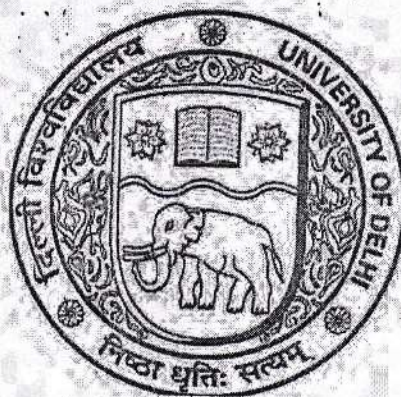


DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
FACULTY OF INTER-DISCIPLINARY AND APPLIED SCIENCES
UNIVERSITY OF DELHI



SYLLABUS OF COURSES TO BE OFFERED FOR PHYSICAL EDUCATION
IN THE UNDERGRADUATE COURSES OF UNIVERSITY OF DELHI
IN CHOICE BASED CREDIT SYSTEM (CBCS)

- Discipline Specific Core Courses (DSC), Skill Enhancement Courses (SEC), and Discipline Specific Elective Courses (DSE) in B.A. Programme
- Inter-disciplinary Generic Elective Courses (GE-P) in B.A. & B.Com. Programme
- Generic Elective Courses (GE-H) in all the Honours Courses

Applicable to : All Colleges of University of Delhi

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The University Grants Commission (UGC) has initiated several measures to bring equity, efficiency and excellence in the Higher Education System of country. The important measures taken to enhance academic standards and quality in higher education include innovation and improvements in curriculum, teaching-learning process, examination and evaluation systems, besides governance and other matters.

The grading system is considered to be better than the conventional marks system and hence it has been followed in the top institutions in India and abroad. So it is desirable to introduce uniform grading system. This will facilitate student mobility across institutions within and across countries and also enable potential employers to assess the performance of students. To bring in the desired uniformity, in grading system and method for computing the cumulative grade point average (CGPA) based on the performance of students in the examinations, the UGC has formulated these guidelines.

The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India. This will benefit the students to move across institutions within India to begin with and across countries. The uniform grading system will also enable potential employers in assessing the performance of the candidates. In order to bring uniformity in evaluation system and

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computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations, the UGC has formulated the guidelines to be followed.

Outline of Choice Based Credit System

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

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

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

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

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

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

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

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

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

Project work/Dissertation is considered as a special course involving application of knowledge in solving/ analyzing /exploring a real life situation / difficult problem. A Project/Dissertation work

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would be of 6 credits. A Project/Dissertation work may be given in lieu of a discipline specific elective paper.

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Item-1.2 : Development of Two (2) New Inter-disciplinary Papers of Physical Education to be offered as Generic Elective (GE) in B.A. Programme with other subjects

Inter-disciplinary papers are to be offered as Generic Elective in Semester-V and Semester-VI in B.A. Programme, with subjects other than Physical Education as per the guidelines of CBCS. Currently, no papers are available for the students who wish to study Physical Education as Inter-disciplinary subject. In the absence of Generic Elective (GE) papers in Semester-V and Semester-VI for the students of B.A. Programme, the following papers are being proposed, which are also mentioned in table-2. The proposed papers are separately presented in table-3.

Table-3 : Proposed Papers for Generic Elective (GE) in B.A. Programme

Semester	Core Course (12 papers)	AECC (2 papers)	SEC (4 papers)	DSE (4 papers)	GE (2 papers)
I					
II					
III					
IV					
V PROPOSED					GE-1 Wellness, Fitness & Nutrition
VI PROPOSED					GE-2 Gym Operations

Item-1.3 : Development of Four (4) New Inter-disciplinary Papers of Physical Education to be offered as Generic Elective (GE) in all the Honours Courses.

As per the Outline of CBCS, "2.3 Generic Elective (GE) Course - P.S.: A core course offered in a discipline/ subject may be treated as an elective by other discipline/ subject and vice versa and such electives may also be referred to as Generic Elective".

Accordingly, 36 colleges of DU are currently teaching four DSC papers of Physical Education as Generic Elective (GE) in Semester I to IV respectively since 2015-16.

