

 Estd. 1962 "A++" Accredited by NAAC (2021) With CGPA 3.52	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	 
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Ref.: SU/BOS/ IDS / 221

Date: 06 - 07- 2026

i) The Principal,
All concerned Affiliated Colleges/Institutions,
Shivaji University, Kolhapur

ii) The Head/Co-ordinator/Director,
All concerned Department,
Shivaji University, Kolhapur

Subject : Regarding revised syllabi of **B. A. Part III (Sem. III & IV)** degree programme under the Faculty of Inter- Disciplinary Studies as per NEP-2020 (2.0)

Sir/Madam,

With reference to the subject mentioned above, I am directed to inform you that the university authorities have accepted and granted approval to the revised syllabi, (nature of question paper and equivalence etc.) of **B. A. Part III (Sem. III & IV)** for following degree programmes under the Faculty of Inter- Disciplinary Studies as per National Education Policy, 2020 (NEP 2.0).

Education	Physical Education	Journalism
Home Science	Yoga	Social Work
Dress Making and Fashion Coordination (DMFC)	Sports (Entire)	Film Making

This syllabus (nature of question paper and equivalence etc) shall be implemented from the academic year **2026-2027** onwards. A soft copy containing the syllabus is attached herewith and it is also available on university website www.unishivaji.ac.in NEP-2020 (Online Syllabus)

The question papers on the pre-revised syllabi of above-mentioned programmes will be set for the examinations to be held in October /November 2026 & March/April 2027. These chances are available for repeater students, if any.

You are therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours faithfully,



Dy Registrar

Encl. : as above

Copy to: For information and necessary action

1	The I/C Dean, Faculty of IDS	8	Affiliation T. 1 & T. 2 Section
2	Director, Board of Examination and Evaluation	9	Appointment A & B Section
3	The Chairman, Respective Board of Studies	10	P.G.Seminar Section
4	B. A. Exam Section	11	I. T. Cell
5	Eligibility Section	12	Internal Quality Assurance Cell (IQAC)
6	Computer Centre	13	Distance and online Education
7	P.G.Admission Section	14	O. E. 1 Exam Section

SHIVAJI UNIVERSITY, KOLHAPUR



A++

Accredited By NAAC

Syllabus For

Bachelor of Arts [B.A (Sports)] ENTIRE

UNDER

Faculty of Interdisciplinary Studies

B.A (Sports) Third Year Semester V and VI

(Subject to the modifications to be made from time to time)

To be implemented from June 2026

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2. PREAMBLE:

Keeping in view, the general employability of Graduates and the utterly unsatisfactory 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 the 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, the syllabus has been framed to understand recent trends in Sports and interdisciplinary subjects along with theoretical and applied perspectives as well as skill development with the introduction of the semester and credit system.

The graduate level course in Sports & Physical Education and Sports contains subjects varying from a 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, lifeguards, personal trainers, etc. During their course of education, the students also develop the expertise to establish their businesses as entrepreneurs in the fields of sports, fitness, recreation, adventure sports, camping, event management, etc.

3. PROGRAMME LEARNING OUTCOMES (POs)

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

This would lead the students to understand the historical concept of Sports & physical education and the relationship between Philosophy, Education, and Sports & Physical Education. The student would further understand the theoretical implications of Sports & physical education philosophies 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 a training program for athletes engaged in different sports activities
4. The curriculum shall enable them to officiate, and supervise various sports tournaments and orient them in organizing sports events at all levels.

5. The curriculum would enable the pass-out students to be entrepreneurs (to start their own fitness centers, gyms, spa trainers, etc) and device-appropriate fitness programs for different genders and age groups of people.
6. The curriculum would enable the pass-out to devise training programs for physically challenged people.

4. COURSE OUTCOMES (COs):

1. Graduates will understand the Fundamentals of Anatomy and Physiology in Sports

- i. Understand the structure and function of the human body with a focus on its application to sports and physical activities.
- ii. Analyze the physiological responses and adaptations to exercise and training.
- iii. Apply anatomical knowledge to prevent and manage sports-related injuries.

2. Graduates will be skilled in Research Methodology

- i. Develop an understanding of research design, data collection, and analysis techniques relevant to sports science.
- ii. Conduct basic and advanced research in sports, fitness, and exercise science.
- iii. Evaluate existing research critically and use it to inform sports training and management practices.

3. Graduates will effectively teach and communicate Fitness and Conditioning

- i. Design and implement fitness and conditioning programs tailored to individual and team sports.
- ii. Assess and improve physical performance using fitness tests and conditioning protocols.

4. Graduates will understand the Psychology of Sport and Exercise

- i. Understand the psychological principles and theories related to motivation, stress management, and performance in sports.
- ii. Apply psychological techniques to enhance athletic performance and promote mental well-being in athletes.

5. Graduates will be skilled in practicing and teaching Sports of Athletics

- i. Demonstrate technical proficiency and teaching skills in track and field events.
- ii. Develop strategies for training and performance optimization in athletics.

6. Graduates will be skilled in practicing and teaching Aerobics Training

- i. Understand and apply aerobic exercise principles for cardiovascular fitness and overall health.
- ii. Design engaging and effective aerobic workout sessions for various populations.

7. Graduates will be skilled in practicing and teaching Basis of Sports Training

i. Analyze the principles and methodologies of sports training, including periodization and load management.

ii. Develop comprehensive training plans to enhance athletic performance and prevent overtraining.

5. OBJECTIVES OF THE PROGRAMME:

1. Equip students with Comprehensive Knowledge in Sports Science
2. Enable students in Skill Development in Fitness and Conditioning
3. Develop students' abilities in Research Competency in Sports Science
4. Foster a deep Understanding of Human Anatomy and Physiology
5. Train students to apply psychological Application in Sports
6. Provide hands-on training in various Practical Proficiency in Athletics and Sports Training
7. Develop skills to lead Aerobics and Group Exercise Leadership
8. Integrate theoretical knowledge with Field Projects and Real-World Application
9. Equip students with the Preparation for Professional Sports Training
10. Prepare graduates for diverse career opportunities and On-the-Job Training

6. DURATION OF THE COURSE:

The Bachelor of Arts in B.A. (sports) program shall be A Full-Time Course of 3/4 Years– 6/8 semester duration with 22 Credits per Semester. (Total Credits = 132/176)

7. MEDIUM OF INSTRUCTION:

The medium of instruction shall be English or Marathi. The students will have the option to write Answer Scripts in Marathi or English.

8. ELIGIBILITY FOR ADMISSION:

The candidate who has qualified for the Senior Secondary School Examination (10 + 2) OR Equivalent from a recognized board/institute is eligible for admission to this course.

The criteria for admissions are as per the rules and regulations set from time to time by concerned departments, HEIs, universities, government, and other relevant statutory authorities.

9. SCHEME OF TEACHING AND EXAMINATION PATTERN:

(Theory/Practical/Internal)

The examination pattern will be a semester-end examination with an internal assessment/evaluation.

