

 <p>शिवाजी विद्यापीठ कोल्हापूर जोनमेवाहृतम्</p> <p>Estd. 1962 "A++" Accredited by NAAC (2021) With CGPA 3.52</p>	<p>SHIVAJI UNIVERSITY, KOLHAPUR 416 004, MAHARASHTRA PHONE : EPABX - 2609000, BOS Section - 0231-2609094, 2609487 Web : www.unishivaji.ac.in Email: bos@unishivaji.ac.in शिवाजी विद्यापीठ, कोल्हापूर, ४१६ ००४, महाराष्ट्र दूरध्वनी - इपीबीएक्स - २०६०९०००, अभ्यासमंडळे विभाग : ०२३१- २६०९०९४, २६०९४८७ वेबसाईट : www.unishivaji.ac.in ईमेल : bos@unishivaji.ac.in</p>		
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संदर्भ/जा.क्र./शिवाजी वि./अ.मं./२१५

दि. ०७/०४/२०२५

प्रति,

मा. प्राचार्य/संचालक,
सर्व संलग्नित महाविद्यालये/मान्यताप्राप्त संस्था,
शिवाजी विद्यापीठ, कोल्हापूर.

विषय :- B. A. Sports Part- I अभ्यासक्रमाबाबत.

संदर्भ : या कार्यालयाचे पत्र क्र. 322 दि. 10/06/2024 रोजीचे पत्र.

महोदय,

उपरोक्त संदर्भित विषयास अनुसरून आपणास आदेशान्वये कळविण्यात येते की, राष्ट्रीय शैक्षणिक धोरण-2020 नुसार शैक्षणिक वर्ष 2024-2025 पासून लागू करण्यात आलेल्या B. A. Sports Part- I या अभ्यासक्रमामध्ये किरकोळ दुरुस्ती करण्यात आलेली आहेत.

सोबत सदर अभ्यासक्रमाची प्रत जोडली आहे. तसेच विद्यापीठाच्या [\(www.unishivaji.ac.in\)](http://www.unishivaji.ac.in) (NEP 2020@Suk/Online Syllabus) या संकेतस्थळावर ठेवण्यात आला आहे.

सदर अभ्यासक्रम सर्व संबंधित विद्यार्थी व शिक्षकांच्या निदर्शनास आणून द्यावेत ही विनंती.

कळावे,

आपला विश्वासू

(डॉ. एस. एम. कुबल)
उपकुलसचिव
अभ्यास मंडळे विभाग

सोबत : अभ्यासक्रमाची प्रत.

प्रत. माहितीसाठी व पुढील योग्यत्या कार्यवाहीसाठी.

1	अधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा	7	संलग्नता टी. 1 व टी. 2 विभागास
2	अध्यक्ष, शारीरिक शिक्षण अस्थायी मंडळ	8	पी. जी. प्रवेश विभागास
3	संचालक, परीक्षा व मुल्यमापन मंडळ कार्यालयास	9	परिक्षक नियुक्ती ए व बी विभागास
4	बी. ए. परीक्षा विभागास	10	पी. जी. सेमिनार विभागास
5	पात्रता विभागास	11	नॅक विभागास
6	आय. टी. सेल विभागास		

SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

A⁺⁺ Accredited by NAAC (2021) With CGPA 3.52

New Syllabus For Bachelor of Arts [B.A (Sports)]

UNDER

Faculty of Humanities

B. A. Part - I (Semester - I and II)

STRUCTURE AND SYLLABUS IN ACCORDANCE WITH

NATIONAL EDUCATION POLICY - 2020

HAVING CHOICE BASED CREDIT SYSTEM

WITH MULTIPLE ENTRY AND MULTIPLE EXIT OPTIONS

(TO BE IMPLEMENTED FROM ACADEMIC YEAR 2024-25 ONWARDS)

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1. PREAMBLE:

Keeping in view, the general employability of Graduates and utterly unsatisfactory the success rate of students in Specialized Sports & Physical Education professional fields sectors the Department of Sports & Physical Education of Shivaji University has decided to introduce B.A (Sports) Under Graduate (Four Years) course. The unique character of the captioned Undergraduate course will be that the students opting for this course shall have the option of multiple exits and the two-point entry system. Accordingly, syllabus has been framed in view to understand recent trends in Sports and interdisciplinary subjects along with theoretical and applied perspective as well as skill development with the introduction of semester and credit system.

The graduate level course in Sports & Physical Education and Sports contains subjects varying from foundation of Sports & Physical Education to Officiating & coaching, Test& Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Physiology methods of Teachings etc. which are aimed to give thorough knowledge and skills to the students. Students perusing Sports & physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers etc. During their course of education the students also develops the expertise to establish their own business as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management etc.

Program learning outcomes of B.A. (Sports) degree programme in Sports &Physical Education is listed below.

This would lead the students to understand historical concept of Sports & physical education and relationship between Philosophy, Education and Sports & Physical Education. The student would further understand the theoretical implications of philosophies of Sports & physical education with modern development and social aspects of Sports & Physical Education.

