

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READING:

- Andy Field (2013), *Discovering Statistics Using IBM SPSS STATISTICS*, Sage Publication ISBN978-1-4462-4917
- American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington DC:APA Books.
- Anderson, C. A., & Bushman, B. J. (2001). Effects of violent video games on aggressive behavior, aggressive cognition, aggressive affect, physiological arousal, and pro-social behavior: A meta-analytic review of the scientific literature. *Psychological Science*, 12(5), 353–359.
- Arrindell, W. A., & van der Ende, J. (1985). An empirical test of the utility of the observer-to-variables ratio in factor and components analysis. *Applied Psychological Measurement*, 9, 165-178.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Introduction, Entering, Editing and Formatting of Data, Formatting Number and Understanding Formulas, Autosum, mean, median, mode, average, sort, Autofill and custom list	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Table, pivot table, Data Tool, Referencing Formula, lookups, Conditional Logics, Outline, sort, Filter and subtotal, pivot Table, Protecting Data and collaboration, Analysis Toolkit and Hands on Practice	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will develop the understanding and knowledge regarding Introductions to Graph & charts, Chart Type, Instant Chart, Update Chart, Column Chart, Picture Fill, Adjust Chart Size, Line Chart, Scatter Chart, Histogram, Boxplots, Graphing Means (Bar Charts and error bars), Line Charts, Scatterplot, Editing Graph and Hand on Practice.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn SPSS Statistics Environment: Entering Data into the data editor, The variable View, Missing values, Importing data, SPSS viewer, Exporting SPSS output, Syntax Editor, Saving Files, Retrieving a File. The student will also gain knowledge of Non-parametric Model: General Procedure of Non parametric tests in SPSS, Comparing two independent conditions, Comparing two related conditions Hands on Practice and data analysis on SPSS.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-2(ii)

SEC-2(ii) - WEIGHT MANAGEMENT

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- Students will be educated with the knowledge and importance of weight management with the help of Physical exercises and Sports activities.

Learning Outcome:- Students will learn various ways and means to assess fitness & weight management. Such knowledge and skills will help to create a strong foundation to engage human subject of all ages, sex, ability.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Concept of Body Weight and Importance of Ideal Body Weight. Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR).

After the Completion of Second Month:

The Students will develop the understanding and knowledge of The Students will understand the Concept and Causes of Obesity, Concept and Causes of Malnutrition, Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anaemia, Osteoporosis.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of The Students will gain knowledge of the Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks, Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of ways and means for Weight Management – Losing, Gaining and Maintaining Weight, Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyser.

Unit-I:

Concept of Body Weight and Importance of Ideal Body Weight
Assessment of Body Weight – Visual Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR)

Unit-II:

Concept and Causes of Obesity
Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anaemia, Osteoporosis.

Unit -III: Nutrition and Weight Management

Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks, Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.

Unit- IV:

Ways and Means for Weight Management – Losing, Gaining and Maintaining Weight.
Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyser.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- ACSM'S (2001), ACSM Fitness Book (U.K., Human Kinetics).
- Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft Resource Material – Fitness, Aerobics and Gym-Operations.
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema (2009), A Practical Workbook on Fitness, Aerobics and Gym Operations, KhelSahitya, New Delhi.
- Sharma K. et.al. (2014), Fitness Aerobics & Gym Operations, Jyoti Enterprises, Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Concept of Body Weight and Importance of Ideal Body Weight. Assessment of Body Weight – Visual	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment

	Inspection, Height-weight Chart, Body Mass Index (BMI), Waist-Hip Ratio (WHR); Procedure for Measuring Body Weight and Height, Calculation of Body Mass Index (BMI) and Waist-Hip Ratio (WHR).	<ul style="list-style-type: none"> • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • MCQ • Class-test / viva/ seminar
Second Month	After the Completion of Second Month: The Students will develop the understanding and knowledge of The Students will understand the Concept and Causes of Obesity, Concept and Causes of Malnutrition, Health Problems caused by over/ under nutrition - Diabetes Mellitus (Type II), Atherosclerosis, Coronary Heart Disease, Stroke, Cancer, Anorexia Nervosa, Bulimia Nervosa, Anaemia, Osteoporosis.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will develop the understanding and knowledge of The Students will gain knowledge of the Concept of Nutrition, Nutrients, Balanced Diet, Dietary Aids and Gimmicks. Concept of Energy and Activity, Energy Balance Equations, Calorie Intake and Expenditure.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will develop the understanding and knowledge of ways and means for Weight Management – Losing, Gaining and Maintaining Weight. Concept and Causes of Malnutrition. Concept of Body Composition and its Assessment - Skinfold tests, Hydrostatic weighing, Body composition Analyser.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-2(iii)

SEC-2(iii) - WELLNESS LIFESTYLE

Max. Marks =100

4 Credits (4Th)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective:- Students will be educated with the knowledge and importance of wellness lifestyle with the help of Physical exercises and Sporting activities.

Learning Outcome:- Students learn various ways and means to assess wellness. Such core knowledge and skills will help to create a strong foundation to engage human subject of all ages, sex, ability and persons with specialized need.

After the Completion of First Month:

The Students will develop the understanding and knowledge of Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Fitness and wellness counselling – role of fitness counsellor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.

UNIT-I

Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.

UNIT- II

Fitness and wellness counselling – role of fitness counsellor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.

UNIT -III

Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.

UNIT-IV

Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Reading:

- American college of sports Medicine. (2005). ACSM'S Health-Related Physical Fitness Assessment Manual., London, Lippincott.
- Anspaugh, D. J. & Others (2003). Wellness, Boston McGraw Hills,
- Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
- Corbin, C.B. & Others. (2006) Concepts of Fitness and Wellness, Boston, McGraw Hill,
- Edward A. Taub, F. Murad and Oliphant D. 2007.The Wellness Solution,
- Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
- Kennedy, Carol, A. & Yoke, M.M., (2008). Methods of Group Exercise Instruction N.Y. Human Kinetics,
- Lang, Annette. (2007). Morning Strength Workouts, U.S. Human kinetic,
- Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.

- Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.
- Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
- Tomkinson, G.R. & Olds, T.S. (2007). Paediatric Fitness, London Karger.
- Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
- Uppal and Gautam. (2008). Health and Physical Education, Friends Publication.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of Introduction of physical fitness, components of physical fitness. Introduction, meaning and components of wellness. Measurement and evaluation of physical fitness.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	: The Students will develop the understanding and knowledge of Fitness and wellness counselling – role of fitness counsellor in motivating the people, Physical activity and wellness - role of physical activity for the promotion of wellness.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will develop the understanding and knowledge of Substance abuse and their hazards, Role of prevention of substance abuse in wellness and physical fitness, weight Management and its role in wellness.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will develop the understanding and knowledge of Meditation, anger management and stress management, Role of recreation, meditation and stress management in the promotion of health and wellness.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester- V

S.No.	Paper No.	Title	Credit
			Theory/Practical/Tutorial
1	SEC - 3	Select any ONE option: (i) Sports Management (ii) Sports Specific Skill Enhancement (iii) Exercise Prescription	4 (4 Th)
2	DSE-1	Sports Proficiency – 1	6 (4 Th + 2 P)
3	DSE-2	Kinesiology and Biomechanics	6 (5 Th + 1 P)
4	DSE-3	Research Methodology	6 (5 Th + 1 Tut)
		Total Credit	22

Note:

- Th = Theory
- P = Practical
- Tut = Tutorial

SEC-3(i)

Semester V
SEC-3(i)-SPORTS MANAGEMENT

Max. Marks =100

4 Credits (4 Th)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective:- To acquaint students with knowledge of management and planning of Sports Competitions & Tournaments.

Learning Outcome:- The student learns to plan, organize & execute sports events.

After the Completion of First Month:

The Students will understand the concept of Sports Management, Historical perspective of sports management in India, Nature and scope of sports management, Aims and objectives of sports management, skills of sports management, Guiding principles of sports management, Leaderships, Identification of resources, Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination).

The Student will learn to prepare a draft for management of intramural sports events.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition, Inter college competition, National level Competition), Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.

The Student will learn to prepare a draft for management of sports event (state, national and international level).

After the Completion of Third Month:

The Students will gain knowledge of Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

The Student will learn to prepare a budget for setting up a gym/ fitness centre.

After the Completion of Fourth Month:

The Students will gain knowledge of Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.

The Student will learn to draft proposals for procurement of equipments for a school/ institute.

THEORY SYLLABUS:

Unit-I

- i) Meaning, concept and definition of sports management , Historical perspective of sports management in India
- ii) Nature and scope of sports management, Aims and objectives of sports management, skills of sports management.

Unit - II

- i) Guiding principles of sports management , Leaderships, Identification of resources
- ii) Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination)

Unit –III

- i) Definition and meaning of planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition , Inter college competition, National level Competition)
- ii) Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.

Unit – IV

- i) Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U.
- ii) Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Tutorial period is equal to 1 credit of 1 hour duration.