10. EQUIVALENCE OF THE PAPERS

It's a newly designed academic program; an equivalence of papers ensures your previously completed courses are mapped to the new syllabus.

11. STRUCTURE OF PROGRAMME:

Shivaji University, Kolhapur Faculty of Interdisciplinary Studies B.A. (SPORTS) III (As per National Educational Policy 2020 and Resolution of Government of Maharashtra 2022) With effect from academic year 2025-26 STRUCTURE, SCHEME OF TEACHING AND EXAMINATION LEVEL 5.5 OF B. A. SPORTS III														
Semester V														
Sr. No.	Teaching Scheme							Examination Scheme						
	Theory (TH)			Practical (PR)				Semester-End Examination (SEE)					Internal Assessment (IA)	
								Theory (TH)			Practical (PR)		(T/P)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	MM - VII	2	2	2	2x4=8*	4	2	02	50	20	50	20		
02	MM - VIII	2	2	2	2x4=8*	4	2	02	50	20	50	20		
03	MM - IX	1	1	1	2x2=4*	2	1	01	25	10	25	10		
04	MAJOR-EL-1	2	2	2	2x4=8*	4	2	02	50	20	50	20		
05	MN	2	2	2	2x4=8*	4	2	02	50	20	50	20		
06	OE - 5	1	1	1	2x2=4*	2	1	01	25	10	25	10		
07	FP	1	1	1	2x2=4*	2	1	01	25	10	25	10		
Total		12	12	11	36	20	11		290		250		10	SEE + IA = 540+10= 550

Shivaji University, Kolhapur Faculty of Interdisciplinary Studies B.A. (SPORTS) III (As per National Educational Policy 2020 and Resolution of Government of Maharashtra 2022) With effect from academic year 2025-26 STRUCTURE, SCHEME OF TEACHING AND EXAMINATION LEVEL 5.5 OF B. A. SPORTS III														
Semester VI														
Sr. No.	Teaching Scheme							Examination Scheme						
	Theory (TH)			Practical (PR)				Semester-End Examination (SEE)					Internal Assessment (IA)	
								Theory (TH)			Practical (PR)		(T/P)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	MM - X	2	2	2	2x4=8*	4	2	02	50	20	50	20		
02	MM - XI	2	2	2	2x4=8*	4	2	02	50	20	50	20		
03	MM - XII	1	1	1	2x2=4*	2	1	01	25	10	25	10		

04	MAJOR-EL-II	2	2	2	2x4=8*	4	2	02	50	20	50	20		
05	MN	2	2	2	2x4=8*	4	2	02	50	20	50	20		
06	OJT													
Total		12	12	11	36	20	11		290		250		10	SEE + IA = 540+10= 550

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

- 1. Standard of Passing:** The Standard of passing shall be 40% 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	40	32	20	16	8	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: Gradation Chart (Passing $\geq$ 40%)

Absent — Grade: AB — Grade Point: 0.00 — Remark: Absent

0–34 — Grade: F — Grade Point: 0.00 — Remark: Fail

35–39 — Grade: E — Grade Point: 3.00 — Remark: Failed (below pass)

40–44 — Grade: D — Grade Point: 4.00 — Remark: Pass (minimum)

45–54 — Grade: C — Grade Point: 5.00 — Remark: Fair

55–64 — Grade: B — Grade Point: 6.50 — Remark: Good

65–74 — Grade: A — Grade Point: 8.00 — Remark: Very Good

75–84 — Grade: A+ — Grade Point: 9.00 — Remark: Excellent

85–100 — Grade: O (Outstanding) — Grade Point: 10.00 — Remark: Outstanding/Exceptional

Note:

1. Marks obtained $\geq$ 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)

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

2. Cumulative Grade Point Average (CGPA)

$$\text{CGPA} = \frac{\sum (\text{Total credits of a semester} \times \text{SGPA of the respective semester}) \text{ of all semesters}}{\sum (\text{Total course credits}) \text{ of all semesters}}$$

13. NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING
QUESTION PAPER PATTERN FOR B.A. Sport PART III SEMESTER-END
EXAMINATION

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:

Total Marks: 50

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 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.	There are two separate heads for passing i.e. Theory and Practical
Assessment of practical practical (demonstration and performance) viva voce Record book on all topics of practical	

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

Result - The result of each semester shall be declared as Pass or Fail or Allowed to Keep Terms (A.T.K.T. for Semester V & VI as per University Rules) with grade/ grade points and Credits gained.

Rules for Allowing to Keep Term (ATKT):

A. ATKT rules for Undergraduate Programmes:

- i. If a candidate fails in any number of courses (subject heads) of Semester I, shall be allowed to proceed to Semester II.
- ii. A candidate who earns 50% of total credits of Level 4.5 shall be allowed to keep terms in Level 5.0
- iii. If a candidate fails in any number of courses (subject heads) of Semester III, shall be allowed to proceed to Semester IV.
- iv. A candidate who earns 50% of total credits of Level 5.0 shall be allowed to keep terms in Level 5.5.
- v. If a candidate fails in any number of courses (subject heads) of Semester V, shall be allowed to proceed to Semester VI.
- vi. No candidate shall be allowed to proceed to Semester V, unless candidate

has passed in all courses of Level 4.5.

vii. If a candidate opts for four-year bachelor degree programme and fails in any number of courses (subject heads) of Semester VII, shall be allowed to proceed to Semester VIII.

viii. If a candidate opts for four-year bachelor degree programme, such candidate shall not be allowed to proceed to Semester VII, unless candidate has passed three-year bachelor degree with 7.5 CGPA or 75%.

In case if the rules of any Apex body differ from these rules, then the rules of that apex body will be applicable.

14. SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES etc.

B. A. SPORTS III Year Syllabus

To be introduced w.e.f. June 2025 for B. A. SPORTS Third Year (Semester-V & VI) in the Department of SPORTS, Shivaji University, Kolhapur

B. A. SPORTS Third Year (Semester-V)			
Paper Number	Paper Title	Credits	Marks
MM - VII	FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS	04	100
MM - VIII	RESEARCH METHODOLOGY-I	04	100
MM - IX	FITNESS AND CONDITIONING-I	02	50
MAJOR-EL-1	PSYCHOLOGY OF SPORT & EXERCISE	04	100
MN	SPORT OF ATHLETICS-I	04	100
OE - 5	AEROBICS TRAINING	02	50
FP		02	50
B. A. SPORTS Third Year (Semester-VI)			
MM - X	BASIS OF SPORTS TRAINING	04	100
MM - XI	RESEARCH METHODOLOGY-II	04	100
MM - XII	FITNESS AND CONDITIONING-II	02	50
MAJOR-EL-1I	PSYCHOLOGY OF SPORT & EXERCISE	04	100
MN	SPORT OF ATHLETICS-II	04	100
OJT		04	100