Since GE papers are inter-disciplinary in nature, their content need to be lighter than those who are studying it as Core paper. In view of the above, four new GE papers are to be developed, which are being proposed as following.

Table-4 : Proposed Papers for Generic Elective (GE) in Honours Courses

COURSE	SEMESTER	EXISTING PAPER BEING TAUGHT	PROPOSED PAPER
B.A. (H)/ B.Com. (H)/ B.Sc. (H)	I	Introduction to Physical Education in the Contemporary Context	GE(H)-1: Yoga and Stress Management
	II	Fitness, Wellness and Nutrition	GE(H)-2: Obesity Management
	III	Health Education, Anatomy and Physiology	GE(H)-3: Aerobics Training
	IV	Posture, Athletic Care and First-Aid	GE(H)-4: Fitness & Exercise Management

PROPOSED RECOMMENDATIONS IN THE COURSE CONTENTS

Detailed recommendations are presented in the tables from 5 to 10.

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However, the existing papers needed to be revised at the earliest because of its inadequacies. The existing syllabus is available at the Website of University of Delhi, which is enclosed as *Annexure-7*.

Minutes of the Committee of Courses (COC) of the Department

In accordance with the Guidelines for Minimum Course Curriculum for Undergraduate Courses under CBCS (*Annexure-6, Page No. 7, Point No. 1, 2 & 5b*), the revised proposal of various papers for Discipline Specific Core Courses (DSC), Skill Enhancement Courses (SEC) and Discipline Specific Elective Courses (DSE) in B.A. (Programme) with Physical Education; Inter-disciplinary Generic Elective (GE) papers for B.A./ B.Com. (Programme); and Generic Elective papers (GE) in all the Honours courses have been approved by the COC on 15.02.2018, and are mentioned under the items 1.1, 1.2 & 1.3. A meeting of the Committee of Courses (COC) of the Department of Physical Education and Sports Sciences (DPSS) was held on 15.02.2018. Minutes of the same are enclosed as *Annexure-1*.

PROPOSAL FOR REVISION IN EXISTING PAPERS AND SYLLABUS OF PHYSICAL EDUCATION IN CBCS

Though Physical education is being taught as an academic subject in many of the colleges of University of Delhi, its existing papers and syllabi are not in sync with the structure and guidelines of CBCS. As per the guidelines of UGC and DU, the existing CBCS structure is presented in table-1.

Table-1 : Course Structure of CBCS for B.A. Programme as per the Guidelines of UGC and DU

Semester	Core Course (12 papers)	Ability Enhancement Compulsory Course (AECC) (2 papers)	Skill Enhancement Course (SEC) (4 papers)	Discipline Specific Elective DSE (4 papers)	Generic Elective (GE) (2 papers)
I	English/ MIL-1 DSC-1 A DSC-2 A	(English/ MIL Communication)/ Environmental Science			
II	MIL/ English-1 DSC-1 B DSC-2 B	Environmental Science/ (English/ MIL Communication)			
III	English/ MIL-2 DSC-1 C DSC-2 C		SEC-1		
IV	MIL/ English-2 DSC-1 D DSC-2 D		SEC-2		
V			SEC-3	DSE-1 A DSE-2 A	GE-1
VI			SEC-4	DSE-1 B DSE-2 B	GE-2

Item-1.1: Revision in the Existing Papers and Syllabus of B.A. Programme with Physical Education for Discipline Specific Core Course (DSC), Skill Enhancement Course (SEC) and Discipline Specific Elective Course (DSE)

Physical Education is being taught as DSC, SEC and DSE since the implementation of CBCS from 2015 in the University of Delhi. The current status is that the papers are being taught in 10 colleges of University of Delhi. However, the need for revision arises due to the non-availability of papers for SEC-I in Semester-III and SEC-II in Semester-IV, along with the re-allocation of papers and minor revision in the syllabus. The revision in the existing papers and proposed changes has been presented in table-2.