Marking Scheme:Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 markseach. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings

- Allen, L.A. (1988) Management & Organization. Kogakusha Co. Tokyo.
- Hert, Renis, New Patterns of Management, McGraw Hill, 1961.

- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management
- Sivia, (1991)G.S. Sports Management in Universities, New Delhi: A.I.U. Deen Dayal Upadhyaya Marg.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will understand the concept of Sports Management, Historical perspective of sports management in India, Nature and scope of sports management, Aims and objectives of sports management, skills of sports management, Guiding principles of sports management , Leaderships, Identification of resources, Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination). The Student will learn to prepare a draft for management of intramural sports events.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition, Inter-college competition, National level Competition), Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager. The Student will learn to prepare a draft for management of sports event (state, national and international level).	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will gain knowledge of Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation, Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution. The Student will learn to prepare a budget for setting up a gym/ fitness centre.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of Tournaments/Competitions, Types of Tournaments, Fixture, Seeding, Structure and functions of S.A.I., University Sports Council and A.I.U. The Student will learn to draft proposals for procurement of equipments for a school/ institute.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-3(ii)

Semester V
SEC - 3(ii) - Sports Specific Skill Enhancement

Max. Marks =100

4 Credits (4 Th)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: To improve the students' proficiency in the Practical aspects of his chosen Game and Sports which he/she has already studied in Sem.-1 and Sem.-3

Learning Outcomes: Students will learn the theoretical and practical aspects of the Game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.

After the Completion of First Month:

The Students will develop the understanding and knowledge of General and specific warm up, cooling down & their physiological effect, specific motor components related to hockey, their importance and development.

The Student will learn Drills to improve basic skill-hitting, receiving, shooting at goal post passing, Attacking tactics- Attacking move from right and left side, interchange position, heading and shooting at goal, Defensive tactics- Positioning of defenders, interchange position, man to man and zonal defense, defensive attack

After the Completion of Second Month:

The students will learn the Introduction to sports training, its importance and characteristics, training load and adaptation, principles of training load, Officiating- Definition and importance, duties and responsibilities of hockey skills, Duties and responsibilities of umpire, umpiring signals, score sheet
The Student will learn General and specific exercise for warming up and cooling down, Umpire's, Signals, Score sheet

After the Completion of Third Month:

The student will learn the Tactical preparation- Attaching & defensive tactics, their kinds & principles, game strategies- system of play Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

The Student will learn Construction of a hockey field and Teaching of basic skills

After the Completion of Fourth Month:

The student will learn Psychological training- Methods and importance of Psychological training, philosophical aspects of training and coaching, Physical fitness and playing ability test related to hockey, nutritional requirement of the players.

THEORY SYLLABUS:

Unit-I

Advanced Skills & their stages of perfection:

- Tactical Skills with perfection drills
- Technical Skills with perfection drills

Unit-II

Team Building and Development:

- Selection of players
- Specific training as per positions of the player
- Short term & long term training plan
- Psychological skills for relaxation & arousal

Unit-III

Officiating in sports:

- Officiating signals
- Interpretation of rules
- Knowledge of Scoring & score sheet
- Match Analysis
- Psychological skills/qualities of officials

Unit-IV

Analysis of teams

- Fitness & Sports skill Testing
- Tactical Aspect of sports.
- Analysis of Technical & Tactical skills of a team
- Team scouting

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme:Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 markseach. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics. Champaign. U.S.A.
- Barrow & McGee's Practical Measurement and Assessment.

- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Caffary B (1992). Skilful Judo. A & C Black London.
- Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Vanaik, A. (2017). Officiating and Coaching, Friends Publications, Delhi.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will able to demonstrate, perform and teach advanced skill, attacking and defensive tactics of the game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will able to demonstrate, perform and teach advanced skill, attacking and defensive tactics of the game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will able to demonstrate, perform and teach officiating-umpire, signals, interpretation of rules and Lesson Plan (theory(5)-Basic Skill Teaching Lesson plan & Practice).	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The students will able to demonstrate, perform and teach Lesson Plan (advanced coaching lesson plans & practice and Evaluation of advanced skills)	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC-3(iii)

Semester V
SEC - 3(iii) - Exercise Prescription

Max. Marks =100

4 Credits (4 Th)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective:- Students will be educated with the knowledge and importance of Exercise Prescription with the help of Physical Exercises and Sports activities in systematic and scientific procedure.

Learning Outcome:- Students learn various ways, means and methods to exercise prescription the better fitness and lead a healthy life style.

After the Completion of First Month:

The Students will develop the understanding and knowledge of meaning and definition of exercise and physical activity, differences between exercise and physical activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

After the Completion of Third Month:

The Students will develop the understanding and knowledge of health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc. Necessity of exercise prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.

After the Completion of Fourth Month:

The Students will develop the understanding and knowledge of steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)

Unit I

Meaning and definition of Exercise and Physical Activity, difference between Exercise and Physical Activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.

Unit II

Basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

Unit III

Health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc.

Necessity of Exercise Prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.

Unit IV

Steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity).

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 markseach. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Reading:

- American college of sports Medicine., ACSM's Health-Related Physical Fitness Assessment Manual., London, Lippincott, 2005.
- Anspaugh, D. J. & Others, Wellness, Boston McGraw Hills, 2003
- Corbin C.B, G.J. Welk, W.R. Corbin and K.A. Welk (2008). Fitness & Wellness Concepts.
- Corbin, C.B. & Others, Concepts of Fitness And Wellness, Boston, McGraw Hill, 2006
- Edward A. Taub, F. Murad and Oliphant D.,The Wellness Solution, 2007.
- Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
- Kennedy, Carol, A. & Yoke, M.M., Methods of Group Exercise Instruction N.Y. Human Kinetics, 2008

- Lang, Annette , Morning Strength Workouts, U.S. Human kinetic, 2007
- Robin, J. (2005). The Great Physicians Rx for Health & Wellness: Seen Keys to Unlocking Your Health Potential. Nelson Books, Thomson Nelson Publishers, Nashville, Tennessee, USA.
- Savard, M. and C. Svec (2005). The body Shape Solution to Weight Loss and Wellness. Atria Books, Sydney, Australia.
- Taub, E.A., F. Murad and D. Oliphant (2007). The Wellness Solution based on Nobel Prize Science. World Almanac Library Publishers, Milwaukee, Wisconsin, USA.
- Tomkinson, G.R. & Olds, T.S. (ED.), Pediatric Fitness, London Karger, 2007.
- Trudeau, K. (2007). The Weight – Loss Cure. Alliance Publishing Group, Inc., Elk Grove Village, Illinois, USA.
- Uppal and Gautam. (2008). Health and Physical Education, Friends Publication,

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge of meaning and definition of exercise and physical activity, differences between exercise and physical activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will develop the understanding and knowledge of health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc. Necessity of Exercise Prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will develop the understanding and knowledge of steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1 (i)

Semester V

DSE-1 (i) Sports Proficiency – 1 (BADMINTON)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: -The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

Learning and demonstrating various skills/techniques of sports.
Learning to demonstrate various drills for perfecting a skill
Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested reading:

- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
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- Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part I & II). Friends Publication. New Delhi.
- Jain D (2001). Teaching and Coaching – Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi

- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1 (ii)

Semester V

DSE-1 (ii) - Sports Proficiency – 1 - BASKETBALL

Max. Marks =150

6 Credits (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Scoresheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.

Practicals -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co.,USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing,USA.
- Jain Naveen (2003). Play and Learn Basket Ball. KhelSahitya Kendra. NewDelhi.
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- Sharma OP (2003). Basket Ball Skills and Rules. KhelSahityaKendra,Delhi.
- ThaniLokesh (1995). Skills & Tactics of Basket Ball. Sport Pub. NewDelhi.
- ThaniYograj (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi. Wilmore &Costill (2004).Physiology of Sports & Exercise. Human Kinetics,US.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1 (iii)

Semester V

DSE-1 (iii) - Sports Proficiency – 1 (CRICKET)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgement.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. NewDelhi.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited,U.K.
- Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C BlackPublishers.
- Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, NewDelhi.
- Hobbs, J. (2008). The Game of Cricket As it should be Played. Jepson Press,USA.
- Jain R. (2003). Fielding Drills in Cricket. KhelSahitya Kendra. NewDelhi.
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- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1 (iv)

Semester V

DSE - 1 (iv) - Sports Proficiency – 1 (FOOTBALL)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgement.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- American Football Coaches Association (2002). The Football Coaching Bible. 1st Ed., Human Kinectics, USA.
- Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. RoutledgePublishers,USA.
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- Sharma OP (2001). Teaching and Coaching –Football. KhelS.K.Delhi.
- ThaniYograj (2002). Coaching Successfully Football. K.S.K. NewDelhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1- (vi)

Semester V

DSE - 1 (vi) Sports Proficiency – 1 (HANDBALL)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgement.