SHIVAJI UNIVERSITY, KOLHAPUR

DEPARTMENT OF SPORTS

B.A. (SPORTS) Third Year

Semester-V	
Paper Number	Paper Title
MM - VII	FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS
MM - VIII	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES
MM - IX	FITNESS AND CONDITIONING-I
MAJOR-EL-1	PSYCHOLOGY OF SPORT & EXERCISE-I
MN	SPORT OF ATHLETICS-I
OE - 5	AEROBICS TRAINING
FP	

B.A. (SPORTS) III SEMESTER – V

Course Category: SPORTS

Course Name: FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS

Course Number: MM VII

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- The students will learn the meaning and definition & identify the importance of anatomy, physiology, and kinesiology.
- Students will understand the main functions and Classification of Bone and the Types of Joints.
- The students will learn the Properties and Functions of Muscles.
- The students will learn the Structure and Functions of the Circulatory System and Heart.
- The students will learn the Structure and Functions of Respiratory System.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	INTRODUCTION OF ANATOMY, PHYSIOLOGY Meaning and Definition of Anatomy, Physiology Meaning and Definition of Physiology Importance of Anatomy in Exercise and Sports Importance of Physiology in Exercise and Sports			01
02	SKELETAL SYSTEM Functions of Skeletal System Classification of Bones Types of Joints Properties and Functions of Muscles			
03	CIRCULATORY SYSTEM AND HEART Structure and Functions of Circulatory System Blood - Its constituents and functions Blood groups, Blood pressure. Oxygen debt Heart: Structure and Functions			01
04	STRUCTURE AND FUNCTIONS OF RESPIRATORY SYSTEM Crucial parts of the Respiratory System Functions of the Respiratory System			
05	Practical Activities: Report Preparation		30	01
06	Records and PPT If required, students can share their experiences in the form of a Project Report. The students may share their experiences in the form of audio-visual presentations of 15-30 minutes. Any other Practical/Practice as decided from time to time <i>Assessment of practical:</i> practical demonstration and performance-30 viva voce-10 Home assignments/Record book on all topics of practical-20		30	01
Total				04

Course Learning Outcomes:

After completing the unit, the students will be able to:

- Identify the importance of anatomy and physiology.
- Recognize the functions of the skeleton.
- Understand the functions of bones and identify various types of joints.
- Figure out the properties and functions of muscles and understand how they work.
- Understand the anatomy of the respiratory system and describe how it works.
- Identify and analyze the layout and functions of the circulatory System.

Learning Resources:

Books

1. Tortora, G. J., & Derrickson, B. (2020). Principles of Anatomy and Physiology. Wiley. ISBN: 978-1119662682
2. Marieb, E. N., & Hoehn, K. (2020). Human Anatomy & Physiology. Pearson. ISBN: 978-0134705483
3. Saladin, K. S. (2018). Anatomy & Physiology: The Unity of Form and Function. McGraw-Hill Education. ISBN: 978-1259277722
4. Gray, H. (1918). Gray's Anatomy: The Anatomical Basis of Clinical Practice. Elsevier. ISBN: 978-0443066840
5. Martini, F. H., Nath, J. L., & Bartholomew, E. F. (2018). Fundamentals of Anatomy & Physiology. Pearson. ISBN: 978-0134580999
6. McKinley, M., & O'Loughlin, V. D. (2019). Anatomy & Physiology: An Integrative Approach. McGraw-Hill Education. ISBN: 978-1260134643
7. Standring, S. (2016). Gray's Anatomy: The Anatomical Basis of Clinical Practice. Elsevier. ISBN: 978-0702052309
8. Buckley, J. P. (2017). Anatomy & Physiology: A Guided Inquiry. McGraw-Hill Education. ISBN: 978-1259644332
9. Kennedy, M. L., & Bender, D. (2020). Human Anatomy & Physiology Laboratory Manual. Pearson. ISBN: 978-0134766511
10. Ahern, L. E., & Miller, S. A. (2021). Anatomy & Physiology: A Problem-Based Learning Approach. Jones & Bartlett Learning. ISBN: 978-1284230786

Research Journals

1. Journal of Applied Physiology
ISSN: 8750-7587 (Print)
ISSN: 1522-1601 (Online)
2. Medicine & Science in Sports & Exercise
ISSN: 0195-9131 (Print)
ISSN: 1530-0315 (Online)
3. European Journal of Applied Physiology
ISSN: 1439-6327 (Print)
ISSN: 1439-6319 (Online)
4. Journal of Strength and Conditioning Research
ISSN: 1064-8011 (Print)

ISSN: 1533-4287 (Online)

5. American Journal of Physiology-Regulatory, Integrative and Comparative Physiology

ISSN: 0363-6119 (Print)

ISSN: 1522-1490 (Online)

Websites

Inner Body

Website: www.innerbody.com

Visible Body

Website: www.visiblebody.com

Teach Me Anatomy

Website: www.teachmeanatomy.info

Get Body Smart

Website: www.getbodysmart.com

The Anatomy and Physiology Place

Website: www.applace.com

Course Category: SPORTS

Course Name: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Course Number: MM VIII

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

To familiarize students with Understanding Research Fundamentals

To equip students with the skills to design and conduct scientific research

To familiarize students with research methods

To foster students critical thinking and problem-solving skills

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	FUNDAMENTALS OF RESEARCH Meaning and Definition of Research Need, Nature, and Scope of Research in Physical Education. Classification of Research The distinction between Research, Invention, and Discovery Qualities of a Good Researcher.	7.5		01
02	TYPES AND METHODS OF EDUCATIONAL RESEARCH Types: Fundamental, Applied, Action research Research Methods Qualitative Research	7.5		
03	EXPERIMENTAL RESEARCH Meaning, Nature and Importance Meaning of Variable Types of Variables. Experimental Design	7.5		01
04	SAMPLING Meaning and Definition of Sample and Population. Types of Sampling Probability Methods; Systematic Sampling, Cluster Sampling, Stratified Sampling. Non- Probability Methods Convenience Sample, Judgment Sampling, Quota Sampling	7.5		
05	Practical Activities: Preparing a Research Design Preparing a Research Papers		30	01
06	Preparing a sampling chart If required, students can share their experiences in the form of a Project Report. Any other Practical/Practice as decided from time to time <i>Assessment of practical:</i> practical demonstration and performance-30 viva voce-10 Home assignments/Record book on all topics of practical-20		30	01
Total				04

Course Learning Outcomes:

1. The students will acquire knowledge of different aspects of Physical Education Research
2. The students will Understand the types and techniques used in Physical Education Research
3. The students will Design and implement qualitative and quantitative research studies.