SYLLABUS

Generic Elective Course (GE)

For all Honours Courses

- GE-1 (H) Semester-I : Yoga and Stress Management
GE-2 (H) Semester-II : Obesity Management
GE-3 (H) Semester-III : Aerobics Training
GE-4 (H) Semester-IV : Fitness & Exercise Management

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B.A./B.Com./B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-1)

GE(H) : YOGA AND STRESS MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I: Introduction

- 1.1 Meaning, Definition and Importance of Yoga
- 1.2 Origin and Historical development of Yoga
- 1.3 Ashtanga Yoga (Maharishi Patanjali) : Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi and their importance

Unit-II: Yoga-Asanas, Pranayamas and Shat Karmas

- 2.1 Meaning, Procedure, Precautions and Benefits of the following Asanas: Meditative Asanas (Vajrasana, Padmasana, Swastikasana, Sukhasana); Supine Position Asanas (Ardh-Halasana, Sarvangasana, Chakrasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana); Sitting Asanas (Ardh-Matsyendrasana, Paschimotanasana, Supta Vajrasana, Yoga Mudra); Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana)
- 2.2 Meaning, Procedure, Precautions and Benefits of the following Pranayamas : Anulom-Vilom, Suryabhedh, Ujjayi, Bhrameri, Sheetali, Sheetkari Pranayamas
- 2.3 Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalabhati, Trataka, Neti and Vaman Dhauti.

Unit-III : Stress Management

- 3.1 Concept, Causes and Effects of Stress
- 3.2 Non-communicable diseases (due to stress), Stress prevention and good health
- 3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities as coping strategies

PART B: PRACTICAL

Maximum Marks : 25

1. Suryanamaskar and any five asanas
2. Pranayams (any two) and Shat-karmas / Kriyas (any one)
3. Practice Meditation for 10-15 minutes.

Assessment of Practical

Practical (Demonstration/ Performance):	10 Marks
Viva	10 Marks
Record Book on all topics of Practical	05 Marks

PART C: INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project/ Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

1. Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
2. Greenberg J.S. (2008). Comprehensive Stress Management. McGraw Hill, USA
3. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
4. Iyenger, B.K.S. (1995). Light on Yoga: The Bible of Modern Yoga. USA: Schocken Publishers.
5. Kumari, Sheela, S.; Rana, Amita; and Kaushik, Seema (2009). A Practical Workbook on Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.
6. Sharma, J. P. (2006). Yoga Shiksha EK Parichaya, Delhi: Friends Publications.

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-2).

GE (H) : OBESITY MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I: Obesity & its Assessment

- 1.1 Concept and Causes of Obesity
- 1.2 Health Risks Associated with Obesity
- 1.3 Assessment of Obesity - Body Mass Index (BMI), Waist-Hip Ratio, Skinfold Thickness (Abdomen, triceps, thigh, Supra-iliac)

Unit-II: Management of Obesity through Diet

- 2.1 Nutrition and Balanced Diet
- 2.2 Dietary Aids and Gimmicks
- 2.3 Obesity and weight management through diet

Unit-III : Weight Management through physical activities and Behaviour modification

- 3.1 Importance of maintaining Healthy Weight; Weight Management and Energy Balance
- 3.2 Principles of weight management; Aerobic & anaerobic activities
- 3.3 Behaviour Modification techniques for weight management

PART B : PRACTICAL

Maximum Marks : 25

1. Use BMI to identify the actual body weight status and desirable body weight status of at least ten students.
2. Calculate BMR and Waist-Hip ratio of at least ten students.
3. Measurement of Body Composition for calculating body fat and lean body mass

Assessment of Practical

Practical (Demonstration/ Performance)	: 10 Marks
Viva	: 10 Marks
Record Book on all topics of Practical	: 05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project/ Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

1. Ansbaugh, D. J., Hamrick, M. H., & Rosato, F. D. (2006). Wellness: Concepts and applications. McGraw-Hill Companies.
2. Caliendo, M. A. (1981). Nutrition and preventive health care. Macmillan.
3. Hales, D. (2006). An invitation to health. Cengage Learning.
4. Hoeger, W. W. K., & Hoeger, S. A. (2007). Fitness & Wellness. Belmont, USA: Thomson Wadsworth
5. Howley, E. T., & Franks, B. D. (1986). Health/Fitness Instructor's Handbook. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
6. Kansal D.K. (2012). Test Measurement and Evaluation. Sports Spiritual Sciences Publications, New Delhi.
7. Kumari, S. S., Rana, A., & Kaushik, S. (2008). Fitness, Aerobics & Gym Operations. New Delhi: Khel Sahitya Kendra.
8. Sharma K. et.al. (2014). Fitness Aerobics & Gym Operations, Jyoti Enterprises, Delhi.
9. Tiwari S. (1999). Exercise Physiology, Sports Publications, Delhi.