1. The curriculum would enable the pass out to select the inherited talented Student for various sports activities.
2. The pass out shall be able to orient children in schools with the fundamental skills of selected sports as per their inherited potential.
3. The pass out shall be able to devise training program for athletes engaged in different sports activities
4. The curriculum shall enable them to officiate, supervise various sports tournaments and orient hem in organizing sports events at all levels.
5. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, spa trainer etc.) and device appropriate fitness program for different genders and age groups of people.
6. The curriculum would enable the pass out to devise training program for physically challenged peoples.

5. Employability / Entrepreneurship abilities:

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

6. DURATION:

- The course shall be a full time course.
- The duration of course shall be of Four years /Eight Semesters.

7. PATTERN:-

The pattern of examination will be Semester with Credit and Continuous Internal Evaluation [CIE].

8. ELIGIBILITY FOR ADMISSION:

The basic eligibility for the course is 10 + 2 with any discipline of Arts, Commerce, Science, and Diploma Engineering (10+3) from any recognized Board of Examination in India. The minimum marks [At 10+2 and 10+3 (the case of Diploma Engineering)] required for seeking admission will be Pass class for all candidates. Basic knowledge of sports is required.

9. MEDIUM OF INSTRUCTION:

The medium of instruction shall be English/Marathi.

10. EXAMINATION PATTERN:

The examination pattern will be a Semester End Examination with Internal Assessment/Evaluation.

NOTE: Separate passing is mandatory for both, Semester End Examinations, Practicals, and Internal Evaluation/Assessments. (**Aannexure-I**)

11. SCHEME OF TEACHING AND EXAMINATION

B. A. Programme Structure for Semester I and II

(Annexure-I)

B. A. Programme Structure for Level 4.5 of B. A. - I - Semester - I														
Sr. No.	Teaching Scheme							Examination Scheme						
	Theory (TH)				Practical (PR)			Semester-End Examination (SEE)					Internal Assessment (IA)	
								Theory (TH)			Practical (PR)		(TH)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	DSC-I	2	2	2	2x4=8*	4	2	2	50	18	50	18		
02	DSC-I	2	2	2	2x4=8*	4	2	2	50	18	50	18		
03	DSC-I	2	2	2	2x4=8*	4	2	2	50	18	50	18		
04	IDC/MDC/ GEC/OE	1	1	1	2x2=4*	2	1	01	25	09	25	09	-	-
05	SEC - I	1	1	1	2x2=4*	2	1	01	25	09	25	09	-	-
06	AEC	2	2	2	-	-	-	2	40	14			10	4
07	IKS (Generic)	2	2	2	-	-	-	2	40	14			10	4
08	CC	1	1	1	2x2=4*	2	1	01	25	09	25	09		
Total		13	13	13	36	18	09		305		225		20	SEE + IA = 530+20= 550

B. A. Programme Structure for Level 4.5 of B. A. - I - Semester - II														
Sr. No.	Teaching Scheme							Examination Scheme						
	Theory (TH)				Practical (PR)			Semester-End Examination (SEE)					Internal Assessment (IA)	
								Theory (TH)			Practical (PR)		(TH)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	DSC-II	2	2	2	2x4=8*	4	2	2	50	18	50	18		
02	DSC-II	2	2	2	2x4=8*	4	2	2	50	18	50	18		
03	DSC-II	2	2	2	2x4=8*	4	2	2	50	18	50	18		
04	IDC/MDC/ GEC/OE	1	1	1	2x2=4*	2	1	01	25	09	25	09		
05	SEC - II	1	1	1	2x2=4*	2	1	01	25	09	25	09		
06	AEC	2	2	2				2	40	14			10	04
07	VEC	2	2	2				2	50	18				
08	CEP (Major)	2	2	2				2	40	14			10	04
Total		14	14	14	32	16	08		330		200		20	SEE + IA = 530+20= 550

* Each Batch of 20 students will be 2/4 Practical hours per week (2 Batch x 4 Hrs. = 8)

1. STRUCTURE OF PROGRAMME:

(Credit Distribution Structure for with Multiple Entry and Exit Options B.A.- I in SPORTS)

COURSE CATEGORY	ABBREVIATION (Only 2 Letters)	DESCRIPTION
MAJOR	Mandatory (MM)	Major – Mandatory Course
	Elective (ME)	Major – Elective Course
MINOR	Minor (MN)	Minor - Course
IDC/MDC/ GEC/OE	IDC (ID)	Interdisciplinary Course
	MDC (MD)	Multi-Disciplinary Course
	GEC (GE)	General Elective Course
	OE (OE)	Open Elective Course (Generic Course not from Major or Minor Category)
VSC/SEC	VSC (VS)	Vocational Skill Course
	SEC (SE)	Skill Enhancement Course
AEC/VAC/IKS	AEC (AE)	Ability Enhancement Course
	VAC (VA)	Value Added Course
	IKS (IK)	Indian Knowledge System
OJT/FP/CEP/C C/RP	OJT (OJ)	On Job Training
	FP (FP)	Field Project
	CEP (CE)	Community Engagement Project
	CC (CC)	Co-curricular Course
	RP (RP)	Research Project

Note: (Annexure-II)

A) Second Year Bachelor of Arts (B.A. - I) (UG DIPLOMA):

YEAR:	B.A. - I
SEMESTER:	I and II
LEVEL:	4.5
TOTAL CREDITS	22 + 22= 44
DEGREE AWARDED:	UG CERTIFICATE (AFTER 44 CREDITS IN TOTAL)