Books Recommended:

1. Barrow, H. M. (1979). Practical Approach to Measurement in Health & Physical Education. (3rd ed.). Philadelphia: Lee & Febigeer
2. Best, J. W. & Kahn, J. V. (2006). Research in Education. (10th ed.). New Delhi: PHI
3. Clark, D. H. & Clark, H. H. (1979). Research process in Physical Education, recreation & health. Englewood Cliffs: prentice Hall.
4. Johnson, B. & Christensen, L. (2008). Education Research, Quantitative, Qualitative and Mixed Approaches. (3rd ed.). Sage Publication: England.
5. Miller, David. K. (2002). Measurement by the Physical Educator. New York: McGraw Hill companies. John & Nelson (1998). Practical Measurements for Evaluation in Physical Education. Delhi: Surjit Publication.
6. Sprinthall, R. C. (1997). Basic statistical Analysis. (5th ed.). USA: Allyn& Bacon
7. Thomas, J. R. & Nelson, J. K. (2001). Research Methods in Physical Education, (4th ed.). USA: uman Kinetics.
8. आगलावे, प्र.ना. (२०००) संशोधन पद्धतीशास्त्र व तंत्रे (प्रथम आवृत्ती), नागपूर: विद्या प्रकाशन.
9. जर्दे श्री.आ. (१९९५) शारीरिक शिक्षण संशोधन तंत्र व पद्धती (द्वितीय आवृत्ती) कोल्हापूर: चद्रमा प्रकाशन

Course Category: SPORTS

Course Name: **FITNESS AND CONDITIONING-I**

Course Number: MM IX

Course Code:

Course Credits: 02

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- The students will learn the to understand the Concept and Importance of Warm-up
- The students will learn how to design effective warm-up plans
- The students will Understand Fitness Classification and Its Determinants
- The students will be able to Explore Resistance Training Modalities

- The students will learn how to enhance and Incorporate Yogic Interventions for Fitness

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	CONCEPT OF WARM-UP AND PREPARATION OF WARM-UP PLAN Concept of Warm-up: Physical, Physiological and Psychological General and Specific Warm-up (Targeted and Structured Warm-Ups) Factors Determining Warm-up Plan Selection and inclusion of exercise and types of equipment for Warm-up session	7.5		01
02	CONCEPT FITNESS Meaning and Definition of Fitness Classification of Fitness: General, Specific, and Sports Specific Factors Determining Fitness: Children's, Adult Male & Female. Significance of Fitness for sports persons and non-sports	7.5		
03	Practical Activities: Modalities of Resistance Training Own Body weight. Partner Resistance. Free Weight. Medicine Ball. Elastic TheraBand Water & Environmental Resistance Training Core Stability and Balance Training		15	01
04	Yogic Interventions for Fitness Asana for Strength: Shoulder, Chest, Core, Back and Lower Back Asana for Flexibility: Upper Extremities and Lower Extremities Asana for Balance and Stability <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		15	
Total				02

Course Learning Outcome:

- Students will be able to understand the concept of Warm-up
- Students will be able to utilize as according to requirements of different sports activities and according to individual requirements.
- Students will be well prepared to design fitness plans with the proper blend of exercise and yogic practices.

References:

1. Bill Foran, High Performance Sports Conditioning.
2. Frank W. Dick, Sports Training Principles. 4th Edition, Friends Publication, 2006
3. G. Gregory Haff & N. Travis Triplett, Essentials of Strength Training and Conditioning. 4th Edition, Human Kinetics, 2016
4. Singh, H.: Science of Sports Training. DVS Publication, New Delhi, 1991
5. Beachle, T.R.: Earle, R.W.: Essentials of strength training and conditioning, NSCA Publication, 2000.
6. Susan Hollister. (2017). Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength,
7. Gregor Maehle. (2006). Ashtanga Yoga: Practice and Philosophy, Kaivalya Publications.

Course Category: SPORTS

Course Name: PSYCHOLOGY OF SPORT & EXERCISE-I

Course Number: MAJOR-EL-1

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- The students will develop foundational knowledge in sports psychology
- The students will explore the psychological factors affecting sports performance
- The students will understand emotional and motivational influences in sports
- The students will analyze the interplay of anxiety, arousal, and stress in sports

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	INTRODUCTION Meaning of sports psychology Scope of sports psychology Relationship of sports psychology with other sports sciences Importance of sports psychology in sports	7.5		01
02	PERSONALITY, ATTENTION AND ITS ROLE IN SPORTS Meaning of Personality Dimensions of personality types and traits in sports Concept of attention Attentional focus and sports performance	7.5		
03	EMOTIONAL REGULATION IN SPORTS Meaning of emotion Types of Emotion Fear of success phobia Motivation & Reinforcement	7.5		01
04	CONCEPT OF ANXIETY, AROUSAL, AND STRESS Definition of Anxiety Types of Anxiety Definition of Arousal and Stress Characteristics of Arousal	7.5		
05	Practical Activities: Report Preparation		30	01
06	Records and PPT If required, students can share their experiences in the form of a Project Report. The students may share their experiences in the form of audio-visual presentations of 15-30 minutes. Any other Practical/Practice as decided from time to time <i>Assessment of practical:</i> practical demonstration and performance-30 viva voce-10 Home assignments/Record book on all topics of practical-20		30	01
Total				04

COURSE LEARNING OUTCOME:

By the conclusion of this course, student-learners will:

1. Identify and describe key definitions, distinctions, and proposed causal mechanisms of most major psychological theories in sport and physical activity.
2. Analyze, distinguish, and apply the theoretical knowledge to respond to challenges commonly encountered in the arenas of sport and physical activity.
3. Communicate the interdisciplinary nature of the study of sport and physical activity.

4. Identify and describe key issues related to professional ethics and responsibility in sport and exercise psychology.
5. Identify and describe key issues of diversity by demonstrating an understanding of research evidence.

Reference Books:

- 1) Human Motivation- Robert E. Franken.
- 2) Psychology in Sports - Richard M. Suinn
- 3) Psychology of Sports - Seppo E. Iso-Ahola and Brad Hatfield.
- 4) Introduction to Science and Soccer - Thomas Reilly.
- 5) Applied Sport Psychology - Jean M. "Williams.
- 6) Sport Psychology - Tony Morris and Jeff Sunners.
- 7) Psychological Dynamics of Sport AND Exercise - Diane L. Gill.
- 8) Sport Psychology - Roxel A. Aprtiebo.
- 9) Competitive anxiety in Sport - Rainer Martens, Robin S. Vealey, and Damon Burton.
- 10) A Manual of Psychology - J. N. Sinha

Course Category: SPORTS

Course Name: **SPORT OF ATHLETICS-I**

Course Number: MN

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- Students will gain an introductory knowledge of the Fundamentals of Track & Field
- Students will explore the essential rules and regulations governing track and field events.

