



Jnanashayadri; Shankaraghatta

B. A. (PHYSICAL EDUCATION- Major & Electives)

Semesters I to VI

FACULTY OF EDUCATION

PHYSICAL EDUCATION FOR SEMESTER I TO VI

ELECTIVE COURSES FOR SEMESTER III & IV

PRACTICAL KNOWLEDGE/SKILL COURSES FOR SEMESTER IV TO VI

REVISED CURRICULUM 2025

A handwritten signature in blue ink, likely belonging to the Chairman of the Board of Studies in Physical Education.

Chairman

Board of Studies in Physical Education

Approved in B.O.S. Meeting held on 03-10-2025 (online)
Kuvempu University, Jnanasahyadri
Shankaraghatta-577 451, Karnataka

**PREPARED IN THE MEETING OF THE BOARD OF STUDIES (UG) IN
PHYSICAL EDUCATION ON 29-06-2024; REVISED IN THE MEETING
HELD ON 23-06-2025; SUBSEQUENTLY APPROVED IN THE
MEETING HELD ONLINE ON 03-10-2025**

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Approved in B.O.S. Meeting held on 03-10-2025 (online)

CURRICULUM STRUCTURE: B. A. (PHYSICAL EDUCATION- MAJOR)

Semesters	Course code	Type	Title of papers	Total Hours	Credits	Internal Marks	External Marks	Total Marks
I	BAPEMT01	Theory	History and Foundations of Physical Education	6	5	20	80	100
	BAPEMP01	Practical	Practicum 1	4	2	20	80	100
II	BAPEMT02	Theory	Health, Fitness and Wellness	6	5	20	80	100
	BAPEMP02	Practical	Practicum 2	4	2	20	40	100
III	BAPEMT03	Theory	General Theory and Methods of training	6	5	20	80	100
	BAPEMP03	Practical	Practicum 3	4	2	20	80	100
	BAPEE01	Elective - 1	Recreation	4	3	20	80	100
	BAPEE02	Elective - 2	Health and safety education			20	80	100
IV	BAPEMT04	Theory	Sports Nutrition and Health Care	6	5	20	80	100
	BAPEMP04	Practical	Practicum 4	4	2	20	80	100
	BAPEE03	Elective - 3	Yoga	4	3	20	80	100
	BAPEE04	Elective - 4	Sports psychology			20	80	100
	BAPESE01	Skill enhancement - 1	Sports training	2	2	10	40	50
V	BAPEMT05	Theory	Theory of sports and Games	6	5	20	80	100
	BAPEMP05	Practical	Practicum 5	4	2	20	80	100
	BAPESE02	Skill enhancement - 2	Sports management	2	2	10	40	50
VI	BAPEMT06	Theory	Evaluation of health and fitness	6	5	20	80	100
	BAPEMP06	Practical	Practicum 6	4	2	20	80	100
	BAPESE03	Skill Enhancement - 3	Self Defence	2	2	10	40	50

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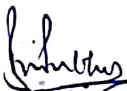
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Program Specific Outcomes:

By the end of the 03 year Degree in Physical Education the students will be able to:

- Be an entrepreneur (to start their fitness center, gym, etc.) and devise an appropriate fitness program for different genders and age groups at all levels.
- Officiate, Supervise, and Organize various sports events.
- Acquire the knowledge, and understand the purpose and development of Physical Education, Sports, and Yoga.
- Learn theoretical and practical aspects of the game of his/her choice to apply at various levels for teaching, learning, and coaching purposes.
- Learn to apply the knowledge of Physical fitness and exercise management to lead a better lifestyle.
- Gain the knowledge of professional preparation in Physical Education, Sports, and Yoga.
- Assess Physical Fitness Scientifically.
- Continue professional courses and research in Physical Education, Sports, and Yoga.


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B. A. Semester – I**Physical Education (Major)****Course title:** History and Foundations of Physical Education.

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	5	6	96	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	20	80	100

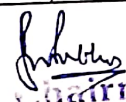
Course outcome- At the end of the course students will be able to:

CO1: Understand the historical background of physical education.

CO2: Understand the historical background of Ancient and Modern Olympic games.

CO3: Become familiar with the foundations of physical education.