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-3)

GE (H) : AEROBICS TRAINING

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I : Introduction

- 1.1. Introduction to Aerobics, Evolution of Aerobics
- 1.2. Benefits of participation in Aerobics
- 1.3. Individualized and Group Training in Aerobics

Unit-II : Aerobics

- 2.1. Forms of Aerobics (Floor, Step, Weight and Aqua Aerobics)
- 2.2. Appropriate Aerobic Gear, Flooring and Required Equipment
- 2.3. Need, Benefits and Selection of Music for Aerobics

Unit-III : Group Training

- 3.1. Development of Aerobic Fitness Programmes
- 3.2. Group Training Methods, Group Formation
- 3.3. Prevention and Care Specific to Aerobics - Foot Injuries, Shin Injuries, Knee Injuries, Multiple Site Injuries

PART B : PRACTICAL

Maximum Marks : 25

1. Develop a 5-10 minute routine of aerobics.
2. Compilation of music on a pen drive for low-impact, medium-impact and high-impact floor aerobics.
3. Demonstrate various group formations in an aerobics routine.

Assessment of Practical

Practical (Demonstration/ Performance)	10 Marks
Viva	10 Marks
Record Book on all topics of Practical	05 Marks

PART C : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

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

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B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-4)
GE (H) : FITNESS & EXERCISE MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I : Physical Fitness

- 1.1. Concept and Significance of Physical Fitness
- 1.2. Components of Physical Fitness, Assessment of Health Related Physical Fitness Components - Cardio-respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance, Flexibility
- 1.3. Principles of Training, Development of Fitness

Unit-II : Suggested Exercises for Fitness

- 2.1. Exercises for developing Cardio-respiratory Endurance, Weight Management, Resistance Training, Flexibility
- 2.2. Exercises for Children, Youth, Adults, Women, Senior citizens
- 2.3. Exercises for Coronary Heart Disease, Obesity, Diabetes, Asthma and Pulmonary Disease

Unit-III : Exercise Programming and Management

- 3.1. Health Appraisal, Setting Fitness Goals, Measuring Energy Expenditure
- 3.2. Behaviour Modification, Fitness Module, Prevention of Injuries and First-Aid
- 3.3. Evaluation of the implemented programme of fitness and Report generating

Maximum Marks : 25

PART B : PRACTICAL

1. Assessment of Wellness and Fitness for Life : Lifestyle Assessment Inventory (Assessment Activity -1), Physical Activity Readiness Questionnaire (PAR-Q), Functional Fitness Test for Senior Citizens
2. Evaluation of Fitness : Cooper's 9/12 min. (Girls/Boys) Run/ Walk Test, Sit and Reach Test/Modified Sit & Reach Test, Modified Sit-ups (one minute), Pull-ups/ Flexed Arm Hang (one minute), Body Mass Index (BMI), Basal Metabolic Rate (BMR), Waist-Hip Ratio (WHR)

Assessment of Practical

Practical (Demonstration/ Performance) :	10 Marks
Viva :	10 Marks
Record Book on all topics of Practical :	05 Marks

Maximum Marks : 25

PART C : INTERNAL ASSESSMENT

1. Presentation/ Written Test : 10 Marks
2. Project/ Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

1. Anspaugh, D.J., Hamrick, M. J., & Rosato, F. D. (2013). Wellness - Concept and Applications. USA: McGraw Hill Higher Education.
2. Camaione, D. N. (1993). Fitness management. WCB Brown & Benchmark.
3. Fahey, T. D., Insel, P. M., & Roth, W. T. (2009). Fit & well. USA: McGraw Hill.
4. Howley, E. T., & Franks, B. D. (2007). Health/Fitness Instructor's Handbook. Human Kinetics Publishers, Inc., Marketing Director, Box 5076, Champaign, IL.
5. Kansal D.K. (2012). Test Measurement and Evaluation, Sports Spiritual Sciences Publications, Delhi.
6. Kumari, S. S., Rana, A., & Kaushik, S. (2008). Fitness, Aerobics & Gym Operations, Khet Sahitya Kendra, Delhi.
7. Powers, S. K., Dodd, S. L., & Noland, V. J. (2006). Total Fitness and Wellness, Daryl Fox, USA.
8. Tiwari S. (1999). Exercise Physiology Sports Publications, Delhi.