- Students will study the major awards in athletics and familiarize themselves with notable awardees.
- The students will learn Practical Skills in Sprinting and Long-Distance Running
- Students will engage in practical activities additionally; they will gain hands-on experience in officiating these events

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	SPORT OF ATHLETICS Introduction of Track & Field Historical development of the Track and Field at the International and national level. List of Events in Track & Field. (all running races) Standard Equipment's required in Track and Field.	7.5		01
02	RULES AND REGULATIONS Rules and regulations (Brief description) of Track & Field Types of running races Rules and regulations (Brief description) for Sprints	7.5		
03	RULES AND REGULATIONS Rules and regulations (Brief description) for Middle distances Rules and regulations (Brief description) for Long-distance races Rules and regulations (Brief description) for road races	7.5		
04	SPORT OF ATHLETICS Award & Awardees list in Athletics. Major Sports Personalities. Latest changes in Athletics.	7.5		
05	Practical Activities: Sprinting: Different sprinting starts, finishing techniques, and fixing of starting blocks. Long Distance Running: The correct running style emphasizes proper body position and foot placement, proper arm movements, ground marking, rules, and officiating. Relays: Hold of relay baton, and various types of baton exchange (visual and non-visual).		30	01
06	Officiating of the above-selected events. <i>Assessment of practical:</i> practical demonstration and performance-30 viva voce-10 Record book on all topics of practical-20		30	01
Total				04

Course Learning Outcomes:

Students will Comprehension of Track and Field Fundamentals

Students will understand the Application of Rules and Regulations in Running Races

Students will Recognize Key Achievements and Personalities in Athletics

Students will get Practical Skills and Officiating in Running Events

Reference Books:

Gerry, A. C. (1999). Fundamentals of Track and Field, (2nd ed.). Human Kinetics.

Prentice, W. (2020). Principles of Athletic Training: A Guide (17th ed.). McGraw-Hill Education.

Singh, G. (1998). Track and Field. Ashoka Mahan Publication.

Thani, Y. (2007). Athletics. Khel Sahitya Kendra.

Brar, T. S. (2004). Track and Field: Officiating Techniques. Friends Publication.

Field, T. U. (2014). Track & Field Coaching Essentials (1st ed.). Human Kinetics.

Gerry, A. C. (1999). Fundamentals of Track and Field (2nd ed). Human Kinetics.

Karp, J. R. (2020). Track & Field Omnibook (6th ed.). Coaches Choice.

Srivastava, A. K. (2002). Athletics and Technique. B.R. International Publishers.

Course Category: SPORTS

Course Name: AEROBICS TRAINING

Course Number: OE05

Course Code:

Course Credits: 02

Marks: Semester 25 + 25(T/P) Total Marks: 50

OBJECTIVES:

- The students will understand the Fundamentals of Aerobics
- The students will Develop Practical Skills in Aerobics Routines
- The students will Utilize Music and Equipment Effectively
- The students will Enhance Group Dynamics in Aerobic Training

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	AEROBICS TRAINING Introduction to Aerobics, Evolution of Aerobics Benefits of participation in Aerobics Individualized and Group Training in Aerobics	7.5		01
02	Aerobics Forms of Aerobics (Floor, Step, Weight, and Aqua Aerobics) Appropriate Aerobic Gear, Flooring and Required Equipment Need, Benefits, and Selection of Music for Aerobics	7.2		
03	Practical Activities: Develop a 5–10-minute routine of aerobics. Compilation of music on a pen drive for low-impact, medium-impact, and high-impact floor aerobics.		15	01
04	Demonstrate various group formations in an aerobics routine. <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		15	
Total				02

*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 Outcome:

After completing this course, the students will be able to

- Explain the Concepts and Evolution of Aerobics
- Design and Execute Aerobic Routines
- Select and Use Appropriate Music and Equipment
- Apply Knowledge of Individual and Group Training
- Demonstrate Effective Group Dynamics and Formations

SUGGESTED READINGS:

1. James, L. (2011). The first book of life skills. Embassy Book Distributors.
2. Kumar, M. (2000). Developing communication skills. Delhi: Macmillan.
3. Kumar, S., &Pushplata. (2011). Communication skills. Oxford.

4. Peel, M. (1995). Improving your communication skills. Kogan Page.
5. Raman, M., & Sharma, S. (2011). Communication skills. Oxford.
6. Sharma, P.C. (2008). Communication skills & personality development, Nirali Prakashan, Pune.

FIELD PROJECT (FP):

B. A. III, SEMESTER-V

Type: Field Project

Course Name: **Field Project**

Course Number:

Course Code: FP01

Course Credits: 02

Marks: Field Project (Work) Report etc.	30
Internal Assessment (Viva Voce)	20
Total Marks:	50

Field project ideas aligned to the B.A. (Sports) programme.

1) Comparative VO₂max and Performance Study in Middle-distance vs Sprint Athletes

- Objective: Compare aerobic capacity and its relationship to event performance between 400–800 m (middle) and 100–200 m (sprint) athletes.
- Method: Field testing using Cooper/20m shuttle or submaximal step test plus race time records; basic anthropometry and resting HR/BP.
- Deliverable: Short report with descriptive stats, correlation of VO₂ proxy with performance, and training implications.

2) Effect of Short-term Plyometric Block on Lower-limb Power in Collegiate Athletes

- Objective: Measure change in vertical jump and sprint 20 m after 4 weeks of plyometrics.

- Method: Pre-post design (countermovement jump, 10/20 m sprint), standard plyometric program for 4 weeks.

- Deliverable: Pre/post comparison, practical program outline for coaches.

3) Injury Incidence and Risk Factors in University Athletics Squad (Track & Field)

- Objective: Record common injuries, mechanisms, and training/competition contexts across a season.

- Method: Prospective or retrospective injury log, brief questionnaire on training load, warm-up, footwear.

- Deliverable: Injury profile with prevention recommendations and simple screening checklist.

4) Influence of Pre-competition Anxiety on Sprint Performance (Sports Psychology)

- Objective: Examine the relationship between state anxiety and 100 m race times.

- Method: Use a validated short anxiety inventory (e.g., CSAI-2 brief) administered pre-race and correlate with performance.

- Deliverable: Statistical summary, coach-friendly guidance for anxiety management.

5) Effectiveness of a University Aerobics Programme on Cardiovascular Endurance and Body Composition

- Objective: Evaluate 8 weeks of aerobics classes on endurance (shuttle test) and simple body composition (BMI, waist).

- Method: Pre/post measurement, attendance log, short participant feedback.

- Deliverable: Implementation guide plus measured outcomes and participant satisfaction.

6) Periodisation Model Case Study for an Athletics Event (e.g., Middle-distance)

- Objective: Create and evaluate a periodized 16-week plan for peak performance at a target meet.

- Method: Literature-informed plan, coach/athlete interviews, and retrospective monitoring of training load and performance.

- Deliverable: Periodisation calendar, sample microcycles, and rationale tied to physiological principles.

7) Analysing the Effects of Warm-up Protocol Variations on Sprint Start Performance

- Objective: Test dynamic vs dynamic+resisted (mini bands) warm-ups on 30 m sprint start time.
- Method: Crossover design with 2 warm-up protocols, timed sprints, adequate rest between trials.
- Deliverable: Protocol description, results table, coach recommendations.