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. KhelSahitya Kendra. NewDelhi.
- Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics,USA.
- Page, J. (2000). Ball Games. Lerner Sports Publisher,USA.
- Phillips, B.E. (2009). Fundamental Handball. KessingerPublishers,USA.
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- Surhone, L.M. et al (2010). Team Handball. BetascriptPublishing,USA
- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1- (vii)

Semester V

DSE - 1 (vii) Sports Proficiency – 1 (HOCKEY)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

Learning and demonstrating various skills/techniques of sports.
Learning to demonstrate various drills for perfecting a skill
Learning and demonstrating to complete the process of scoring/ judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation.India.
- Jain D (2003). Hockey Skills & Rules. khelSahitya Kendra . NewDelhi.
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- ThaniYograj (2002). Coaching Successfully Hockey. Sports Publication.Delhi.
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- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1- (viii)

Semester V

DSE - 1 (viii) Sports Proficiency – 1 (JUDO)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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. KhelSahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1- (ix)

Semester V

DSE - 1 (ix) Sports Proficiency – 1 (KABADDI)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

Learning and demonstrating various skills/techniques of sports.
Learning to demonstrate various drills for perfecting a skill
Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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- 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. KhelSahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1- (x)

Semester V

DSE - 1 (x) Sports Proficiency – 1 (KHO-KHO)

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question from each unit from each of the four units of the

syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each.

The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various drills for perfecting a skill

Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Chakrabarty G (2002). Kho - KhoAveloken. KhelSahityaKendra.Delhi.
- Panday L (1982). Kho - KhoSarvaswa. Metropolitan. NewDelhi
- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-1- (xi)

Semester V

DSE - 1(xi) Sports Proficiency – 1 (VOLLEYBALL)

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - The student will be able to learn and acquaint themselves with the sport of their choice and gain proficiency.

Learning Outcome: -The student attains knowledge, understanding, interpreting and analysing proficiency in a game of one's choice in the areas of training, talent identification, officiating and coaching.

After the Completion of First Month:

The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Score sheet and Record Keeping and Planning, organizing and reporting a competition

After the Completion of Third Month:

The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique

After the Completion of Fourth Month:

The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Rules of the game/sport.
- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each.

The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical -

Learning and demonstrating various skills/techniques of sports.

Learning to demonstrate various drills for perfecting a skill

Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Steve Oldenburg (2015). Complete Conditioning for Volleyball. Human Kinetics.
- Donald S. Shondell, Cecile Renaud (2002). Volleyball Coaching Bible. Human Kinetics.
- Joel B. Dearing (2003). Volleyball Fundamentals. Human Kinetics.
- American Volleyball Coaches Association (2006). Volleyball Skills and Drills. Human Kinetics.
- Becky Schmidt (2016). Volleyball: Steps to Success. Human Kinetics.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level) and Playfield Technology – Marking and Construction of the playfields and Safety Measures.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Rules of the game/sport, Duties and Responsibilities of Officials, Scoresheet and Record Keeping and Planning, organizing and reporting a competition.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Basic skills and techniques of the Sports/Game and Drills for the perfection of Skills/Technique	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinatives Abilities and Flexibility.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-2

Semester V
DSE-2 Kinesiology and Biomechanics

6 Credits (5 Th + 1 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: To impart the knowledge about the various movements of the body affecting performance in sports and a basic knowledge of various Sports Injuries and their management.

Learning Outcome: Students will learn the science of movement for better sports performance and the basic knowledge of the various injuries and their management. Such core knowledge and skill helps to create a strong foundation to engage human subject of all ages, sex, and ability.

After the Completion of First Month:

The student will learn the Meaning, aim & objectives, importance of kinesiology for physical education and sports, Fundamental concepts: Centre of gravity, line of gravity, axes and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles.

After the Completion of Second Month:

The student will develop the understanding about Location & Action of Muscles at Various Joints:- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint, b) Neck, trunk (Lumbosacral region) and c) Lower extremity – Hip joint, knee joint, ankle joint and Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging.

After the Completion of Third Month:

The student will gain knowledge of Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action.

Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.

After the Completion of Fourth Month:

The student will learn about the Meaning, aims, objectives and importance, types of motion, linear motion & angular motion, Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion. Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion, Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and Newton's laws of motion angular kinetics: moment of inertia, conservation of moments, transfer of moments, levers, equilibrium. Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action.

THEORY SYLLABUS

UNIT-I

Meaning, aim & objectives, importance of kinesiology for physical education and sports
 Fundamental concepts: Centre of gravity, line of gravity, axes and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles

UNIT-II

Location & Action of Muscles at Various Joints:-

- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint
- b) Neck, trunk (Lumbosacral region)

c) Lower extremity – Hip joint, knee joint, ankle joint

Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging

UNIT-III

Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action.

Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.

UNIT-IV

Meaning, aims, objectives and importance, types of motion, linear motion & angular motion

Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion

Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion

Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and Newton's laws of motion angular kinetics: moment of inertia, conservation of moments, transfer of moments, levers, equilibrium

Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each.

The student is required to attempt any 3 questions from Part-A and any 4 questions from Part-B.

Practical

1. Demonstration of planes & axes of a given movement i) Determination of the location of muscles at various joints

ii) Shoulder girdle, Shoulder joints, Elbow joint

iii) Hip joint, Knee joint, Ankle joint

2. Muscular analysis of the techniques of game of your specialization

3. Determination of centre of gravity of a Bat/Racket (Suspension method)

4. Evaluation of a Dynamogram to draw a velocity time curve, distance time curve.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.

(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
- Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
- Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
- 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.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Meaning, aim & objectives, importance of kinesiology for physical education and sports, Fundamental concepts: Centre of gravity, line of gravity, axes and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Location & Action of Muscles at Various Joints:- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint, b) Neck, trunk (Lumbosacral region and c) Lower extremity – Hip joint, knee joint, ankle joint and Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action. Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Meaning, aims, objectives and importance, types of motion, linear motion & angular motion, Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion. Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion, Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and Newton's laws of motion angular kinetics: moment of inertia, conservation of moments, transfer of moments, levers, equilibrium. Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-3

Semester V DSE-3- Research Methodology

6 Credits (5 Th + 1Tut)
Time: 3Hrs

Max. Marks =100

Theory = 75 Marks + Internal Assessment = 25

Objective: The student will gain the knowledge about Research Methods of sampling, writing of Research Report and analysis of the data through statistical techniques.

Learning Outcome: The student will be able to use the knowledge of Research for analysis of data and leading to logical conclusion on any field of investigation.

After the Completion of First Month:

The student will learn the Research: Nature, Unscientific vs scientific methods of problem solving, Ethical Issues in Research, Identification and criteria in selecting a Research Problem, defining and delimiting problem and Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.

After the Completion of Second Month:

The student will develop the understanding about Sampling (Random, cluster, stratified), Survey :- Survey by Questionnaire and survey by Interview, Experimental Methods :- Relationship studies, Comparative Studies and Control of experimental factors and Instrumentation.

After the Completion of Third Month:

The student will gain knowledge of Research proposal, Organization of the Thesis report, Research article, oral and poster presentation, Table, figure and bibliography.

After the Completion of Fourth Month:

The student will learn about the Types of data, Measures of central tendency (mean, median and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data, Tests for measuring correlation (Product moment correlation) and differences (Independent T- test), numerical problems to be solved from raw data, plotting of graphs and chart.

THEORY SYLLABUS

Unit 1 Introduction to Research in Physical Education

- 1 Research: Nature, Unscientific vs scientific methods of problem solving, Ethical Issues in Research.
- 2 Identification and criteria in selecting a Research Problem, defining and delimiting problem.
- 3 Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.
- 4 Statistical concept: Importance of statistic in Physical Education, ways to select a sample.

Unit 2 Research Methods

- 1 Sampling (Random, cluster, stratified)
- 2 Survey :- Survey by Questionnaire and survey by Interview

- 3 Experimental Methods: - Relationship studies, Comparative Studies and Control of experimental factors.
- 4 Instrumentation

Unit 3 Writing the Research Report

- 1 Research proposal
- 2 Organization of the Thesis report
- 3 Research article, oral and poster presentation
- 4 Table, figure, bibliography.

Unit 4 Statistical concepts in Research

- 1 Types of data
- 2 Measures of central tendency (mean, median and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data.
- 3 Tests for measuring correlation (Product moment correlation) and differences (Independent T- test), numerical problems to be solved from raw data, plotting of graphs and chart.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Tutorial period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 markseach. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

- Author's guide: Research Methods applied to Health Physical and Recreation, Washington, D.C. 1991.
- Best John & Kahni, J.V. 1992). Research in Education, New Delhi. Prentice Hall of India (Pvt.) Ltd..
- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.

- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: Vakils Feffer and Simon Ltd.
- Koul, L. (2002). Methodology of Educational Research, Vikas Publishing House, New Delhi.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn the Research: Nature, Unscientific vs scientific methods of problem solving, Ethical Issues in Research, Identification and criteria in selecting a Research Problem, defining and delimiting problem and Literature review: Purpose, Literature search methods, steps of literature review, major literature sources.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding about Sampling (Random, cluster, stratified), Survey: - Survey by Questionnaire and survey by Interview, Experimental Methods: - Relationship studies, Comparative Studies and Control of experimental factors and Instrumentation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge of Research proposal, Organization of the Thesis report, Research article, oral and poster presentation, Table, figure and bibliography.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will learn about the Types of data, Measures of central tendency (mean, median and mode), Measures of variability (range and standard deviation), numerical problems to be solved from raw data, Tests for measuring correlation (Product moment correlation) and differences (Independent T- test), numerical problems to be solved from raw data, plotting of graphs and chart.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

Semester- VI

S.No.	Paper No.	Title	Credit
			Theory/ Practical / Tutorial
1	SEC - 4	Select any ONE option: i. Posture and Athletic Care. ii. Olympic Education iii. Sports and Exercises Nutrition iv. Stress Management	4 (4 Th)
2	DSC - 4	Sports Proficiency – 2	6 (4 Th + 2 P)
3	DSC - 5	Sports Psychology and Sociology	6 (5 Th + 1 Tut)
4	DSE - 6	Project Work / Dissertation OR Select any ONE option i. Computer Application ii. Fitness and Exercise Management iii. Gym Operation iv. Sports Journalism	6 (5Th + 1 P)
		Total Credit	22

Note:

- Th = Theory
- P = Practical
- Tut = Tutorial

SEC - 4 (i)**Semester VI
SEC - 4 (i) Posture and Athletic Care**

Max. Marks = 100

4 Credits (4 Th)
Time: 3Hrs**Theory = 75 Marks + Internal Assessment = 25****Objective:** To impart the knowledge about the various physical postures, athletic care and first aid in case of sports injuries and rehabilitation.**Learning Outcome:** Students will learn the science of physical posture, athletic care and first aid in case of sports injuries and rehabilitation. Such core knowledge and skill helps to create a strong foundation to correct different postures, athletic care and first aid, especially persons with specialized need.**After the Completion of First Month:**

The students will develop the understanding and knowledge of aim & objectives, importance of Posture – concept, significance and benefits, Bad Posture- Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body. About the postural deformities, types and causes of kyphosis, scoliosis, lordosis, knock knees, bow legs, flat foot and respective corrective exercises. It is also learn and demonstration about the illnesses due to improper posture- back pain, neck pain and corrective exercises.

After the Completion of Second Month:

The students will develop the understanding and knowledge of Sports Medicine and Athletic Care – Its concept and significance, factors causing injuries, general principles of prevention of injuries, common sports injuries such as strain, muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture, dislocation.

The Student will learn Determination of the location of muscles-Shoulder girdle, Shoulder joints and Elbow Joints. (By palpation Method)

After the Completion of Third Month:

The students will gain understanding and knowledge of the sports injuries and first aid, P.R.I.C.E. It also helps to understand the concept of the rehabilitation and its- aim and objective, recovery with the help of ice bath, contrast bath, hot fomentation. It also learn about management of injuries like -strain and muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture and dislocation.

After the Completion of Fourth Month:

The students will gain knowledge, learning and undersatding of the concept, aims & scope of therapeutic modalities, (therapeutic ultrasound, interferential therapy unit, T.E.N.S., infrared lamp, wax bath, short wave diathermy) muscle strengthening through active and passive exercise. It also helps to understand about therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.

THEORY SYLLABUS:**Unit-I: Postures**

- Posture – Concept, Significance and Benefits.
- Bad Posture- Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body.
- Postural Deformities – Types and Causes of Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot and respective corrective exercises.
- Illnesses due to Improper Posture- Back Pain, Neck Pain and Corrective Exercises.

Unit-II: Athletic Care

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

- General Principles of Prevention of Injuries
- Common Sports Injuries (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation)

Unit-III: First Aid, Ergogenic Aids and Rehabilitation

- 1.1 Sports Injuries and First Aid (P.R.I.C.E.)
- 1.2 Rehabilitation - Aim and Objective, Recovery (Ice bath, Contrast Bath, Hot Fomentation)
- 1.3 Management of Injuries (Strain and Muscle and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation)

Unit-IV: Therapeutic Modalities and Rehabilitation

- 1.4 Therapeutic Modalities (Therapeutic Ultrasound, Interferential Therapy Unit, T.E.N.S., Infrared Lamp, Wax Bath, Short Wave Diathermy)
- 1.5 Muscle Strengthening through Active and Passive Exercise.
- 1.6 Therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- 1 **ACSM's Guidelines for Exercise Testing and Prescription** (2001), American College of Sports Medicine, New York, U.S.A.
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- 3 Beotra, Alka (2001-02) **Drug Education Handbook on Drug Abuse in Sports**, Applied Nutrition Sciences, Mumbai.
- 4 Donatelle, R.J. and Ketcham P. (2007), **Access to Health**, Benjamin Cummings, Boston, USA.
- 5 Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
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- 7 Hoeger, W W K and S.A. Hoeger (2004). **Principles and Labs for Fitness and Wellness**, Thomson Wadsworth, California, USA.
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- 9 Jain, J. (2004) **Khel Dawaon Ka** (New Delhi: Delhi University Press).
- 10 Pande, P. K. (1987) **Outline of Sports Medicine** (New Delhi: Jaypee Brothers).
- 11 Roy, Steven and Richard, Irvin (1983) **Sports Medicine**, Benjamin Cummings, Boston, USA.
- 12 Schindler, J.A. (2003) **How to Live 365 Days a Year** (Boston: Running Press).

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	After the Completion of First Month: The students will develop the understanding and knowledge of aim & objectives, importance of Posture – concept, significance and benefits, Bad Posture- Sitting, Standing, Walking, Lying down), Effects of Bad Posture on the Body. About the postural deformities, types and causes of kyphosis, scoliosis, lordosis, knock knees, bow legs, flat foot and respective corrective exercises. It is also learn and demonstration about the illnesses due to improper posture- back pain, neck pain and corrective exercises.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	After the Completion of Second Month: The students will develop the understanding and knowledge of Sports Medicine and Athletic Care – Its concept and significance, factors causing injuries, general principles of prevention of injuries, common sports injuries such as strain, muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture, dislocation. The Student will learn Determination of the location of muscles-Shoulder girdle, Shoulder joints and Elbow Joints. (By palpation Method)	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third	After the Completion of Third Month:	<ul style="list-style-type: none"> • Lecture Methods 	<ul style="list-style-type: none"> • Evaluation of

Month	The students will gain understanding and knowledge of the sports injuries and first aid, P.R.I.C.E. It also helps to understand the concept of the rehabilitation and its- aim and objective, recovery with the help of ice bath, contrast bath, hot fomentation. It also learn about management of injuries like -strain and muscle and ligament sprain, frozen shoulder, lower back strain, tennis and golfer's elbow, runner's knee, shin pain, blister, concussion, abrasion, laceration, haematoma, fracture and dislocation.	<ul style="list-style-type: none"> • Demonstration Methods • Assessment Methods • Presentation 	Presentation <ul style="list-style-type: none"> • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	After the Completion of Fourth Month: The students will gain knowledge, learning and undersatding of the concept, aims & scope of therapeutic modalities, (therapeutic ultrasound, interferential therapy unit, T.E.N.S., infrared lamp, wax bath, short wave diathermy) muscle strengthening through active and passive exercise. It also helps to understand about therapeutic value with Yogasanas for rehabilitation and strengthening of the muscles.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC - 4 (ii)

**Semester VI
SEC - 4 (ii) Olympic Education**

Max. Marks =100

4 Credits (4 Th)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: To impart the knowledge about the Olympicism its functions through the various International sports federation, National committees and IOC commissions.

Learning Outcome: Students will learn the deep knowledge about ancient and modern Olympics, administration, organisation of Olympics Games and functions of IOC.

After the Completion of First Month:

The students will develop the understanding and knowledge of Concept of Olympics movement, the ancient Olympic Games and the Modern Olympic Games and its movement. It also helps to know about the aims and symbols of the Olympic movement and International Olympic Committee (IOC).

After the Completion of Second Month:

The students will develop the understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympics games.

After the Completion of Third Month:

The students will gain understanding and knowledge of the Organization of Olympics games, international bid process for selecting sites / city for the games, Participation in Olympic Games and about Women & sports.

After the Completion of Fourth Month:

The students will gain knowledge and understanding of the Olympic museum, Olympic academy and Olympic solidarity programme, Paralympics games and concept of Sports for all. It also helps to know about Culture, Olympism, winning, participation and universality of the games, drug abuse and doping in sports and games.