SYLLABUS

Skill Enhancement Course(SEC)

Opt for any one in Semester-III

SEC-1 (i) : Weight Management
SEC-1 (ii) : Sports Journalism

Opt for any one in Semester-IV

SEC-2 (i) : Life Skills and Worksite Health Promotion
SEC-2 (ii) : Sports Marketing and Management

Opt for any one in Semester-V

SEC-3 (i) : Stress Management
SEC-3 (ii) : Fitness & Exercise Management

Opt for any one in Semester-VI

SEC-4 (i) : Sports for All
SEC-4 (ii) : Sports Technology

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B.A. PROGRAMME WITH PHYSICALEDUCATION

Skill Enhancement Courses (Semester-3)

Opt any one of SEC-1: (i) or (ii)

(ii) SPORTS JOURNALISM

PART A: THEORY

Duration: 3 Hrs

Maximum Marks : 75

Unit-I : Introduction

- 1.1. Meaning and changing trends of Journalism, Role of journalism in sports promotion & vice-versa, Social Media
- 1.2. Historical development & role of print and electronic media in sports promotion, Media Ethics, Responsibilities of journalist & editor (social, legal and professional)
- 1.3. Principles of Advertising in sports - press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics

Unit-II: News Writing and Designing

- 2.1. Language - vocabulary, spellings, figure of speech, dialect, grammar, punctuation, Sports Terminology and its use, Fundamentals of a sports story/ news.
- 2.2. Write-ups - feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk-shows, Sports photo feature and writing captions of photos; Writing on Social Media i.e. Twitter & Blog, Creating a Blog.
- 2.3. Designing - headings, front reading, layout & page making, stories, editorial tools, marks & skills, Web Page

UNIT-III : Organizational and Presentation Skills for Media

- 3.1. Organizational set-up of a newspaper printing press, sequence of operations in the printing of a newspaper/journal.
- 3.2. Research tools for developing a sports story, Use of personal library, statistics, records and computers in sports
- 3.3. Introduction to various types of information technology, Satellite communication: use of satellite in radio and T.V. communication for sports information

PART B : INTERNAL ASSESSMENT

Maximum Marks : 25

- | | |
|-------------------------------|----------|
| 1. Presentation/ Written Test | 10 Marks |
| 2. Project / Assignment | 10 Marks |
| 3. Attendance | 05 Marks |

MARKING SCHEME : Theory = 75 Marks; Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 4 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options, whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry fifteen marks.

SUGGESTED READINGS

1. Aamidor, A (2003) Real Sports Reporting. Indiana University Press, Valparaiso, Indiana, U.S.A.
2. Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Publications, Delhi.
3. Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
4. Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
5. Kamath, M V (1980). Professional Journalism. K.S.K. New Delhi.

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B.A. PROGRAMME WITH PHYSICAL EDUCATION

Skill Enhancement Courses (Semester-4)

Opt any one of SEC-2 : (i) or (ii)

(ii) SPORTSMARKETING & MANAGEMENT

PART A: THEORY

Duration: 3Hrs

Maximum Marks : 75

Unit-I: Introduction

- 1.1. Introduction and Overview of Sports Industry
- 1.2. Concept and Significance of Marketing and Sports Marketing
- 1.3. Concept, Significance and process of Management in Physical Education and Sports; Careers in Sports Marketing/ Management