8) Relationship Between Sleep Quality and Recovery in Student Athletes

- Objective: Explore how sleep duration/quality affects perceived recovery and training readiness.
- Method: 2-week sleep log (subjective scales like PSQI short form), daily perceived recovery scale, simple training load record.
- Deliverable: Correlational analysis and practical sleep hygiene advice for athletes.

9) Evaluation of Functional Movement Screening (FMS) as a Predictor of Lower Limb Injuries in Sprinters

- Objective: Assess whether baseline FMS scores predict injuries over a season.
- Method: Baseline FMS testing, injury surveillance for a season, simple sensitivity/specificity analysis.
- Deliverable: Report with screening cutoffs and suggested corrective exercises.

10) Impact of Group Aerobics vs Individual Cardio on Motivation and Adherence in Female Students

Objective: Compare attendance, self-reported motivation, and perceived exertion between group aerobics classes and prescribed individual cardio sessions.

Method: Randomly assign volunteers to 6-week group vs. individual conditions, track attendance, and administer motivation questionnaires pre/post.

Deliverable: Comparative table, practical suggestions for programme design to improve adherence.

Implementation notes (quick practical guidance):

Sample size: a minimum of 12–20 participants per group when possible for meaningful classroom projects; for exploratory or pilot projects, smaller samples (8–12) are acceptable.

Ethics/consent: obtain written informed consent and record medical screening (PAR-Q) where activity/exercise testing is involved.

Tools/tests: prefer validated, low-cost field tests (shuttle test, Cooper, countermovement jump via Vertec/contact mat or smartphone apps, simple BP/HR monitors).

Data and assessment: keep protocols simple (pre/post designs, basic descriptive stats, t-tests or nonparametric equivalents), and require a short literature review linking results to course theory.

Deliverables: require a 6–8-page report (introduction, method, results, discussion), a one-page practical coaching sheet, and a 7–8 minute in-class presentation or poster.

2. Submission of the Field Project Report duly signed and certified by the concerned teacher/guide is A PRE-REQUISITE FOR APPEARING TO VIVA-VOCE EXAMINATION

3. TWO COPIES of the Field Project Report in BOUND FORMAT should be submitted before the Viva-Voce. One copy will be kept by the department, and the remaining will be returned to the student. Important Notes for Teachers:

Prepare an Appropriate Format for writing a field project report. Kindly see that the First Page and Certificate Page are common for all students. In the remaining part, try to maintain uniformity.

The Field Project Report format may be as follows:

Student's Name: -----

Name of the College: -----

Class: ----- Semester: -----

Subject: ----- Seat Number: -----

Year- ----- Duration of Field Project: -----

Name of the Field Project: -----

College Teacher who supervised: -----

1. Introduction

- Introduce the research topic (e.g., linguistic features in a novel, literary movement, or language use in a specific context)
- State research questions or objectives
- Provide context and significance

2. Literature Review

- Discuss existing research on the topic
- Identify gaps or areas for further exploration

3. Methodology

- Describe research methods (e.g., discourse analysis, stylistics, corpus linguistics, or literary criticism)
- Explain data collection and analysis procedures

4. Data Analysis and Findings

- Present and analyse data (e.g., linguistic features, themes, or literary devices)
- Discuss key findings

5. Conclusion

- Summarise main findings
- Discuss implications for language and literature studies

6. References

- List sources cited in the project

B. A. SPORTS Third Year (Semester-VI)	
MM - X	BASIS OF SPORTS TRAINING
MM - XI	RESEARCH METHODOLOGY-II
MM - XII	FITNESS AND CONDITIONING-II
MAJOR-EL-1I	PSYCHOLOGY OF SPORT & EXERCISE-II
MN	SPORT OF ATHLETICS-II
OJT	

Course Category: SPORTS

Course Name: **BASIS OF SPORTS TRAINING**

Course Number: MM X

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- The students will Gain knowledge about the Training Process
- The students will gain knowledge about planning and programming during training.
- The students will gain advanced knowledge about sports training.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	CHARACTERISTICS OF SPORTS TRAINING COMPONENTS Physical Components Force, Endurance, Speed, Coordinative, Flexibility abilities Technical components Tactical components Psychological components			01
02	COMPONENTS OF HEALTH-RELATED PHYSICAL FITNESS Muscular Strength Endurance Flexibility Body Composition Cardiovascular Endurance Specific training needed for the development of HRPF			
03	MOTOR FITNESS COMPONENTS Agility Coordination Speed Power Balance Reaction time Specific training for the development of Motor fitness components.			01
04	TRAINING LOAD AND ADAPTATION PROCESS Definition and types of training load ADAPTATION PROCESS LOAD AND ADAPTATION LOAD AND RECOVERY	7.5		
05	Practical Activities: Modern training patterns		30	01
06	Preparation of Training Plans <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
Total				04

Course Learning Outcome:

After completing this course, the students will be able to

- understand the modern concept of sports training.

- describe the principles of sports training.
- evaluate and develop a system of sports training – basic performance, intermediate performance, and high-performance training.
- Plan training sessions.
- realize and apply the Methods of Technique Training.
- design different training programs for Training Components.

References:

- Dick, W.F. (1980). *Sports training principles*. London: LepusBooks.
- Harre, D. (1982). *Principles of sport straining*. Berlin: Sporulated.
- Jensen, R.C.&Fisher,A.G.(1979). *Scientificbasisofathleticconditioning*. Philadelphia: Leaand Fibiger, 2ndEdn.
- Matvyew, L.P.(1981). *Fundamentalofsportstraining*. Moscow:ProgressPublishers. Singh,H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.

Course Category: SPORTS

Course Name: **RESEARCH METHODOLOGY-II**

Course Number: MM XI

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- To familiarize students with Research Design
- To foster students for Adhering to Ethics in Research and Publication
- To develop student's Statistical Analysis Skills
- To familiarize students with Research Writing and Reporting

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	RESEARCH DESIGN Research Design: Concept and Importance in Research, Features of a good research design Exploratory research Design – concept, types, and uses. Descriptive Research Designs – concept, types, and uses. Experimental Design: concept, types, and uses.	7.5		01
02	ETHICS IN RESEARCH AND PUBLICATION Research Ethics: Introduction, and Importance Ethical Principles, and Research Integrity Scientific misconducts include falsification Fabrication, and Plagiarism (FFP) Publication ethics: definition, introduction, and importance Publication misconduct: definition, concept	7.5		
03	INTRODUCTION TO STATISTICS Statistics: definition, importance and Scope, limitations, Distrust Measurement of Central Tendency (mean, median, and mode) DIFFERENT MEASURES OF VARIABILITY OR DISPERSION (a)The Range (R) (b) The Quartile Deviation (Q) (c) The Standard Deviation (SD) iv. Data analysis using- SPSS	7.5		01
04	REPORT WRITING Introduction to report writing Research Report Format Principles of Writing Reports. Introduction to Footnotes, Citations, References, Appendix and Bibliography	7.5		
05	Practical Activities: Preparing a Research Design Preparing a Research Papers		30	01
06	Preparing a Research Proposal <i>Assessment of practical:</i> practical demonstration and performance-30 viva voce-10 Record book on all topics of practical-20		30	01
Total				04

Course Learning Outcomes:

- The students will understand and have the ability to Design and Execute Research

- The students will acquire knowledge of different aspects of the Application of Ethical Standards in Research
- The students will be Proficient in Statistical Analysis
- Proficiency in Research Writing and Reporting will be demonstrated by students

Books Recommended:

Research Methodology- C. R. Kothari

Kumar, R. (2011) Research Methodology: A Step-by-Step Guide for Beginners. 3rd Edition. Sage, New Delhi.