THEORY SYLLABUS:

UNIT-I THE OLYMPIC MOVEMENT

- Concept of Olympics movement, the ancient Olympic games and the Modern Olympic games and its movement.
- Aims and symbols of the Olympic movement.
- The International Olympic Committee (IOC).

UNIT-II STRUCTURE OF THE OLYMPIC MOVEMENT

- The National Olympic Committee (NOC).
- The International Sports Federations (IFs).
- The National Sports Federations (NFs).
- Volunteerism and Olympics games.

UNIT-III THE OLYMPIC GAMES

- Organization of Olympics games.
- The international bid process for selecting sites / city for the games.
- Participation in Olympic Games.
- Women and sports.

UNIT-IV IOC PROGRAMMES

- Olympic museum, Olympic academy and Olympic solidarity program.
- Paralympics games and concept of Sports for all.
- Culture, Olympism, winning, participation and universality of the games.
- Drug abuse and doping.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READING:

- Carto, J.E.L. And Calif, S.D. (1984). Medicine & Sport Science: Physical Structure of Olympic Athletes. London: Karger.
- Cliw, Gifford, (2004). Summer Olympic.
- Daw, Anderson. (2008). The Story of the Olympics.
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi.
- Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
- Osborne, Manpope, Ancient Greece and the Olympic, 2004.
- Oxlade, chris., Olympic, 1999.
- Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
- Toropove, Brandon., The Olympic for Beginners, 2008.
- Wallechineley, Davi, The Complete Book of the Olympic, 1992.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The students will develop the understanding and knowledge of Concept of Olympics movement, the ancient Olympic Games and the Modern Olympic games and its movement. It also helps to know about the aims and symbols of the Olympic movement and International Olympic Committee (IOC).and universality of the games, drug abuse and doping in sports and games.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The students will develop the understanding and knowledge of The National Olympic Committee (NOC), International Sports Federations (IFs), National Sports Federations (NFs), Volunteerism and Olympic games.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The students will gain understanding and knowledge of the Organization of Olymics games, international bid process for selecting sites / city for the games, Participation in Olympic Games and about Women & sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The students will gain knowledge and understanding of the Olympic museum, Olympic academy and Olympic solidarity programme, Paralympic games and concept of Sports for all. It also helps to know about Culture, Olympism, winning, participation	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC - 4 (iii)

Semester VI

SEC - 4 (iii) SPORTS & EXERCISE NUTRITION

4 Credits (4 Th)

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To acquaint student with the knowledge of basic nutrition and nutrition in Sports & Exercise and other related aspects important to sports persons.

Learning Outcome: - The student would be able to apply the knowledge of nutrition in day to day life and in sports and training. Such core knowledge and skill helps to create a strong foundation to engage human subject of all ages, sexes and abilities.

After the Completion of First Month:

The Students will be introduced with the basic concepts in nutrition & nutrients, significance their sources & functions requirements in normal health conditions, Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight. The Student will acquaint with the practical of determination of energy expenditure in sports and exercise using various methods. They will be able to calculate total day's energy intake and energy expenditure and evaluating state of energy balance.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal. The Student will acquaint with the practical Meal planning for regular training-endurance and strength sport activities, Diet planning for adult man and women.

After the Completion of Third Month:

The Students will gain knowledge of concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise- Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills. The Student will learn to plan Pre-event meal and liquid meal, Post-event meal and high energy meal.

After the Completion of Fourth Month:

The Students will gain knowledge of Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise, Supplements and their role in sports. The Student will learn to plan diet for weight loss.

THEORY SYLLABUS:

Unit-I

Introduction to basic concepts in nutrition-Nutrients of physiological significance their sources & functions requirements in normal health conditions.

Unit-II

Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of

specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight.

Unit-III

Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal.

Unit-IV

Concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise- Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills.

Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise. Supplements and their role in sports.

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination - 75 Marks

Internal Assessment - 25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva - 10 Marks

Project/Assignment/Seminar - 10 Marks

Attendance - 5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting at least one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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.
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- McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3rd Ed. Lippincott Williams and Wilkins, USA.
- Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
- Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont. California. U.S.A.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	<p>The Students will be introduced with the basic concepts in nutrition& nutrients, significance their sources & functions requirements in normal health conditions, Energy metabolism-BMR, RMR, energy expended on physical activity and TEF. Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic Concept of energy balance in maintaining weight.</p> <p>The Student will acquaint with the practical of determination of energy expenditure in sports and exercise using various methods. They will be able to calculate total day's energy intake and energy expenditure and evaluating state of energy balance.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	<p>The Students will develop the understanding and knowledge of Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) during training, pre event meal, during event and post event meal.</p> <p>The Student will acquaint with the practical Meal planning for regular training-endurance and strength sport activities, Diet planning for adult man and women.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	<p>The Students will gain knowledge of concept of Fluid in sports- Hypotonic, Isotonic and Hypertonic. Requirement of fluid for various activities. Fluid balance in sports and exercise-Importance, Symptoms and prevention of dehydration. Normal weight- concept, weight management skills.</p> <p>The Student will learn to plan Pre-event meal and liquid meal, Post-event meal and high energy meal.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise. Supplements and their role in sports.</p> <p>The Student will learn to plan diet for weight loss.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

SEC - 4 (iv)

Semester VI
SEC - 4 (iv) STRESS MANAGEMENT

Max. Marks =100

4 Credits (4 Th)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To acquaint the student with the knowledge and understanding of anger, stress and its management and other related aspects important to sports persons.

Learning Outcome: - The student would be able to apply the knowledge, learning and understanding the concept of anger, stress and how to manage it.

After the Completion of First Month:

The students will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.

After the Completion of Second Month:

The students will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / students stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.

After the Completion of Third Month:

The students will gain knowledge and concept of self awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.

After the Completion of Fourth Month:

The Students will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy& intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.

THEORY SYLLABUS:

Unit-I

Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

Unit-II

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse. Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit-III

Self awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.

Unit-IV

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy & intervention skills.

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

Note: One Theory period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
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- Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
- Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
- Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
- NCERT & CBSE publication and reading for stress management.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The students will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The students will develop the understanding and knowledge of adaptation to stress-reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / students stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The students will gain knowledge and concept of self awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management-behavior modification, time management, coping strategy& intervention skills. It also helps to learn relaxation technique-diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(i)

Semester VI

DSE- 4(i) Sports Proficiency – 2 - BADMINTON

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective:- To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome:- Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested reading:

- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
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- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(ii)

Semester VI

DSE - 4(ii) Sports Proficiency – 2 - BASKETBALL

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Scoresheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Scoresheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill

- Learning and demonstrating to complete the process of scoring/judgement.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co.,USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing,USA.
- Jain Naveen (2003). Play and Learn Basket Ball. KhelSahitya Kendra. NewDelhi.
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- ThaniLokesh (1995). Skills & Tactics of Basket Ball. Sport Pub. NewDelhi.
- ThaniYograj (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi. Wilmore &Costill (2004).Physiology of Sports & Exercise. Human Kinetics,US.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(iii)

Semester VI

DSE - 4(iii) Sports Proficiency – 2 - CRICKET

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill

- Learning and demonstrating to complete the process of scoring/judgement.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. NewDelhi.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited,U.K.
- Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C BlackPublishers.
- Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, NewDelhi.
- Hobbs, J. (2008). The Game of Cricket As it should be Played. Jepson Press,USA.
- Jain R. (2003). Fielding Drills in Cricket. KhelSahitya Kendra. NewDelhi.
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- Thani V. (1998). Coaching Cricket. KhelSahitya Kendra. NewDelhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(iv)

Semester VI
DSE - 4(iv) Sports Proficiency – 2 FOOTBALL

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill

- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- American Football Coaches Association (2002). The Football Coaching Bible. 1st Ed., Human Kinectics, USA.
- Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. RoutledgePublishers,USA.
- Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher,USA.
- N Kumar (2003). Play and Learn Football. K.S.K. NewDelhi.
- Reilly, T. (2006). The Science TrainignSoccer : A Scientific Approach to Developing Strength, Speed and Endurance. RoutledgePublisher,USA.
- Reilly, T. and J.C.D. Arau (2008). Science and Football V : The Proceedings of the 5th World Congress on Sports Science and Football, Volume5.
- Sharma OP (2001). Teaching and Coaching –Football. KhelS.K.Delhi.
- ThaniYograj (2002). Coaching Successfully Football. K.S.K. NewDelhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(v)

Semester VI
DSE - 4(v) Sports Proficiency – 2 HANDBALL

Max. Marks =150

6 Credits (4 Th + 2 P)

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.

- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. KhelSahitya Kendra. NewDelhi.
- Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics,USA.
- Page, J. (2000). Ball Games. Lerner Sports Publisher,USA.
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- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(vi)

Semester VI

DSE - 4(vi) Sports Proficiency – 2 - HOCKEY

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill

- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation.India.
- Jain D (2003). Hockey Skills & Rules. khelSahitya Kendra . NewDelhi.
- Narang P (2003). Play & Learn Hockey. KhelSahitya Kendra. NewDelhi.
- Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills,USA.
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- Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics,USA.
- Weekes, D. (2003). The Biggest Book of Hockey Trivia. GreystoneBooks,USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(vii)

Semester VI

DSE - 4(vii) Sports Proficiency – 2 - JUDO

6 Credits (4 Th + 2 P)

Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.

- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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. KhelSahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(viii)

Semester VI

DSE - 4(viii) Sports Proficiency – 2 - KABADDI

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Marks

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill

- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

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. KhelSahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(ix)

Semester VI

DSE - 4(ix) Sports Proficiency – 2 - KHO-KHO

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.

- Learning to demonstrate various drills for perfecting a skill
- Learning and demonstrating to complete the process of scoring/judgement.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Chakrabarty G (2002). Kho - KhoAveloken. KhelSahityaKendra.Delhi.
- Panday L (1982). Kho - KhoSarvaswa. Metropolitan. NewDelhi
- Vanaik A. (2005). Playfield Manual, Friends Publication. New Delhi
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 4(x)

Semester VI

DSE - 4(x) Sports Proficiency – 2 - VOLLEYBALL

6 Credits (4 Th + 2 P)

Max. Marks =150

Time: 3Hrs

Theory = 75 Marks + Practical = 50 Marks + Internal Assessment = 25 Mark

Objective: - To acquaint with the theoretical and practical knowledge of respective games and sports.

Learning Outcome: - Students acquire the knowledge of opted games and sports and also learn the technical and tactical experience of games and sports.

After the Completion of First Month:

A student will be able to learn and understand the Historical Development and Modern Trends (National and International Level), Organisational Structure (State, National and International Level), Playfield Technology – Marking and Construction of the playfields and Safety Measures.

After the Completion of Second Month:

A student will be able to learn and understand the Duties and Responsibilities of Officials, Score sheet and Record Keeping, Planning, organizing and reporting a competition

After the Completion of Third Month:

A student will be able to learn and acquire the Basic skills and techniques of the Sports/Game, Drills for the perfection of Skills/Technique.

After the Completion of Fourth Month:

A student will be able to learn about the Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

THEORY SYLLABUS

Unit-I

- Historical Development and Modern Trends (National and International Level)
- Organisational Structure (State, National and International Level)
- Playfield Technology – Marking and Construction of the playfields and Safety Measures.

Unit-II

- Duties and Responsibilities of Officials.
- Score sheet and Record Keeping
- Planning, organizing and reporting a competition

Unit-III

- Basic skills and techniques of the Sports/Game.
- Drills for the perfection of Skills/Technique

Unit-IV

- Introduction to Physical and Motor Fitness components related to sport: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.

Practical -

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various drills for perfecting a skill

- Learning and demonstrating to complete the process of scoring/judgment.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Steve Oldenburg (2015). Complete Conditioning for Volleyball. Human Kinetics.
- Donald S. Shondell, Cecile Renaud (2002). Volleyball Coaching Bible. Human Kinetics.
- Joel B. Dearing (2003). Volleyball Fundamentals. Human Kinetics.
- American Volleyball Coaches Association (2006). Volleyball Skills and Drills. Human Kinetics.
- Becky Schmidt (2016). Volleyball: Steps to Success. Human Kinetics.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	A student will be able to gain knowledge with respect to Historical Development, Organisational Structure and Playfield Technology of a sport/game.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	A student will be able to understand and interpret the rules of game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	A student will be able to learn and acquire various skills of sports, gain knowledge about different tests of fitness and skill evaluation as well as the evaluation of player's performance.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	A student will be learning about various fitness components and its forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 5

SEMESTER - VI

DSE – 5 SPORTS PSYCHOLOGY AND SOCIOLOGY

Max. Marks= 100

Time:3Hrs.

Theory = 75 Marks + Internal Assessment = 25 Marks

Objective: - The student is provided with the knowledge of psychological aspects which determining/impact sports performance.

Learning Outcome: - The student learns the psychological aspects to apply to improve the performance in sports. Such core knowledge and skill helps to create a strong foundation to engage human subject of all ages, sex, and ability

After the Completion of First Month:

The student will learn about Sports and Exercise Psychology and understanding participants.

After the Completion of Second Month:

The student will gain knowledge about the Group.

After the Completion of Third Month:

The student will gain knowledge about various aspects of performance enhancement.

After the Completion of Fourth Month:

The student will gain knowledge and learn about introduction to Sports Sociology, Culture and Socialization in Relation to sports.

THEORY SYLLABUS

UNIT-I: Introduction to Sports and Exercise Psychology and understanding participants.

- (i) Sports and Exercise Psychology: Concept, Scope, role of sports and exercise psychologist and importance of Sports and exercise psychology, Historical development and future of Sports and Exercise Psychology,
- (ii) Motivation: guidelines for building motivation, achievement motivation.
- (iii) Arousal and Anxiety: Types, phenomena of Anxiety in relation to performance – Drive Theory, Inverted U Theory and IZOF.
- (iv) Personality: approaches to personality – Trait, types and psychodynamic theories, determinants of personality, assessment of personality.

UNIT-II: Group and Performance enhancement

- (i) Team Cohesion: a conceptual model of Cohesion, assessment of Cohesion, relationship of Cohesion with performance.
- (ii) Aggression in sports: types, phenomena of Aggression – Instinct Theory and Social Learning Theory, Assessment of Aggression and Leadership in Sports
- (iii) Psychological preparation – Long term and short term psychological preparation, Goal setting and self confidence

UNIT-III Introduction to Sports Sociology

- (i) Concept of Sociology and Sports Sociology
- (ii) Importance of sports sociology
- (iii) Sports as a Social Phenomena
- (iv) Sociological perspectives and sports (Functionalism, conflict & interactionism)

- (v) Women participation in sports
- (vi) Alternative sports programmers for women
- (vii) Commercialisation in Sports

UNIT- IV Culture and Socialization in Relation to sports

- (i) Concept of sports culture
- (ii) Characteristics of sports culture
- (iii) Elements of Culture in relation to Sports
- (iv) Club Culture and Sports
- (v) Concepts of Sports Socialization
- (vi) Types of Sports Socialization
- (vii) Agents of sports socialization

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Tutorial period is equal to 1 credit of 1 hour duration.

Marking Scheme: Maximum Marks- 100 marks

Theory Examination	-	75 Marks
Internal Assessment	-	25 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS:

- Coaklay, J.J. (2009). Sportin Sociology, Issues and controversies, McGraw Hill International (Unit- 1,3,4 &5) Dixit S (2006). Khel- Manovigyan. Sports Publications. Delhi
- Cohen RJ and Swerdlik ME (2002). .Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill. New York. U.S.A.
- Cox RH (2002). Sport Psychology. McGraw Hill. London.
- Liukkonen JED (2007). Psychology for Physical Educators. Human Kinetics. U.S.A. Mortin GL (2003). Sports Psychology, Sports Science. Press.USA.
- Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi. Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
- Verma V (1999). Sport Psychology & All Round Development. Sport Pub. New Delhi.
- Wann DL (1997). Sport Psychology. Prentice Hall. New Jerrey.

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The student will learn about Sports and Exercise Psychology and understanding participants.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will gain knowledge about the Group Performances.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will gain knowledge about the Enhancing Performances.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will gain knowledge and learn about introduction to Sports Sociology and Culture and Socialization in Relation to sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-6

DSE - 6

**Semester VI
DSE - 6 Project work/ Dissertation**

6 Credits (5 Th + 1 P)
Time: 3Hrs

Max. Marks =150

Theory = 75 Marks + Internal Assessment = 25

Objective: - To provide knowledge of Research Methods and Techniques, to make a project report.

Learning Outcome: - Students will be able to collect data and analyze & write

After the Completion of First Month:

The Students will select a topic and submit the research proposal.

After the Completion of Second Month:

The Students will review related literature and will start collecting data.

After the Completion of Third Month:

The Students will compile the data and analysis it accordingly. The students will write chapter 1, 2 and 3.

After the Completion of Fourth Month:

The Students will complete data analysis and will complete dissertation writing.

Dissertation / Project Report

The candidate is required to select a topic of his/her choice for the Dissertation and project. The Steps for Dissertation/Project Report that should be followed are given below:

1. Additional research on the topic.
2. Analyzing the problem or topic.
3. Conducting extensive research.
4. Summarizing findings from the research investigation.
5. Recommending Drawing conclusions and making recommendations.
6. Documenting the results of the research.
7. Defending conclusions and recommendations.