A - I) B.A. – I: SEMESTER - I (TOTAL CREDITS - 22): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
Course-1	DSC I	SPORTS EDUCATION– I	BAU0325MML205A01	04
Course-2	DSC I	THEORY OF GAMES– I		04
Course-3	DSC I	THEORY OF ATHLETICS– I		04
OE	OE I	SPORTS AND NUTRITION		02
SEC	SEC - I	BASIC PHYSICAL FITNESS TRAINING		02
AEC/ IKS	AEC	(Write Name) English - I		02
	IKS (Generic)	(Write Name)		02
CC		(Write Name)		02
CREDITS FOR B.A. - I, SEM - I:				22

A -2) B.A.I, SEMESTER II (TOTAL CREDITS - 22): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
Course-1	DSC II	SPORTS EDUCATION – II	BAU0325MML205B02	04
Course-2	DSC II	THEORY OF GAMES– II		04
Course-3	DSC II	THEORY OF ATHLETICS– II		04
OE	OE II	PHYSICAL FITNESS FOR CAREERS		02
SEC	SEC - II	INTRODUCTION TO ADVENTURE SPORTS		02
AEC /	AEC	(Write Name) English - II		02
VEC	VEC	DEC.		02
CEP	CEP (Major)	PHYSICAL FITNESS, WELLNESS, AND LIFESTYLE		2
CREDITS FOR B.A. - I, SEM - II:				22
CREDITS FOR B. A. - I, SEM – I AND II:				22 + 22= 44

SPECIAL NOTE:

If student wants to ‘EXIT’ after completion of B.A. I (SEM I and II), he/she must acquire --- credits through SUMMER INTERNSHIP of ----- hours and submit the report. After verification by concerned authority he/she will be awarded the UG CERTIFICATE degree. This Certificate is a pre-requisite for admission or ‘ENTRY’ in B.A. II courses i. e. DIPLOMA.
The Nature of SUMMER INTERNSHIP:

2. COURSE CODE TABLE

Semester No.	Course	Course Code	Title of Course
I	DSC I		SPORTS EDUCATION – I
I	DSC I		THEORY OF GAMES – I
I	DSC I		THEORY OF ATHLETICS – I
I	OE I		SPORTS AND NUTRITION
I	SEC I		BASIC PHYSICAL FITNESS TRAINING
II	DSC II		SPORTS EDUCATION – II
II	DSC II		THEORY OF GAMES – II
II	DSC II		THEORY OF ATHLETICS – II
II	OE II		PHYSICAL FITNESS FOR CAREERS
II	SEC - II		INTRODUCTION TO ADVENTURE SPORTS
II	CEP (Major)		PHYSICAL FITNESS, WELLNESS, AND LIFESTYLE

3. STANDARDS OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS

Standard of Passing: The Standard of passing shall be 35% .For B.A Sports (all Semesters) the student shall have to score as per this standard of passing shown in the following table:

Maximum Marks	100	80	50	40	20	10
Minimum Marks required for passing	35	28	18	14	7	4

There shall be separate head of passing in Theory and Internal Examination. However, ATKT rules shall be made applicable in respect of Theory courses (University examination) only. For Environmental Studies (Semester IV, Examination) the student shall have to score marks 13 marks out of 35 in theory course and 5 marks out of 15 for project work.

Gradation Chart:

Marks Obtained	Numerical Grade (Grade Point)		CGPA	Letter Grade
Absent	0(zero)		-	-
0–34	0to4		0.0–4.99	F(Fail)
35–44	5		5.00–5.49	C
45–54	6		5.50–6.49	B
55–64	7		6.50–7.49	B+
65–74	8		7.50–8.49	A
75–84	9		8.50–9.49	A+
85–100	10		9.50–10.0	O (Outstanding)

Note:

1. Marks obtained ≥ 0.5 shall be rounded off to next higher digit.
2. The SGPA & CGPA shall be rounded off to 2 decimal points. **Calculation of SGPA & CGPA:**

1. Semester Grade Point Average (SGPA)

SGPA = $\frac{\text{Course credits} \times \text{Grade points obtained of a semester}}{\text{Course credits of respective semester}}$

2. Cumulative Grade Point Average (CGPA)

CGPA = $\frac{\text{Total credits of a semester} \times \text{SGPA of respective semester of all semesters}}{\text{Total course credit so far semesters.}}$

12. NATURE OF QUESTION PAPER AND SCHEME OF MARKING:

A) FOR FOUR CREDITS: Total Marks: 50 (Written)

- | | |
|--|----------|
| Q. 1: Multiple choice questions (10 MCQs) (01 marks each) | 10 Marks |
| Q. 2: Write short notes (Any Four out of Six) (Answer Limit: 150 - 200 Words) | 20 Marks |
| Q. 3: Long Answer Questions (Any One out of Two) (Answer Limit: 600-800 Words) | 10 Marks |
| Q. 4: Long Answer Questions (Any One out of Two) (Answer Limit: 600-800 Words) | 10 Marks |

Practical:

50 Marks

B) FOR TWO CREDITS: Total Marks: 25 (Written)

- | | |
|--|----------|
| Q. 1: Multiple choice questions (05 MCQs) (01 marks each) | 05 Marks |
| Q. 2: Write short notes (Any two out of three) (Answer Limit: 150 - 200 Words) | 10 Marks |
| Q. 3: Long Answer Questions (Any One out of Two) (Answer Limit: 600-800 Words) | 10 Marks |

Practical:

25 Marks

PRACTICALS

The evaluation of the student's performance in practicals shall be based on external evaluation at the end of the each semester.