Thomas, J. R., Nelson, J. K., & Silverman, J. (2005). Research Methods in Physical Activity (5th ed.). Champaign, IL: Human Kinetics.

Verma, J. P. (2012). Data Analysis in Management with SPSS Software.

Verma, J.P. (2019). Importance of Statistics in Psychology. In: Statistics and Research Methods in Psychology with Excel. Springer, Singapore.

आगलावे, प्र.ना. (२०००) संशोधन पद्धतीशास्त्र व तंत्रे (प्रथम आवृत्ती), नागपूर: विद्या प्रकाशन.

जर्दे श्री.आ. (१९९५) शारीरिक शिक्षण संशोधन तंत्र व पद्धती (द्वितीय आवृत्ती) कोल्हापूर: चद्रमा प्रकाशन

Course Category: SPORTS

Course Name: **FITNESS AND CONDITIONING-II**

Course Number: MM XII

Course Code:

Course Credits: 02

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- The students will learn the to understand the Concept and Importance of Warm-up
- The students will learn how to design effective warm-up plans
- The students will Understand Fitness Classification and Its Determinants
- The students will be able to Explore Resistance Training Modalities

- The students will learn how to enhance and Incorporate Yogic Interventions for Fitness

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	WARMING UP AND COOLING DOWN General warming up: Procedures & various methods. Specific Warming up: Procedures & various methods. Cooling down: Procedures & various methods. Different general adoption exercises.	7.5		01
02	BALANCE & COORDINATION TRAINING Different exercises to develop Balance. Tests to measure balance. Different exercises to develop Coordination. Tests to measure Coordination.	7.5		
03	Practical Activities: Freehand exercises. Free weight exercises. Machinery exercises.		15	01
04	Balance and Coordination exercises 1 – Roll Feet 2 – Chair Pose with Heel Raise + Spine Stabilization 3 – Single Leg Standing Clamshells + Kickback 4 – Figure 4 to Straight Leg Pulse 5 – Hip Mobility to Extension 6 – Side Kick 7 – Adduction Glider with Heel Raise 8 – Reverse Glider Lunge with Heel Raise 9 – Roll Down to the Side Plank to the Pike <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		15	
Total				02

Course Learning Outcome:

Students will be able to understand the specific fitness requirement of different sports.

Students will be able to prepare customized training programs for sportspersons related to the different natures of games.

Reference Books:

Blagrove, R. (2015). Strength and Conditioning for Endurance Running. Crowood Press.

Brown, L. E. (2007). Strength training. Human Kinetics.

Dintiman, G. B., & Sugabo, C. (2020). NASE Essentials of Next-Generation Sports Spee Training. Healthy Learning.

Jeffreys, I., & Moody, J. (2021). Strength and Conditioning for Sports Performance (2nd ed.) Routledge.

Thompson, B. (2021). Strength Training for Life. EnzoBsty Publishing Press.

Vet, O. (2021). Agility Training for Dogs: become your pet's best friend. Independently Published.

Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2020). Science and Practice of Strength Training (3rd ed.). Human Kinetics

Course Category: SPORTS

Course Name: PSYCHOLOGY OF SPORT & EXERCISE-II

Course Number: MAJOR-EL-1I

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- The students will be Understanding the Role of Psychology in Sports
- To familiarize students with Goal Setting and Motivation in Sports
- The students will be Enhancing Social Skills in Sports
- To familiarize students with Managing Competition, Cooperation, and Conflicts

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	PSYCHOLOGY IN SPORTS Psychology in sports Understanding sports and exercise psychology as a science Relationship of sports psychology with other sports sciences present and future of sport and exercise psychology	7.5	30	01
02	GOAL SETTING AND MOTIVATION IN SPORTS Concept of goal setting Importance of goal setting and its guidelines Types of Motivation Biological basis of motivation	7.5		
03	SOCIAL SKILLS IN SPORTS Group dynamics in team games Factors Affecting Group Cohesion Spectator psychology Spectator cohesion and group cohesion	7.5		
04	COMPETITION, COOPERATION AND CONFLICTS Introduction Competition: Value of Competition Cooperation: Role of Cooperation Conflict: Causes of Conflict Effects of Conflict	7.5		
05	Practical Activities: Report Preparation		30	01
06	Records and PPT If required, students can share their experiences in the form of a Project Report. The students may share their experiences in the form of audio-visual presentations of 15-30 minutes. Any other Practical/Practice as decided from time to time <i>Assessment of practical:</i> practical demonstration and performance-30 viva voce-10 Home assignments/Record book on all topics of practical-20		30	01
Total				04

COURSE LEARNING OUTCOME:

After completing this course, the students will be able to

- Demonstrate Understanding of Sports Psychology
- Apply Goal-Setting and Motivation Strategies
- Analyze Social Dynamics in Sports
- Evaluate Competition, Cooperation, and Conflict in Sports

Reference Books:

- 1) Human Motivation- Robert E. Franken.
- 2) Psychology in Sports - Richard M. Suinn
- 3) Psychology of Sports - Seppo E. Iso-Ahola and Brad Hatfield.
- 4) Introduction to Science and Soccer - Thomas Reilly.
- 5) Applied Sport Psychology - Jean M. "Williams.
- 6) Sport Psychology - Tony Morris and Jeff Sunners.
- 7) Psychological Dynamics of Sport AND Exercise - Diane L. Gill.
- 8) Sport Psychology - Roxel A. Aprtiebo.
- 9) Competitive anxiety in Sport - Rainer Martens, Robin S. Vealey, and Damon Burton.
- 10) A Manual of Psychology - J. N. Sinha

Course Category: SPORTS

Course Name: **SPORT OF ATHLETICS-II**

Course Number: MN

Course Code:

Course Credits: 04

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- Students will Familiarity with National and International Competitions in Athletics
- Students will acquire a comprehensive understanding of the Mastery of Rules and Regulations across Events
- Through hands-on practice, students will develop Practical Training in Advanced Techniques
- Students will study the composition and rules of combined events
- Students will learn about the Equipment Knowledge and Recent Developments in Athletics