Units	Theory title: History and Foundations of Physical Education Course code: BAPEMT01	96 hrs/ sem
I	Origin of Physical Education and Ancient Olympics	24
	- Physical Education in Greece, Athens and Sparta - Physical Education in Rome, Denmark and Sweden - Physical Education in Great Britain, Germany and America - Ancient Olympics- origin, competitions, rules of participation	
II	Physical Education in India and Modern Olympics	24
	- Physical Education in Ancient India - Physical Education in India during Medieval period - Physical Education in Post Independent India - Modern Olympics- origin, development, competitions, Olympic movement: aim, motto, rings, values and ceremonies	
III	Introduction to Physical Education	24
	- Concept, definitions, meaning, aim and objectives and importance of Physical Education. - Current trends in Physical Education - Physical Education as an art and science. - Relationship of Physical Education to Sports, Yoga and Recreation	
IV	Foundations of Physical Education	24
	- Biological foundations: Growth and development, body types- Sheldon and Krestchmer, Age and Gender related differences - Psychological foundations: Meaning and definitions of Psychology, learning, learning curve, laws and theories, personality and its types. - Philosophical foundations: Traditional schools of Philosophy and their implications to Physical Education.	


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	Sociological foundations: Social nature of man, social values, group dynamics, leadership- types, culture, Socialization through physical education.	
Units	Practical title: Practicum 1	64 hrs/sem
	Course code: BAPEMP01	40
A	Major Games- Kho-Kho	24
B	Athletics- Sprints, Long Jump, Shot-put	
C	Preparation of Records and Reports- Compulsory	

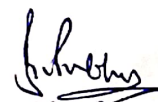
Note: The practical classes shall be adapted to the physically challenged students as per requirement.

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Practical	External - 80 Marks + Internal - 20 Marks =100
Total	200 Marks

Reference:

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
4. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
5. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
6. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
7. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
8. Anand Nadgir (2017) Daihika Shikshanada Bunadigalu (Foundations of Physical Education), Mallasjjana Prakashana, Dharwad.
9. Anand Nadgir (2017) Daihika Shikshanada Ithihasa (History of Physical Education), Mallasjjana Prakashana, Dharwad.


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B. A. Semester – II
Physical Education (Major)

Course title: Health, Fitness and Wellness

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	5	6	96	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the concepts of Health, Fitness and Wellness.

CO2: Understand the concepts related to health hazards, Diseases and weight management.

CO3: Understand the concepts related to components, development and maintenance and modern trends in Fitness.

CO4: Understand the concepts related to dimensions and wellness and its role in modern era.

CO5: To become familiar with challenges for health, fitness and wellness.

Units	Theory title: Health, Fitness and Wellness Course code: BAPEMT02	96 hrs/ sem
I	Health	24
	- Meaning, definitions, determinants and importance of Health - Habits, Ageing, Sedentary lifestyle, food habits, stress- types, causes, symptoms and management and relaxation. - Diseases- Communicable and Non-Communicable- their causes, prevention and remedial measures. - Weight management: Underweight, over weight and obese- causes, assessment and management.	
II	Fitness	24
	- Concept, Meaning, definitions, types and importance of fitness. - Physical fitness components- Health and Skill related. - Development and maintenance of physical fitness- Means and Methods, factors determining fitness. - Modern trends in fitness development- Aerobics, Zumba, Yoga, Pilates, fitness centers, health clubs and Gymnasiums.	
III	Wellness	24
	- Concept, meaning, definitions and importance of wellness. - Dimensions of wellness- Physical, Mental, Spiritual, Intellectual, Occupational, Social, Emotional and Environmental. - Modern lifestyle and wellness- changes in food habits, sleep pattern and exercise regimen. - Role of yoga in enhancing wellness.	

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IV	Challenges for Health, Fitness and Wellness	24
	• Posture- Meaning, types, factors affecting on posture, values of good posture, postural deformities- assessment and management. • Cardio-vascular diseases- types, causes, symptoms and prevention. • Diabetes and hypertension- causes, symptoms prevention and management. • Drug abuse- ill effects of stimulants, alcohol and tobacco.	
Units	Practical title: Practicum 2 Course code: BAPEMP02	64 hrs/ sem
A	Major Games- Kabaddi	40
B	Athletics- Middle distance, Triple Jump, Discus throw	24
C	Preparation of Records and Reports- Compulsory	

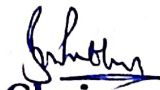
Note: The practical classes shall be adapted to the physically challenged students as per requirement.

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Practical	External - 80 Marks + Internal - 20 Marks =100
Total	200 Marks

Reference:

1. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi : Sports.
2. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA Human Kinetics.
3. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
4. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitsa. Bengaluru: Swami Vivekananda Yoga Prakashana.
5. Kumar, Ajith. (1984) Yoga Pravesha Bengaluru: RashtrorathanaPrakashana.
6. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States.
7. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
8. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
9. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
10. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
11. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore


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B. A. Semester – III**Physical Education (Major)****Course title:** General Theory and Methods of training.