Unit-II: Commercialization of Sports and Sports Marketing Process

- 2.1 Commercialization of Sports and its impact on society and economy, Legal and Ethical Issues, Sponsorship, Managing athlete brands, Globalization and Sports
- 2.1 Overview and Contingency Framework of Strategic Sports Marketing, Ownership Structure, Major and Minor Pro- League Sports, Amateur Sports, Unorganized Sports
- 2.2 Implementing and Controlling the Strategic Sports Marketing Process, Pricing Concepts and Sales strategies in Sports Marketing

Unit-III: Sports Management

- 3.1 Management of Facilities (Location, Preparation, Layout and Maintenance of Play Fields- Construction), Equipment (Criteria of selection, procedure of purchase, care and maintenance of equipment), Marketing and Publicity
- 3.2 Steps in the Organization of Intramural / Extramural Competitions (Formation of Committees and their specific roles, fixtures, conduct of Competition, opening and closing ceremony, prize distribution)
- 3.3 Organization of other Events in Physical Education and Sports (Seminar, Workshop, Clinic, Lecture)

PART B: INTERNAL ASSESSMENT

Maximum Marks : 25

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|-------------------------------|------------|
| 1. Presentation/ Written Test | : 10 Marks |
| 2. Project / Assignment | : 10 Marks |
| 3. Attendance | : 05 Marks |

MARKING SCHEME : Theory = 75 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 4 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options, whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry fifteen marks.

SUGGESTED READINGS

1. Ammon, R., Southall, R.M. and Blair, D.A. (2003), Sports Facility Management, Fitness Information Technology Publishers, USA.
 2. Bucher, C. Administration in Physical Education and Athletic Programme. New York USA: McGraw Hill.
 3. Chakraborty, Samiran (1998), Sports Management, New Delhi : Sports Publications.
 4. Cornwell, T.B. (2014), Sponsorship in Marketing : Effective Communications through Sports, Arts and Events, Routledge Publishers, USA.
 5. DeGarris, L. (2015), Sports Marketing : A Practical Approach. Routledge Publishers, USA.
 6. Fried, G. (2009), Managing Sport Facilities - 2nd Edition, Human Kinetics.
 7. Gupta, R. (2008), Technique of Supervision. New Delhi : Friends Publication, India.
 8. Kamlesh, M.L. (2000), Management Concept in Physical Education and Sport, Metropolitan Boo Co. Pvt. Ltd., Delhi.
 9. Krotee, M. and Bucher, C. (2006), Management of Physical Education and Sports. USA: McGraw Hill.
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 11. Robinson, L. et al. (2012), The Routledge Handbook of Sport Management, 2nd edition, Routledge Publishers, USA.
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B.A. PROGRAMME WITH PHYSICAL EDUCATION
Skill Enhancement Courses (Semester-5)
Opt any one of SEC-3: (i) or (ii)

(i) STRESS MANAGEMENT

PART A: THEORY

Duration: 3 Hrs

Maximum Marks : 75

Unit-I: Introduction to Stress

- 1.1 Meaning, Causes and Effect of Stress
- 1.2 Adaptation to stress-Reframing of Habitual Stress Resistance, Occupational Stress, Peer Stress (Students' stress), Family stress, Stress and elderly, stress and spirituality, Stress and Drug Abuse
- 1.3 Two main emotions of stress-Fear and Anger, Process of Stress and anger - Psycho Physiology of stress

Unit-II: Effects and Measurement of Stress

- 2.1 Generalized Models of Stress : Emergency Response/ Fight-or-flight response by Walter Cannon (1914, 1932), General Adaptation Syndrome by Hans Selye (1936), Stress Model of Henry, Transactional (or cognitive) Stress Model/ Stress model of Lazarus after Lazarus (1974), Theory of Resource Conservation" by Stevan Hobfoll (1988, 1998); and Hobfoll & Buchwald (2004)
- 2.2 Stress Related disorders and diseases- i) Sleep disorder, ii) Eating disorder, iii) emotional disorder, iv) Other stress related diseases.
- 2.3 Use of psychological testing for Measurement of Stress Levels like Holmes and Rahe Stress Scale, Depression Anxiety Stress Scale (DASS), Redford William's 12 steps of Anger Management