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	SPORT OF ATHLETICS Major National & International competition in Track & Field. Standard Equipment's required in Track and Field. (jumping & throwing) Combined (or multi-discipline) events. Team Selection.	7.5		01
02	RULES AND REGULATIONS Rules and regulations (Brief description) for relay races Rules and regulations (Brief description) for Hurdling Composition of combined events Rules and regulations (Brief description) for Composition of combined events	7.5		
03	RULES AND REGULATIONS Rules and regulations (Brief description) for Jumping events (Long jump, high jump, triple jump, and pole vault.) Rules and regulations (Brief description) for throwing events (Shot Put, Discus, Hammer, and Javelin.)	7.5		01
04	SPORT OF ATHLETICS Athletics at the Summer Olympics Men's events Women's events Rules and their interpretations and duties of officials. Recent Changes	7.5		
05	Practical Activities: Hurdles: Types of Hurdles, Fundamental skills, Hurdle's height, Ground Marking, Rules, and Officiating. Jumping events (Technique): Approach Run, Take-off, Action in the Air, Landing. Basic skills and techniques for throwing events.		30	01
06	Officiating of the above-selected events. <i>Assessment of practical:</i> practical demonstration and performance-30 viva voce-10 Record book on all topics of practical-20		30	01
Total				04

Course Learning Outcomes:

Students will identify and describe major Key Competitions and Equipment in Track and Field

Students will learn to Application of Rules and Techniques in Track and Field Events

They become Competent in Multi-Discipline Events and Team Selection

Students will officiate track and field events and Adaptation to Changes in Athletics

Reference Books:

- Gerry, A. C. (1999). Fundamentals of Track and Field, (2nd ed.). Human Kinetics.
- Prentice, W. (2020). Principles of Athletic Training: A Guide (17th ed.). McGraw-Hill Education.
- Singh, G. (1998). Track and field. Ashoka Mahan Publication.
- Thani, Y. (2007). Athletics. Khel Sahitya Kendra.
- Brar, T. S. (2004). Track and Field: Officiating Techniques. Friends Publication.
- Field, T. U. (2014). Track & Field Coaching Essentials (1st ed.). Human Kinetics.
- Gerry, A. C. (1999). Fundamentals of Track and Field (2nd ed). Human Kinetics.
- Karp, J. R. (2020). Track & Field Omnibook (6th ed.). Coaches Choice.
- Srivastava, A. K. (2002). Athletics and Technique. B.R. International Publishers.

B. A. III, SEMESTER- VI

Type: On-Job Internship (Training) (OJT)

Course Name: **On-Job Internship (Training) (OJT)**

Course Number: OJ01

Course Code:

Course Credits: 4

Marks: On Job Training Report, etc.: 80

Internal Assessment (Viva Voce): 20

Total Marks: 100

Course Objectives

To provide practical exposure to sports training, fitness, and conditioning environments through supervised on-the-job training.

To enable students to apply anatomical and physiological principles in real sports and exercise settings.

To develop the ability to observe, analyse, and assist in athletic coaching and training sessions.

To familiarise students with research-based practices in physical education and sports sciences.

To build competence in planning and executing fitness and conditioning activities for different age and performance groups.

To develop an understanding of psychological factors affecting sport performance and exercise participation.

To introduce students to the structure, methods, and phases of sports training in practical settings.

To enhance technical knowledge and practical skills in athletics coaching, officiating, and performance evaluation.

To cultivate professional behaviour, teamwork, discipline, and communication in sports workplaces.

To prepare students for future careers in coaching, fitness training, sports administration, and allied professions.

Course Learning Outcomes

By the end of the OJT, students will be able to:

Explain the practical application of anatomy and physiology in sports training and exercise sessions.

Observe and record athlete performance, fitness status, and training responses using appropriate methods.

Assist in planning and conducting fitness and conditioning drills under supervision.

Apply basic sports psychology concepts to motivate and support athletes during training and competition.

Demonstrate safe and effective coaching practices in athletics and general sports activities.

Prepare simple training plans based on the principles of sports training and periodisation.

Collect, organise, and interpret basic data for sports-related research and field observation.

Use appropriate testing and measurement techniques for fitness, performance, and conditioning assessment.

Show professional ethics, punctuality, responsibility, and teamwork in the training environment.

Integrate theoretical knowledge from Semester V and VI papers into practical sports and physical education settings.

Instructions for teachers and students while doing On-the-Job Training:

1. Selection of Institute/Organisation/Consultant/Professional, etc. should be based on the areas in the mandatory or elective courses in the concerned subject.
2. The Institute/Organisation/Consultant/Professional etc. under whom the Training/Internship/ Apprenticeship is expected, should be **FORMALLY ASSIGNED** (In Written Form) by the concerned teacher to every student.
3. Submission of On-the-Job-Training Report duly signed and certified by the concerned teacher/guide is **A PRE-REQUISITE FOR APPEARING TO VIVA-VOCE EXAMINATION.**
4. **TWO COPIES** of the On-the-Job-Training Report in **BOUND FORMAT** should be submitted before Viva-Voce. One copy will be kept by the department, and the remaining will be returned to the student.

Important Notes for Teachers:

1. Prepare a Draft Letter for getting permission from the appropriate authority within the Institute/Organisation or from Consultant/Professional, etc., for the On-the-Job-Training/Internship/

Apprenticeship

2. Prepare an Appropriate Format for Writing the On-the-Job Training Report.

Kindly see that the First Page and Certificate Page are common for all students. In the remaining part, try to maintain uniformity.

The On-the-Job Training Report format may be as follows:

Student's Name: -----

Name of the College: -----

Class: -----Semester: -----

Subject: -----Seat Number: -----

Year -----Duration of Internship: -----

Internship Site/ Name of the Institution: -----

Institute Supervisor's Name: -----

College Teacher who supervised: -----

Introduction:

This section should provide the area of interest, its importance in the contemporary world, the reasons for choosing this area, as well as the institution/organisation/consultant/professional, etc.

Description of the organisation:

This section should provide a brief overview of the organisation where the internship will take place, including its mission, goals, services and experience.

Duties and responsibilities:

This section should describe the specific tasks and responsibilities the student had during the internship, as well as any notable projects or activities they were involved in.

Reflection on learning outcomes and accomplishments:

This section should highlight the key learning and accomplishments the student achieved during the internship (skills, knowledge, attitude, etc.). The student is expected to provide an in-depth reflection on the overall growth and impact of training.

Areas for improvement:

This section should address areas for improvement that the student seen by himself/herself during the internship. He/she should reflect on how to overcome these challenges or plan strategies for improvement.

Conclusion:

This section should summarise the key takeaways from the internship experience.

Appendices:

This section should include the following documents:

- Formal permission letter by Concerned Teacher/Guide sent to the concerned Institution/Organisation/Professional/Consultant, etc.
- Formal Acceptance Letter by Institution/Organisation/Professional/Consultant, etc. for Training.
- Activity Log Book (which may contain an Attendance sheet with Day, Date, Time, Number of Hours, Brief description of Training/ Learning activities, Responsibilities taken, Signature of Institutional Authority, Signature of Concerned Teacher).
- Google tagged photos showing Attendance as well as Doing Work
- Compliance Certificate with remarks duly signed by the Institutional Authority
- other supporting material