Record Book	Practical examination conducted
Brief History	a batch of 20 students for the practical period & examination
Various diagrams	One organizer (Internal subject teacher)
Name of different Fundamental skills in team events and styles in related to events.	Two examiners appointed by the organizer.
Rules and regulations (This should be written as per federation rulebook)	Peons - Two peons for ground marking, water supply equipment supply and collecting, etc.
**The Record Book will be assessed internally and marks should be submitted to the External Examiner.	

12: SYLLABUS

A) THEORY PAPERS:

B. A. I, SEMESTER – I

Course Category: SPORTS

Course Name: Sports Education – I

Course Number: COURSE I DSC1

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

1. Acquaint the student with fundamental knowledge of Sports & Games.
2. Enable the graduate to analyze the connection between general education and Sports education.
3. Foster an understanding of the historical context of selected Sports & Games.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	1.1 Meaning, Definition, and Scope of Sports. 1.2 History of Chosen Sports & Games 1.3 Importance of Sports in present era. 1.4 Development of the game at National & International level.	15		01
02	2.1 Types of Sports & Games. 2.2 Misconceptions about Sports & Games. 2.3 Meaning & Importance of Warming up & Cooling down Exercises. 2.4 Related & Minor Skills for Sports & Games. 2.5 Measurement and maintenance of playfield/courts/mats/pools	15		01
03	PRACTICAL 02 Major Game which should be from the list of AIU/IOA) 1. Warming up Skills of the games. 2. Cooling down Skills of the games.		30	01
04	3. Related Games. 4. Ground Marking.		30	01
Total				04

Course Learning Outcomes:

1. The Student will be oriented with the basic Knowledge of Sports & Games.
2. The pass out would be able to compare the relationship between general Education and Sports education.
3. He can relate to the history of chosen Sports & Games.

4. He can relate to the comprehend the relationship between training & learning Sports.
5. He would know recent developments and the academic foundation of Sports & Games.

Suggested Readings:

1. Dick W. Frank, (2002) Sports Training Principles, 4th ed. London: A&C Black Ltd.
2. Harre, D. (1982) Principles of Sports Training, Berlin: Sport Veulag.
3. K. Chandra Shekar, (2004) Sports Training, KhelSahitya Kendra.
4. Matveyev, L.P. (1977) Fundamentals of Sports Training, Moscow: Progress Publishers
5. Singh, Hardayal. (1991) Science of Sports Training, New Delhi: DVS Publications.
6. Tudor B. Bompa & Mihai C. Carera, (2005) Periodization Training for Sports, Human Kinetics, (II nd Edition).
7. Uppal, A.K. (2001) Principles of Sports Training, Delhi: Friends Publication.
8. Yograj Thani, (2003) Sports Training, Sports Publication.
9. William E. Amonette, Kirk L. English and William J. Kraemer, Evidence-Based Practice in Exercise Science, Human Kinetics, 2016.
10. Essentials of Exercise Science, by American Council on Exercise; 4th edition (January 1, 2010)

References:-

- http://www.unesco.org/education/pdf/SPORT_E.PDF
- <http://theviewspaper.net/the-sports-culture-in-india/>
- <http://www.sports.indiapress.org/>
- <https://www.expatriate.com/en/guide/asia/india/13129-sports-in-india.html>

References(PRACTICAL):-

- <https://olympic.india.in>
- <https://www.aiu.ac.in>
- AIU on Twitter @AIUIndia

B. A. I, SEMESTER – I**Course Category:** SPORTS**Course Name:** THEORY OF GAMES– I**Course Number:** COURSE II DSC I**Course Code:** BA U0325 MM L 3 26 C 04**Course Credits:** 04**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

Understanding Game Theory Principles

Strategic Decision-Making in Sports

Analyzing Competitive Interactions

Practical Implementation of Game Theory

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	1. Football 2. Swimming 1.1 History of games 1.2 Duties of officials (Pre-game, during the game & Postgame) 1.3 Technical officials & their duties. 1.4 Protective equipment used in games.	15		01
02	2.1 Dimension & marking of the playfield/area 2.2 Rules & regulations of the games mentioned above 2.3 Interpretation of rules & regulations 2.4 Offensive & defensive strategies employed in the games	15		01
03	PRACTICAL 1. Football 2. Swimming 1. Warming up Skills of the games. 2. Cooling down Skills of the games.		30	01
04	3. Related Games. 4. Minor Games.		30	01
Total				04

Course Learning Outcomes:

1. The pass-out would be able to Understand Core Game Theory Concepts
2. He can relate to the Analyzing Strategic Interactions in Sports
3. He would be able to Applying Game Theory to Football
4. He would be able to Applying Game Theory to Swimming
5. He would be able to Evaluate Real-World Sports Scenarios

Suggested Readings:

1. Wado Allen – The F.A. Guide to training and coaching
2. Seeton, D.C. Dhyton, I.A. Leibu, H.C. And Massumith, Book of sports, Englewood Cliffs, MD.Prephilice Hall.
3. Dr. Faaune Hero-The Modern Olympic games Budapest, Pennonic Press.
4. Cobarig A.L. Modern Basketball-A Fundaments Analysis of Skills and Tactics, London: Nicholes Kaya. 1966.
5. Bee, Clair, and Norton, on Zone Defense and Attack, New York. The Ronald Press Company, 1959.
6. Bowland B.J Handball a complete Guide London: Faber & Faber Ltd., 24, Rosset Square, 1970.