The original and copies of the thesis/project MUST include the following items IN THE ORDER LISTED BELOW:

1. Title Page.
2. Acknowledgment
3. Abstract
4. Table of Contents.
5. Introduction
6. Review of Related Literature
7. Procedure and methodology
8. Results and findings
9. Discussions, summary and conclusions
10. Bibliography /References.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
 (b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks- 150 marks

Thesis evaluation	-	75 marks
External Viva-Voce	-	50 Marks
Internal Assessment	-	25 Marks

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will select a topic and submit the research proposal.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will review related literature and will start collecting data.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will compile the data and analysis it accordingly. The students will write chapter 1, 2 and 3.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will complete data analysis and will complete dissertation writing.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE - 6

Semester - VI

DSE- 6 (i) GYMNASIUM-OPERATIONS

Max. Marks =100

6 Credits (5 Th + 1 Tut)

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To provide knowledge of Gym, its management and operation.

Learning Outcome: - Students will learn to apply knowledge of gym operation and management.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding Nutrition and Weight Management.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Aerobic Fitness and it's effect on human body.

After the Completion of Third Month:

The Students will gain knowledge of, establishment and location of Gym Operation

After the Completion of Fourth Month:

The Students will gain knowledge of Evaluation of fitness and Exercise Schedules.

THEORY SYLLABUS

UNIT-I

NUTRITION AND WEIGHT MANAGEMENT: Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating calorie intake and expenditure, Obesity, anorexia and related health problems – measurements and management, Weight management programmes

UNIT-II

AEROBIC FITNESS : Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight, Aerobics and aqua aerobics, Training effects of aerobic fitness on various physiological systems namely skeletal, Muscular, circulatory and respiratory, Improvement of aerobic fitness , Aerobic fitness programme.

UNIT-III

GYM-OPERATION: Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym Equipments, Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management , Gym-instructor – qualification, qualities, pay-roll Performance – evaluation, grooming and presentation, Introduction to different exercise equipment , Gym management – Costing, Balance sheet, Promotional plans

UNIT-IV

EVALUATION AND EXERCISES SCHEDULES: Measurement of Weight and Height, Calculating BMI (Body Mass Index), Measurement of Fitness Components, Flexibility (Sit and Reach Test, Hip Bend and Toe Touch), Strength (Sit-Ups, Leg-Raise for Minimal Strength), Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvard step test), Self- evaluation –Personal Health and Well-being, Exercise schedules – Aerobics, Fitness and Weight Management, Yoga(Any Five Asanas)

PRACTICALS

1. Calculating BMI
2. Flexibility Test (Sit and reach test, hip bend and toe touch)
3. Strength Test (Bend knee sit ups, leg raise for minimal strength)
4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)
5. Self evaluation- (Personal health and well being)
6. Any five asanas
7. Aerobic schedule
8. Weight management

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It

is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Alexandria, Virginia, (1994)“The Gym Workout” Published by Time Life Books.
- Carol Kennedy Armbruster. Mary M. Yoke “Methods of Group Exercise Instruction”, 2009.
- Sheela Kumari, Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra, 2009.
- Sunil Bharihoke, The Gym, 2002.
- Time life books, Gym workout, London times life books, 2004
- Time life books, staying flexible, London, time life books, 2005
- Time life books, super firm tough workouts, London times life books, 2005
- Wayne L. Westcott, Thomas R. Bachle, “ Strength Training”, 2007

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge regarding Nutrition and Weight Management.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The Students will develop the understanding and knowledge of Aerobic Fitness	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will gain knowledge of Gym Operation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The Students will gain knowledge of Evaluation and Exercise Schedules.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-6

Semester VI
DSE- 6 (ii) FITNESS AND EXERCISE MANAGEMENT

Max. Marks =100

6 Credits (5 Th + 1 Tut)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To provide knowledge of fitness and exercises management and its application in games & sports.

Learning Outcome: - Students will learn to apply knowledge of physical fitness and exercise management for betterment and quality of life.

After the Completion of First Month:

The student will learn about the Fitness: Physical Activity, types of Physical Activity, Components of Physical Fitness and its Principles.

After the Completion of Second Month:

The student will develop the understanding and knowledge about wellness: Concept of Quality Life and Body Image, factors affecting wellness and wellness programs.

After the Completion of Third Month:

The student will develop the understanding and knowledge about Fitness and Balanced Diet: Concept of physical fitness and Balanced Diet, Dietary Aids and Gimmicks and Energy and Activity- Calorie Intake and Expenditure, Energy Balance Equation.

After the Completion of Fourth Month:

The student will develop the understanding and knowledge of Exercises and Weight Management: Concept and definition of weight management and exercise prescription, Weight management and Obesity - Concept, Causes, Assessment and Management; Obesity Related Health Problems. Weight Management through Behavioral Modifications and life style, Injury prevention and care of general and specific exercises- foot injuries, shin injuries, knee injuries, multiple site injuries, heat related injuries (heat stroke, heat exhaustion) and Exercises with music – Need, benefits and selection of music for different types of exercises.

THEORY SYLLABUS

Unit-I: Fitness

- Physical Activity – Concept, Benefits of Participation in Physical Activities with Specific Reference to Health; Concept, Need, Components and Significance of Total Fitness
- Types of Physical Activities – Walking, Jogging, Running, Calisthenics, Rope Skipping, Cycling, Swimming, Circuit Training, Weight training, Adventure Sports
- Components of Physical Fitness (Health, Skill and Cosmetic Fitness); Need and Importance of Measurement and Evaluation of Physical Fitness
- Principles of Physical Fitness, Warming Up, Conditioning, Cooling Down, Methods to Develop and Measure Health and Skill related components of Physical Fitness

Unit-II: Wellness

- Wellness – Concept, Components, Significance with reference to Positive Lifestyle
- Concepts of Quality of Life and Body Image
- Factors affecting Wellness
- Wellness Programs

Unit-III: Fitness and Balance Diet

- Concept of physical fitness and Balanced Diet, Dietary Aids and Gimmicks.
- Energy and Activity- Calorie Intake and Expenditure, Energy Balance Equation.

Unit- IV Exercises and Weight Management

- Concept and definition of weight management and exercise prescription.
- Weight management and Obesity - Concept, Causes, Assessment, Management; Obesity Related Health Problems.
- Weight Management through Behavioral Modifications and life style.
- Injury prevention and care of general and specific exercises- foot injuries, shin injuries, knee injuries, multiple site injuries, heat related injuries (heat stroke, heat exhaustion).
- Exercises with music – Need, benefits and selection of music for different types of exercises.

PRACTICAL

- Measurement of Fitness Components – Leg-raise for Minimal Strength (Muscular Strength); Sit-ups (Muscular Endurance); Harvard Step Test, Run and Walk Test (Cardiovascular Endurance); Sit and Reach Test (Flexibility)
- Measuring height, weight, waist circumference and hip circumference, Calculation of BMI (Body Mass Index) and Waist-Hip Ratio
- Engage in at least one wellness program and write a report on it.

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

1. ACSM'S (2001), **ACSM Fitness Book** (U.K., Human Kinetics).
2. Anspaugh, David J.; Hamrick, Michael H.; and Rosato, Frank D. (2003), **Wellness – Concepts and Applications** McGraw Hill, New York.
3. Brown, J.E. (2005) **Nutrition Now** Thomson-Wadsworth.
4. Corbin, C. B., G. J. Welk, W. R Corbin, K. A. Welk (2006) **Concepts of Physical Fitness: Active Lifestyle for Wellness**. McGraw Hill, New York, USA.
5. Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
6. Hoeger, W.W. & S. Hoeger (2007) **Fitness and Wellness**. 7th Ed. Thomson Wadsworth, Boston, USA.
7. Hoeger, W W K and S.A. Hoeger (2004). **Principles and Labs for Fitness and Wellness**, Thomson Wadsworth, California, USA.
8. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education** (Naveen Publications).
9. Kansal, D.K. (2008) **Textbook of Applied Measurement, Evaluation & Sports Selection**. Sports & Spiritual Science Publications, New Delhi.
10. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), **Fitness, Aerobics and Gym Operations**, Khel Sahitya, New Delhi
11. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
12. Savard, M. and C. Svec (2006) **The Body Shape Solution to Weight Loss and Wellness : The Apples & Pears Approach to Losing Weight, Living Longer, and Feeling Healthier..** Atria Books, Sydney, Australia.
13. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft **Resource Material – Fitness, Aerobics and Gym-Operations**.
14. Powers, S. K.; S.L. Dodd, and V.J. Noland (2006) **Total Fitness – Exercise, Nutrition and Wellness** Benjamin Cummings, USA.
15. Sharkey, B. J. (2002), **Fitness and Health** 5th ed. (U.K., Human Kinetics).
16. Uppal, A.K. (2004), **Fitness and Health** 5th ed. (U.K., Human Kinetics).
17. Williams, Melvin H. (1990), **Lifetime Fitness and Wellness – A Personal Choice** 2nd ed. (USA : Wm. C. Brown Publishers).