Unit-III :Stress Management

- 3.1 Stress Management through Physical Activities/Social Activities/ Recreational Activities/ Adventure Sports/Behaviour Modification/Time management/ Coping Strategy like getting a hobby, spending time in nature, spending time with pets, performing prayer, reading novels, listening/ singing/ dancing to music
- 3.2 Stress Management by engaging in Relaxation techniques (Autogenic Relaxation, Progressive Relaxation, Deep Breathing, Meditation, Yoga, Massage, Spa)
- 3.3 Stress Management through Nootropics, Natural Medicine, Clinically validated Alternative Medicine, Stress Balls

PART B : INTERNAL ASSESSMENT

Maximum Marks : 25

1. Presentation/ Written Test : 10 Marks
2. Project / Assignment : 10 Marks
3. Attendance : 05 Marks

MARKING SCHEME : Theory = 75 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 4 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options, whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry fifteen marks.

SUGGESTED READINGS

1. Adrain F & Herriek E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
2. Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
3. Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
4. Greenberg J.S. (2008). Comprehensive Stress Management. McGraw Hill, USA
5. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
6. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, (2008), Fitness, Aerobics and Gym Operations, KhelSahitya, New Delhi.
7. Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
8. Sharma K. et.al. (2014), Fitness Aerobics & Gym Operations, Jyoti Enterprises, Delhi.
9. Swate Y B (2009). Anger Management. Sage Publication. New Delhi.

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B.A. PROGRAMME WITH PHYSICAL EDUCATION

Skill Enhancement Courses (Semester-5)

Opt any one of SEC-3: (i) or (ii)

(ii) FITNESS AND EXERCISE MANAGEMENT

PART A: THEORY

Duration: 3Hrs

Maximum Marks : 75

Unit-I : Physical Fitness

- 1.1 Concept and Significance of Physical Fitness
- 1.2 Components of Physical Fitness; Assessment of Health Related Physical Fitness Components - Cardio-respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance, Flexibility
- 1.3 Principles of Training, Development of Fitness

Unit-II : Suggested Exercises for Fitness

- 2.1 Exercises for developing Cardio-respiratory Endurance, Weight Management, Resistance Training, Flexibility
- 2.2 Exercises for Children, Youth, Adults, Women, Senior citizens
- 2.3 Exercises for Coronary Heart Disease, Obesity, Diabetes, Asthma and Pulmonary Disease

Unit-III : Exercise Programming and Management

- 3.1 Health Appraisal, Setting Fitness Goals, Measuring Energy Expenditure
- 3.2 Behaviour Modification, Fitness Module, Prevention of Injuries and First-Aid
- 3.3 Evaluation of the implemented fitness programme and Report generation

PART B : INTERNAL ASSESSMENT

Maximum Marks : 25

- | | |
|-------------------------------|----------|
| 1. Presentation/ Written Test | 10 Marks |
| 2. Project / Assignment | 10 Marks |
| 3. Attendance | 05 Marks |

MARKING SCHEME : Theory = 75 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 4 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry fifteen marks.

SUGGESTED READINGS

- Anspaugh, D.J., Hamrick, M. J., & Rosato, F. D. (2013). Wellness - Concept and Applications. USA: McGraw Hill Higher Education.
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- Powers, S. K., Dodd, S. L., & Noland, V. J. (2006). Total Fitness and Wellness, Daryl Fox, USA.
- Tiwari S. (1999). Exercise Physiology Sports Publications, Delhi.

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21

B.A. PROGRAMME WITH PHYSICAL EDUCATION

Skill Enhancement Courses (Semester-6)

Opt any one of SEC-4 : (i) or (ii)

(i) SPORTS FOR ALL

PART A: THEORY

Duration: 3Hrs

Maximum Marks : 75

Unit-I : Introduction

- 1.1 Concept and Significance of Sports, Games and Competition
- 1.2 Concept and Significance of Fun, Play and Recreation
- 1.3 Relevance of Sports for All

Unit-II : Physical Activities for All

- 2.1 Types of Physical Activities – Individual Sports, Team Games, Combative Sports, Calisthenics and Rhythmic Activities, Recreational Sports, Minor Games, Picnic, Camping, Trekking, Aerobics, Running, Cycling, Weight Training, Forms of fitness dancing, Yoga
- 2.2 Physical activities according to various stages of life (Childhood, Adolescence, Adulthood, Old Age)
- 2.3 Physical activities for Challenged Population - Physically, Visually, Auditory, Intellectually