B. A. I, SEMESTER – I**Course Category:** SPORTS**Course Name:** THEORY OF ATHLETICS– I**Course Number:** COURSE III DSC I**Course Code:** BA U0325 MM L 3 26 C 04**Course Credits:** 04**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

Understanding Biomechanics of Sprinting

Developing Sprint Training Programs

Analyzing and Improving Sprint Technique

Applying Sports Science to Sprint Performance

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	100-meter and 200-meter races 1.1 History of athletics in India. 1.2 Organization & administration of College athletic meet 1.3 Teaching & training of athlete (Track & Events) 1.4 Dimension, rules & regulations of track & field events given below. 100-meter and 200-meter races	15		01
02	2.1 Duties of technical officials in athletic meet. 2.2 Equipment and their specifications used in various events of track & field. 2.3 100-meter race running with finish technique 2.4 200-meter race running with finish technique	15		01
03	Practical 100-meter and 200-meter races 1. Warming up Skills and drills 2. Cooling down Skills and stretching		30	01
04	3. Five Components of the 100-meter and 200-meter races 1. Reaction time · 2. Starting ability · 3. Acceleration · 4. Maintaining speed · 5. Overcoming deceleration.		30	01
Total				04

Course Learning Outcomes:

1. The students would be able to Understand Biomechanical Principles
2. The students would be able to Designing Effective Training Programs
3. He would be able to the Analyzing and Enhancing Sprint Technique
4. The students would be able to Evaluating and Applying Performance Data

5. He can relate to the Analyzing Strategic Interactions in Sports

Suggested Readings:

1. Doherty J. Manneth – Modern track and Field, Englewood Cliffe, N.J. Prentice Hall, Inc.
2. Wado Allen – The F.A. Guide to training and coaching.
3. Uyenishi S.L.- The Text Book of JU- Jutsu-Athletic Publications Ltd. Link House, Store Street, London, W.C.I.

B. A. I, SEMESTER – I**Course Category:** SPORTS**Course Name:** SPORTS AND NUTRITION**Course Number:** OE 1**Course Code:** BA U0325 MM L 3 26 C 04**Course Credits:** 02**Marks:** Semester End: 25/25(T/P)

Total Marks: 50

Objectives:

Understanding the Nutritional Needs of Athletes

Designing Customized Nutrition Plans

Exploring the Impact of Nutrition on Performance and Recovery

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
01	15	01	30
Theory: <p style="text-align: center;">Module – I</p> 1.1 Meaning, Definition and Importance of Nutrition 1.2 Components of Nutrition & Balanced Diet 1.3 Nutrition for Fitness Components <p style="text-align: center;">Module – II</p> 2.1 Nutrition for Pre, During and Post Competition. 2.2 Nutrition Deficiency Practical: <ul style="list-style-type: none"> • Fitness Activities for Strength, Flexibility and Endurance. • Field Visits (Sports Hostels, SAI, DSO Facilities etc.) • Assignments • Projects 			15
			30
Formative Assessment			
Assessment		Weightage in Marks	
Theory		Theory - 25 Marks	
Practicals		Practical - 25 Marks	
Total		50 Marks	

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

Learning outcomes:

1. Students will be able to explain the fundamental principles of nutritional science, including macronutrients, micronutrients, hydration, and their roles in athletic performance.
2. Students will be able to conduct dietary assessments and analyze the nutritional needs of athletes based on their sport, training intensity, and individual health status.
3. Students can design and implement personalized nutrition plans that enhance athletic performance and support recovery.
4. Students can evaluate the effectiveness and safety of various dietary supplements and ergogenic aids commonly used in sports.

5. Students will be able to critically analyze and apply current research and trends in sports nutrition to real-world scenarios.

References:

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

B. A. I, SEMESTER – I**Course Category:** SPORTS**Course Name:** BASIC PHYSICAL FITNESS TRAINING**Course Number:** SEC 1**Course Code:** BA U0325 MM L 3 26 C 04**Course Credits:** 02**Marks:** Semester End: 25/25(T/P)

Total Marks: 50

Objectives:

Understanding the Components of Physical Fitness

Developing Personalized Fitness Plans

Promoting Healthy Lifestyle Habits

Enhancing Practical Fitness Skills

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
01	15	01	30
Content of Theory Course (1-0-1) 02 Credits			45
Module – I			15
1.1 Meaning & Principles of Physical Fitness Training.			30
1.2 Various Physical Components			
1.3 Health-related physical Fitness (HRPF)			
1.4 Skills Related Physical Fitness (SRPF)			
Module – II			
2.1 Objectives of Physical Fitness Training.			
2.2 Characteristics of Physical Fitness Training.			
2.3 Training Methods of Fitness			
1. Interval Training 2. Fartlek Training			
Practicals			
▪ Warm up/Cooling down. •General exercises. •Specific exercises. •Stretching exercises. •Conditioning			
The teaching of fitness activity:-			
•Free weight exercises.			
•Calisthenics.			
•Aerobics and aerobic dance.			
•Planks, Pilates, and spinning.			
<i>Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students</i>			
Formative Assessment			
Assessment		Weightage in Marks	
Theory		Theory - 25 Marks	
Practicals		Practical - 25 Marks	
Total		50 Marks	

*Note: 1. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

Learning outcomes:

1. The students would be able to develop skills to establish daily Fitness requirements and to design the Fitness plan.
2. The students would be able to acquaint themselves with the principles of sports Fitness training.