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	After the Completion of First Month: The student will learn about the Fitness: Physical Activity, types of Physical Activity, Components of Physical Fitness and its Principles.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	The student will develop the understanding and knowledge about wellness: Concept of Quality Life and Body Image, factors affecting wellness and wellness programmes.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The student will develop the understanding and knowledge about Fitness and Balanced Diet: Concept of physical fitness and Balanced Diet, Dietary Aids and Gimmicks and Energy and Activity- Calorie Intake and Expenditure, Energy Balance Equation.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	The student will develop the understanding and knowledge of Exercises and Weight Management: Concept and definition of weight management and exercise prescription, Weight management and Obesity - Concept, Causes, Assessment, Management; Obesity Related Health Problems. Weight Management through Behavioural Modifications and life style, Injury prevention and care of general and specific exercises- foot injuries, shin injuries, knee injuries, multiple site injuries, heat related injuries (heat stroke, heat exhaustion) and Exercises with music – Need, benefits and selection of music for different types of exercises.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-6

Semester VI
DSE- 6 (iii) COMPUTER APPLICATION

Max. Marks =100

6 Credits (5 Th + 1 Tut)
Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To provide knowledge of computer application in games & sports.

Learning Outcome: - Students will learn to apply knowledge of computer research in Physical Education.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding Introduction to computers, Components of computer- CPU, Input, output and storage devices. computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS, Data and information concepts – bits, bytes, KB, MB, GB, TB., MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access
The Student will learn to prepare test/lesson/data sheets using, MSOffice, Spread Sheets.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Computer Networks: Need and scope, classification: LAN,WAN,MAN, Client server technology. Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.
The Student will learn the MS Word.

After the Completion of Third Month:

The Students will gain knowledge of Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols. Mobile commerce, Bluetooth and wifi, E-mail, Video conferencing.
The Student will learn the MS Excel.

After the Completion of Fourth Month:

The Students will gain knowledge of Computers and physical education: Need and scope of computer applications in physical education. preparations of lessons regarding physical education using computer.
The Student will learn the Power Point.

THEORY SYLLABUS:

UNIT-I

Introduction to computers, Components of computer- CPU, Input, output and storage devices. computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS

UNIT-II

Data and information concepts – bits, bytes, KB, MB, GB, TB.

MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access

UNIT-III

Computernetworks: Needandscope, classification: LAN, WAN, MAN and Client server technology. Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.

UNIT-IV

Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols. Mobile commerce, Bluetooth and wi-fi, E-mail, Video conferencing.

UNIT-V

Computers and physical education: Need and scope of computer applications in physical education. Preparations of lessons regarding physical education using computer.

Practical:

To prepare test/lesson/data sheets using

1. MSOffice
2. Spread Sheets
3. MS Word
4. MS Excel
5. Power Point

- Note:** (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units

of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

SUGGESTED READINGS

- Committee on Engaging Computer Science in Health Care. (2009). Computational Technology for Effective Health Care. National Academic Press.U.S.A.
- Irtegov D. (2004). Operating System Fundamentals. Firewall Media.
- Milke M (2007). Absolute Beginner's Guide to Computer Basics. Pearson Education Asia.
- NIIT (2004). Basics of Networking Prentice – Hall. India Pvt.Ltd.

Facilitation the achievement of Course Learning Outcomes

Month Wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	<p>The Students will develop the understanding and knowledge regarding Introduction to computers, Components of computer- CPU, Input, output and storage devices. computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS, Data and information concepts – bits, bytes, KB, MB, GB, TB., MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access</p> <p>The Student will learn to prepare test/lesson/data sheets using, MSOffice, Spread Sheets.\</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Second Month	<p>The Students will develop the understanding and knowledge of Computer Networks: Need and scope, classification: LAN,WAN,MAN, Client server technology. Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.</p> <p>The Student will learn the MS Word.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	<p>The Students will gain knowledge of Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols. Mobile commerce, Bluetooth and wifi, E-mail, Video conferencing.</p> <p>The Student will learn the MS Excel.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	<p>The Students will gain knowledge of Computers and physical education: Need and scope of computer applications in physical education. preparations of lessons regarding physical education using computer.</p> <p>The Student will learn the Power Point.</p>	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

DSE-6

Semester VI
DSE- 6 (iv) SPORTS JOURNALISM

6 Credits (5 Th + 1 Tut)

Max. Marks =100

Time: 3Hrs

Theory = 75 Marks + Internal Assessment = 25

Objective: - To provide knowledge and understanding of the sports journalism and its application in the games & sports.

Learning Outcome: - the students will learn to apply knowledge of sports journalism and research in sports and Physical Education.

After the Completion of First Month:

The Students will develop the understanding and knowledge regarding Meaning, scope and changing trends of journalism in sports. Role of journalism in sports promotion & Vice – versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional) and Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation Sports terminators and its use Fundamentals of a sports story/ news. News – types, curtain – raiser, advance follow – up, news – analysis, box news. Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills.

After the Completion of Second Month:

The Students will develop the understanding and knowledge of Organizational set-up of a newspaper-printing, process sequences of operations in the printing of a news paper/journals, Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies, Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports Development and maintenance of sports / personal library Statistics, records and computers in sports.

After the Completion of Third Month:

The Students will gain knowledge of Theory and principles of advertising in sports, Public relations in sports, press release, conferences Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics, Sports photo feature and writing captions of photos .

After the Completion of Fourth Month:

The Students will gain knowledge of The Student will learn the

THEORY SYLLABUS

UNIT-I INTRODUCTION & WRITING SKILLS

Meaning, scope and changing trends of journalism in sports. Role of journalism in sports promotion & Vice – versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional) Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation Sports terminators and its use Fundamentals of a sports story/ news. News – types, curtain – raiser, advance follow – up, news – analysis, box news. Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills.

UNIT-II ORGANIZATIONAL AND PRESENTATION SKILLS FOR MEDIA

Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a news paper/journals. Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.

Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports Development and maintenance of sports / personal library Statistics, records and computers in sports.

UNIT-III EXTENDED RELEVANT DIMENSIONS

Theory and principles of advertising in sports, Public relations in sports, press release, conferences Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics, Sports photo feature and writing captions of photos .

UNIT-IV JOURNALISM AND SPORTS

Introduction to photo journalism in reference to sports. Process of news paper publishing and management Olympics and sports journalism. Research tools for developing a sports story Introduction to various types of information technology. Satellite communication: use of satellite in radio and T.V. communication for sports information.

PRACTICAL:

- Reporting
- Review of sports articles
- Sports Photography
- Article writing

Note: (a) One Theory period is equal to 1 credit of 1 hour duration.
(b) One Practical period is equal to 1 credit of 2 hours duration.

Marking Scheme: Maximum Marks -150 marks

Theory	-	75 Marks
Practical	-	50 Marks
Internal Assessment	-	25 Marks

Practical Assessment (Maximum Marks – 50) by External and Internal Examiner

Demonstration	-	30 Marks
Viva-Voce	-	10 Marks
Record File	-	10 Marks

Internal Assessment (Maximum Marks – 25)

Presentation/ Class Test/Viva	-	10 Marks
Project/Assignment/Seminar	-	10 Marks
Attendance	-	5 Marks

Instruction for Examiners/ Paper Setters for Theory Examination:

Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B setting atleast one question from each unit from each of the four units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 15 marks each. A student is required to attempt any 3 questions from Part-A and 4 questions from Part-B. It is mandatory for an examiner to set two sets of question papers (English Version as well as Hindi Version).

Suggested Readings:

- 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

Facilitation the achievement of Course Learning Outcomes

Month wise Progression	Course Learning Outcomes	Teaching and learning Activity	Assessment Tasks
First Month	The Students will develop the understanding and knowledge regarding Meaning, scope and changing trends of journalism in sports. Role of journalism in sports promotion & Vice – versa Historical development & role of print and electronic media in sports promotion Media, ethics and responsibilities of journalist & editor (social, legal and professional) and Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation Sports terminators and its use Fundamentals of a	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar

	sports story/ news. News – types, curtain – raiser, advance follow – up, news – analysis, box news. Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills.		
Second Month	The Students will develop the understanding and knowledge of Organizational set-up of a newspaper- printing, process sequences of operations in the printing of a news paper/journals, Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies, Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk – shows, and reviews in sports Development and maintenance of sports / personal library Statistics, records and computers in sports.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Third Month	The Students will gain knowledge of Theory and principles of advertising in sports, Public relations in sports, press release, conferences Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics, Sports photo feature and writing captions of photos .	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar
Fourth Month	Introduction to photo journalism in reference to sports. Process of news paper publishing and management Olympics and sports journalism. Research tools for developing a sports story Introduction to various types of information technology. Satellite communication: use of satellite in radio and T.V. communication for sports information.	<ul style="list-style-type: none"> • Lecture Methods • Demonstration Methods • Assessment Methods • Presentation 	<ul style="list-style-type: none"> • Evaluation of Presentation • Evaluation of Assignment • MCQ • Class-test / viva/ seminar