Unit-III : Sports for All

- 3.1 Health and Wellness Awareness Programmes like Yoga
- 3.2 Sports with modified rules for masses, Minor and Recreational Games
- 3.3 Intramural and Extramural Programmes like Sports Day/ Fun Day like Games Festival/ Sports Festival/ Sports Competitions

PART B : INTERNAL ASSESSMENT

Maximum Marks : 25

- | | |
|-------------------------------|----------|
| 1. Presentation/ Written Test | 10 Marks |
| 2. Project / Assignment | 10 Marks |
| 3. Attendance | 05 Marks |

MARKING SCHEME : Theory = 75 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 4 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry fifteen marks.

SUGGESTED READINGS

1. Jensen C. and Naylor J. (2005). Opportunities in Recreation and Leisure Sports. McGraw Hill. Publishers. New York. U.S.A.
2. Organization, Administration and Recreation in Physical Education, Tandon Publications, Ludhiana

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22

B.A. PROGRAMME WITH PHYSICAL EDUCATION

Skill Enhancement Courses (Semester-6)

Opt any one of SEC-4: (i) or (ii)

(ii) SPORTS TECHNOLOGY

PART A: THEORY

Duration: 3 Hrs

Maximum Marks : 75

Unit-I: Introduction

- 1.1. Introduction to Technology, Educational Technology and Sports Technology
- 1.2. Role of Technology in Sports, Computer Applications in physical education and sport
- 1.3. Historical perspective of changing Sports Technologies

Unit-II: Communication and Teaching Aids

- 2.1. Meaning and Types of Communication, Barriers in Effective Communication
- 2.2. Meaning and Significance of Teaching Aids, Types of Teaching Aids
- 2.3. Introduction to Teaching Aids : Display Boards (chalk boards, flannel boards, bulletin boards, peg boards, smart boards); Graphic Media (pictures, photographs, flash cards, charts, posters, graphs, maps, diagrams); Three-dimensional Media (models, objects, specimens, puppets); Projected Media (slides, film-strips, transparencies, TV, video tapes, films); Audio Media (Radio, audio cassettes/cd's, gramophone records); Activity Media (field trips, dramatization, demonstration, role-playing); and movement education through play-way method, toys & games.

Unit-III: Sports Technology

- 3.1. Technological advancements in Sports : (a) Training and performance of athletes (sports gear, sports equipment); (b) Analyzing the sports performance (computer-aided design, motion analyzer, specialized software); (c) Assisting umpires and referees (virtual umpires, hawk-eye technology etc.)
- 3.2. Latest fitness gadgets : fitness trackers, GPS smart fitness watches, smart weighing scales, body analyzers, pedometer, wireless heart-rate headphone, brain-training headband.
- 3.3. Technological application in conducting sports events : E-ticketing, way-finding, giant-screens, media and broadcasting services, safety features, smooth transportation and logistics

PART B : INTERNAL ASSESSMENT

Maximum Marks : 25

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|------------------------------|---|----------|
| • Presentation/ Written Test | : | 10 Marks |
| • Project / Assignment | : | 10 Marks |
| • Attendance | : | 05 Marks |

MARKING SCHEME : Theory = 50 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options, whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry fifteen marks.

SUGGESTED READINGS

1. Lewis Howes (2012), How Technology is affecting Sports, retrieved from <http://www.sportsnetworker.com>.
2. Mohanty, Jagannath (2003), Educational Technology, Deep & Deep Publications, New Delhi.
3. Nikky (2010) retrieved from <http://www.indiasudychannel.com/resources/120148-Teaching-Aids-Their-Needs-Types-and-Importance-Of-Teaching-Aids-In-Teaching-Learning-Process.aspx>.
4. Sam Cohen (2016), 21st-Century Sports: How Digital Technology is Changing the Face of the Sporting Industry, Huffpost, retrieved from http://www.huffingtonpost.com/sam-cohen/21st-century-sports-how-d_b_12039220.html.

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