3. The students would be able to orient the student to the role of Physical Fitness & performance.
4. The students would be able to make the students understand and prepare Fitness management plans.

Suggested Readings:

1. Agrawal, M. (2016). Aerobics Fitness & Style. Friends Publications.
2. Corbin, C. (2011). Concepts of Physical Fitness. McGraw-Hill Higher Education.
3. Fahey D. Thomas (2005). Weight Training Basis, a Complete Guide for Men and Women. McGraw-Hill Companies.
4. Greenberg, J., Dintiman, G., & Myers Oakes, B. (2004). Physical Fitness and Wellness. Champaign, IL: Human Kinetics.
5. Hoeger, W., & Hoeger, S. (2013). Fitness & Wellness. Wadsworth, Cengage Learning.
6. Prabha, S. (2015). Basic Fitness Assessment. Friends Publications.
7. Rath S. S. (2017). Physical Fitness and Wellness, Sports Publications.
8. Robert Malt. (2001). 90-Day Fitness Plan. D.K. Publishing, Inc. 95, Madison Avenue.
9. Exercise Technique Manual for Resistance Training Author: National Strength and Conditioning Association Publisher: Human Kinetics Year: 2016 Edition: 3rd
10. Uppal, A.K. (2016). Physical Fitness and Wellness. Friends Publications.

B. A. I, SEMESTER – II**Course Category:** SPORTS**Course Name:** Sports Education – II**Course Number:** COURSE I DSC II**Course Code:** BA U0325 MM L 3 26 C 04**Course Credits:** 04**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

1. Acquaint the student with fundamental knowledge of Sports & Games.
2. Enable the graduate to analyze the connection between general education and Sports education.
3. Foster an understanding of the historical context of selected Sports & Games.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	1.1 Role of Sports in Maintenance and Promotion of Fitness. 1.2 Types of playing arenas. 1.3 Meaning of Work/Activities /Movement. 1.4 Introduction to Skills of Sports & Games.	15		01
02	2.1 The fundamentals of basic skills 2.2 Meaning & Importance of Offensive Skills. 2.3 Meaning & Importance of Defensive Skills. 2.4 Meaning & Importance of Advance training & Strategy in Sports.	15		01
03	Practical 02 Major Game which should be from the list of AIU/IOA) 1. Warming up Skills of the games. 2. Cooling down Skills of the games.		30	01
04	3. Related Games. 4. Ground Marking.		30	01
Total				04

Learning outcomes:

1. The Course will develop fundamental Knowledge of Sports fundamental skills.
2. The Student would be able to understand the type of basic skill requirements for the Sports & Games.
3. Students would be able to devise effective basic skills programs as par the Sports & Games.
4. He would be able to identify and relate with the Work/Activities /Movement of chosen Sports.
5. The students would be able to Practice & learn the skills of the Game.

Suggested Readings:

1. Dick W. Frank, (2002) Sports Training Principles, 4th ed. London: A&C Black Ltd...
2. Harre, D. (1982) Principles of Sports Training, Berlin: Sport Verlag.
3. K. Chandra Shekar, (2004) Sports Training, Khel Sahitya Kendra.
4. Matveyev, L.P. (1977) Fundamentals of Sports Training, Moscow: Progress Publishers
5. Singh, Hardayal. (1991) Science of Sports Training, New Delhi: DVS Publications.
6. Tudor B. Bompas & Mihail C. Carera, (2005) Periodization Training for Sports, Human Kinetics, (2nd Edition).
7. Uppal, A.K. (2001) Principles of Sports Training, Delhi: Friends Publication.
8. Yograj Thani, (2003) Sports Training, Sports Publication.
9. William E. Amonette, Kirk L. English and William J. Kraemer, Evidence-Based Practice in Exercise Science, Human Kinetics, 2016.
10. Essentials of Exercise Science, by American Council on Exercise; 4th edition (January 1, 2010)

References:-

- http://www.unesco.org/education/pdf/SPORT_E.PDF
 - <http://theviewspaper.net/the-sports-culture-in-india/>
 - <http://www.sports.indiapress.org/>
- <https://www.expatriate.com/en/guide/asia/india/13129-sports-in-india.html>

B. A. I, SEMESTER – II**Course Category:** SPORTS**Course Name:** THEORY OF GAMES– II**Course Number:** COURSE II DSC II**Course Code:** BA U0325 MM L 3 26 C 04**Course Credits:** 04**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

Understanding Game Theory Principles

Strategic Decision-Making in Sports

Analyzing Competitive Interactions

Practical Implementation of Game Theory

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	1) Wrestling 2) Shooting 1.1 History of games 1.2 Duties of officials (Pre-game, during the game & Postgame) 1.3 Technical officials & their duties. 1.4 Protective equipment used in games.	15		01
02	2.1 Dimension & marking of the playfield/area 2.2 Rules & regulations of the games mentioned above 2.3 Interpretation of rules & regulations 2.4 Offensive & defensive strategies employed in the games 2.5 Conduct of tournament & Types of fixtures used in the games mentioned	15		01
03	Practical 1) Wrestling 2) Shooting 1. Warming up Skills of the games. 2. Cooling down Skills of the games.		30	01
04	3. Related Games. 4. Minor Games.		30	01
Total				04

Course Learning Outcomes:

1. The pass-out would be able to Understand Core Game Theory Concepts
2. He can relate to the Analyzing Strategic Interactions in Sports
3. He would be able to Applying Game Theory to Football
4. He would be able to Applying Game Theory to Swimming
5. He would be able to Evaluate Real-World Sports Scenarios

Suggested Readings:

1. Wado Allen – The F.A. Guide to training and coaching
2. Seeton, D.C. Dhyton, I.A. Leibu, H.C. And Massumith, Book of sports,
3. Englewood Cliffs, MD. Prephilice Hall.
4. Dr. Faaune Hero-The Modern Olympic games Budapest, Pennonic Press.
5. Cobarig A.L. Modern Basketball-A Fundaments Analysis of Skills and Tactics, London: Nicholes Kaya. 1966.
6. Bee, Clair and Norton, on Zone Defense and Attack, New York. The Ronald Press Company, 1959.
7. Bowland B.J Handball a complete Guide London: Faber & Faber Ltd., 24, Rosset Square, 1970.

B. A. I, SEMESTER – II**Course Category:** SPORTS**Course Name:** THEORY OF ATHLETICS– II**Course Number:** COURSE III DSC II**Course Code:** BA U0325 MM L 3 26 C 04**Course Credits:** 04**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

Understanding Biomechanics of Sprinting

Developing Sprint Training Programs

Analyzing and Improving Sprint Technique

Applying Sports Science to Sprint Performance

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	(I) Long Jump and (ii) Shot-put 1.1 History of IAAF in India. 1.2 Organization & Administration of University athletic meet 1.3 Teaching & training of athletes (field events) 1.4 Dimension, rules & regulations of track & field events given below. (I) Long Jump and (ii) Shot-put	15		01
02	2.1 Duties of technical officials in athletic meet. 2.2 Equipment and their specifications used in various events of track & field. 2.3 Shot-put –Holding, Placement of shot, initial stance, Glide/rotation, Delivery Stance, Delivery action, reverse. 2.4 Four phases – the run-up, the takeoff, the flight, and lastly, the landing	15		01
03	Practical (I) Long Jump and (ii) Shot-put 1. Warming up Skills and drills 2. Cooling down Skills and stretching		30	01
04	3. Major flight techniques for the long jump: the hang, the hitch-kick, and the sail. 4. Two putting styles the glide and the spin..		30	01
Total				04

Course Learning Outcomes:

1. The students would be able to Understand Biomechanical Principles
2. The students would be able to Designing Effective Training Programs
3. He would be able to the Analyzing and Enhancing Sprint Technique
4. The students would be able to Evaluating and Applying Performance Data

5. He can relate to the Analyzing Strategic Interactions in Sports

Suggested Readings:

1. Doherty J. Manneth – Modern track and Field, Englewood Cliffe, N.J. Prentice Hall, Inc.
2. Wado Allen – The F.A. Guide to training and coaching.
3. Uyenishi S.L.- The Text Book of JU- Jutsu-Athletic Publications Ltd. Link House, Store Street, London, W.C.I.

B. A. I SEMESTER – II**Course Category:** SPORTS**Course Name:** PHYSICAL FITNESS FOR CAREERS**Course Number:** OE2**Course Code:****Course Credits:** 02**Marks:** Semester 25 + 25 (T/P)

Total Marks: 50

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
01	5	01	30
Theory <ul style="list-style-type: none">▪ Definition and Importance of Fitness▪ Physical Standards: Men and Women▪ Standard Fitness Tests: Fitness Tests for Defense Forces, PSI, Police Constable, Fire Force, Forest Department, Professional Courses-Sports & Physical Education <ul style="list-style-type: none">▪ General and Specific Conditioning and its Importance▪ Tests for Strength, Flexibility, Cardiovascular endurance Speed, Agility, and Coordinative abilities.▪ Mode of Selection and Qualifying Standards			15
Practicals <ul style="list-style-type: none">▪ General and Specific Warm-up▪ Training for Strength, Flexibility, Endurance, Speed, Agility etc▪ Physical Fitness Tests for the above parameters.			30
Formative Assessment			
Assessment		Weightage in Marks	
Theory		Theory - 25 Marks	
Practicals		Practical - 25 Marks	
Total		50 Marks	

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

References;

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

B. A. I SEMESTER – II**Course Category:** SPORTS**Course Name:** Introduction to adventure sports**Course Number:** SEC 2**Course Code:****Course Credits:** 02**Marks:** Semester 25 + 25 (T/P)

Total Marks: 50

OBJECTIVES:

This course offers an introduction to Adventure Sports.

It aims to develop an understanding of adventure sports

Classification, and new trends in adventure sports

Training institutes, governing bodies, and scope in adventure sports.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	Introduction to Adventure Sports Definitions and meanings of adventure sports History and development of adventure sports	7.5		01
02	Classification of adventure sports land adventure sports water adventure sports aero adventure sports	7.2		
03	Practical Activities: Performance of Specialized Adventure Activities Organization of Activity & its Report		15	01
04	First-Aid Record Book, PPT & Viva-voce		15	
Total				02
Formative Assessment				
Assessment		Weightage in Marks		
Theory		Theory - 25 Marks		
Practicals		Practical - 25 Marks		
Total		50 Marks		

*Note: 1. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.*

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

COURSE LEARNING OUTCOMES:

After completing this course, the students will be able to

Understand the concept of adventure sports and its types.

Understand the historical development of adventure sports.

Distinguish between adventure and other sports

Realization of fear and its role, classify and identify the Training and its Institutes, Federations, and Associations.

Rules, Protocols, Standards, and guidelines in adventure sports, recognize and distinguish the functional operations of national and international federations.

Job Prospects- He / She can be a player, He / She can be a Coach

RECOMMENDED BOOK

1. Adventure Sports Coaching, Routledge 2015
2. Barton, Safety, Risk and Adventure in Outdoor Activities, Sage Publications 2006
3. Bob Stremba and Christian A Bisson, Editors, Teaching Adventure Education Theory: Best Practices, Human Kinetics, 2009
4. Fritz Allhoff, Climbing: Because It's There, John Wiley & Sons 2010
5. Mark Wagstaff, Aram Attarian, Technical Skills for Adventure Programming: A Curriculum Guide, Human Kinetics Publishers 2009
6. Matt Berry and Charis Hodgson, Adventure Education: An Introduction, Taylor & Francis 2011
7. Nick Draper Chris Hodgson, Adventure Sport Physiology, John Wiley & Sons Inc
8. R. James Sibthorp, Alan Ewert, Outdoor Adventure Education, Human Kinetics Publishers 2014

B. A. I SEMESTER – II**Course Category:** Physical Education**Course Name:** HEALTH AND WELLNESS OF COMMUNITY**Course Number:** CE01**Course Code:** BAU0325CETP226B02**Course Credits:** 02**Marks:** Semester End: 40 Internal Assessment: 10 Total Marks: 50**Course Objective :**

To promote active community participation in physical activities while fostering teamwork, leadership, and social responsibility.

COURSE

Semester-II CEP PHYSICAL EDUCATION Title of the Course: HEALTH AND WELLNESS (BA/BSc/BCom/BBA/BCA & all other UG Courses)			
Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
-	-	02	60
<p>Students will participate in a community-based physical activity that engages people from the local area. They can choose from the following:</p> <p>A. Organizing a Community Sports Event (40 Marks)</p> <ul style="list-style-type: none"> - Plan and conduct a community sports event (e.g., a mini-marathon, football match, yoga session, or fitness workshop). - Assign roles such as event coordinator, referee, coach, or fitness trainer. - Ensure community participation by involving residents. - Promote inclusivity by encouraging participation across age groups and genders. <p>B. Physical Fitness Volunteer Work (40 Marks)</p> <ul style="list-style-type: none"> - Assist in a local school, senior citizen center, or disability sports program to promote physical activity. - Conduct basic fitness training, stretching, or yoga sessions for the participants. - Organize a weekly fitness club in the community for engagement. <p>2. Assignment Component (10 Marks)</p> <p>Students must submit a written report or presentation based on their engagement. It should include:</p>			30
			30

Assignment Options: 1. Reflection Report (10 Marks) - Explain the objective of the activity. - Describe challenges faced and how they were overcome. - Assess the impact on the community and personal growth. 2. Photo/Video Documentation (10 Marks) - Submit a photo essay or short video (3-5 minutes) highlighting the community engagement process. 3. Survey & Feedback Analysis (10 Marks) - Conduct a survey of participants to measure impact. - Analyse responses and suggest improvements.	
Formative Assessment	
Assessment	Weightage in Marks
Field work/Practical	Theory - 40 Marks
IN-SEMESTER ASSESSMENT	10 Marks
Total	50 Marks

Marking Criteria for Activity (40 Marks):

Criteria	Marks
Level of Community Engagement	10
Leadership and Teamwork	10
Creativity and Innovation	10
Effectiveness and Impact	10

Marking Criteria for Assignment (10 Marks):

Criteria	Marks
Clarity & Structure	3
Reflection & Analysis	3
Creativity (for photos/videos)	2
Overall Presentation	2

Course Learning Outcomes:
Knowledge of Key Health Concepts:

Students will demonstrate an understanding of fundamental concepts related to physical, mental, and social health, including the importance of exercise, nutrition, and stress management.

Nutritional Literacy:

Participants will exhibit knowledge of basic nutrition principles, demonstrating the ability to make informed and healthy food choices that support overall well-being.

Regular Engagement in Physical Activity:

Students will establish a routine of regular physical activity, meeting recommended guidelines for exercise and understanding the benefits of consistent participation in physical activities.

LIST FOR READING:

1. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
2. Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.
3. Hick, J.W. (2005). Fifty Signs of Mental Health. A Guide to understanding Mental Health. Yale University Press.
4. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