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	5	6	96	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the theoretical aspects of sports training.

CO2: Understand the methods of sports training.

CO3: Acquaints with the means and methods of improving physical fitness components.

CO4: Apply the theoretical concepts to practical situation.

Units	Theory title: General Theory and Methods of training Course code: BAPEMT03	96 hrs/ sem
I	Introduction to sports training	24
	- Meaning and definition of sports training. - Principles of sports training. - Meaning of load, types of load and concept of over load.	
II	Means and methods of training	24
	- Variables of training- Intensity, Volume and Frequency - FITT principle- Practical application for sports training. - Common training methods- circuit training, weight training, interval training, Repetition method, plyometric training, cross-training, Isometric exercises and Aerobic/Cardio exercises	
III	Physical fitness and their components	24
	- Meaning of physical fitness, types of physical fitness- Health related and skill related. - Health related physical fitness components - Skill related physical fitness components.	
IV	Development of physical fitness	24
	- Meaning, definition, types and development of endurance. - Meaning, definition, types and development of speed. - Meaning, definition, types and development of strength. - Meaning, definition, types and development of flexibility.	
Units	Practical title: Practicum 3 Course code: BAPEMP03	64 hrs/ sem
A	Major Games- Volleyball	40
B	Athletics- Long distance, High Jump, Javelin	24
C	Preparation of Records and Reports- Compulsory	

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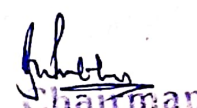
Note: The practical classes shall be adapted to the physically challenged students as per requirement. Equal weightage shall be given to all the five aspects of Practicum for evaluation.

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Practical	External - 80 Marks + Internal - 20 Marks =100
Total	200 Marks

Reference:

4. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
5. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
6. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
8. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
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10. Anand Nadgir (2017) Daihika Shikshanada Bunadigalu (Foundations of Physical Education), Mallasjjana Prakashana, Dharwad.
11. Anand Nadgir (2017) Daihika Shikshanada Ithihasa (History of Physical Education), Mallasjjana Prakashana, Dharwad.


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ELECTIVE - 1

Course title: Recreation

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of recreation.

CO2: Learn the different means of recreation and understand their significance.

CO3: Identify different recreational activities and select one for lifetime.

CO4: Involve in recreational activities and participate in it for better health.

Units	Theory title: Recreation	64 hrs/ sem
	Course code: BAPEE01	16
I	Concept of recreation	
	- Meaning, importance and nature of recreation; Means and methods of recreation; Values and principles of recreation. - Leisure time management - Means and methods of Recreation; Qualities and qualifications of Recreation Leader. - Modern trends in recreation and Leisure Management, - Issues related to Recreation and Leisure Management.	
II	Agencies providing recreational activities	16
	- Types of recreational activities: Indoor, Outdoor games, Music, Dance, Picnic, camp, adventure activities and Excursions. - Government agencies providing recreation- Motives and modalities - Private agencies providing recreation- Motives and modalities - Voluntary agencies providing recreation- Motives and modalities - Commercial agencies providing recreation- Motives and modalities	
III	Play therapy	16
	- Meaning, definition and importance of play; Theories of Play - Therapeutic Recreation and Therapeutic use of activity - Recreation for the life - Role of recreation and leisure on the human development.	
IV	Traditional games of India	16
	- Meaning of traditional games; Educational values of traditional games of India - Characteristics of Lagori, Chinni dandu, Kunte bille, Hagga Jaggata, Board Games, Atyapatya, Buguri, Goli, Channemane, Kesaru Gadde ota, Kuntata and Bagata Bagari. - Physical, Mental, Social and intellectual values of traditional games.	
	Preparation of Records and Reports- Compulsory	


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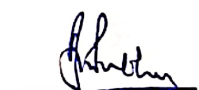
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Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Total	100 Marks

References:

1. Armstrong, N. and Welsman, J.R. (1997) Young People and Physical Activity, Oxford University Press, Oxford.
2. Bailey, R. "Youth Sport and Social Inclusion," In Positive Youth Development through Sport, edited by N. Holt, 85 – 96. London: Routledge, 2007.
3. Blanchard, K., & Cheska, A. "The anthropology of sport: An introduction," Massachusetts: Bergin & Garvey Publisher, Inc. 1985
4. Chowdhury, Sukanta.Ed.1990.Calcutta, The Living City.Vol.II. Calcutta: Oxford University Press.
5. Coakley, J. 2004. Sports and Society: Issues and Controversies. Boston: McGraw Hill, Higher Education.
6. Coleman JS: The Adolescent Society: The Social Life of the Teenager and its Impact on Education. 1961, New York, NY: Free Press
7. Corbin, C.B. and Pangrazi, R.P. (1998) Physical Activity for Children: A Statement of Guidelines. NASPE Publications, Reston, VA.
8. Gallahue, D. L., & Donnelly, F. C. (2007). Developmental Physical Education for All Children (4th ed.). Human Kinetics.
9. Goodway JD, Ozmun JC, Gallahue DL. Understanding Motor Development: Infants, Children, Adolescents, Adults. 8th ed. Burlington: Jones & Bartlett Learning; 2019.
10. Haywood KM, Getchell N. Life Span Motor Development. 7th ed. Champaign, IL: Human Kinetics; 2021.
11. Lévi-Strauss, C. (2013). Anthropology Confronts the Problems of the Modern World. London: Harvard University Press.
12. Light RJ: Making the Most of College. 2001, Cambridge, MA: Harvard University Press
13. Malinowski, Bronislaw. A Scientific Theory of Culture. North Carolina: University of North Carolina Press, 1944.
14. Mead, Margaret. Cooperation and Competition Among Primitive Peoples. New York: McGraw-Hill Co, 1937.
15. Pangrazi, R. P., & Beighle, A. (2019). Dynamic physical education for elementary school children. Human Kinetics Publishers.
16. Pangrazi, R. P., & Beighle, A. (2019). Dynamic physical education for elementary school children. Human Kinetics Publishers.
17. Radcliffe-Brown, A. R. "Structure and Function in Primitive Society, III." The Free Press, Glencoe, 1952.
18. Whitehead M. Physical Literacy: Throughout the Lifecourse. 1st ed. London: Routledge; 2010.


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19. Avedon, M. Elliot and B. Sutton-Smith (eds). 1971. *The Study of Games*. New York: John Wiley & Sons INC.
20. Caillois, R. 1961. *Man, Play and Games*. New York: Free Press, INC.
21. Malcolm, D. 2012. *Sport and Sociology*. London: Routledge.
22. Schwartzman, H.B. 1978. *Transformation: The Anthropology of Children's Play*. New York: Plenum Press.
23. Clawson, M. and Knetsch, J. L. (1966). *Economics of Outdoor Recreation*, John Hopkins Press, Baltimore
24. Denison, C. B. (2013). Perceptions of dimensions of service quality and recreational benefits in collegiate recreational sports programs [Unpublished dissertation for Doctor of Education requirements]. University of Northern Iowa, Cedar Falls, Iowa, United States of America.

ELECTIVE - 2

Course title: Health and safety education

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of health and health education.

CO2: Identify communicable and non-communicable diseases.

CO3: Learn about safety measures and various places.

CO4: Understand about first aid and its practical applications.

Units	Theory title: Recreation Course code: BAPEE01	64 hrs/ sem
I	Introduction Health and health education	16
	- Meaning, definition and importance of health. - Dimensions of health - Meaning, definition and importance of health education. - Aim and objectives of health education	
II	Communicable and non-communicable diseases	16
	- Meaning and characteristics of communicable diseases; List of communicable diseases- causes, symptoms and management. - Non-communicable diseases- meaning and characteristics; Major non-communicable diseases- causes, symptoms and management.	
III	Safety measures	16
	- Safety measures at home, road, schools, colleges and play ground - Prevention and Management of fire at home, work place and forest fire. - Role of fire station in management of fire emergencies.	

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IV	Concept of first aid	16
	• Meaning and definition of first aid; scope and importance of first aid. • Principles of first aid. • Basic first aid techniques. • Basic first aid for sports injuries	
	Preparation of Records and Reports- Compulsory	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Total	100 Marks

References:

1. Armstrong, N. and Welsman, J.R. (1997) Young People and Physical Activity, Oxford University Press, Oxford.
2. Frank, H.& Walter, H., (1976). Turners school health education, Saint Louis; The C.V. Mosby Company.
3. Nemir, A. (n.d.). The school health education. New York; Harber and Brothers.
4. Ghosh, B.N. "Treaties of Hygiene and Public Health".
5. Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
6. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
7. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons


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B. A. Semester – IV
Physical Education (Major)

Course title: Sports Nutrition and Health care.

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Major	Theory	5	6	96	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

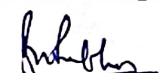
CO1: Understand the basic concept of nutrition and its role during physical activities.

CO2: Know the macro and micro nutrients and their functions.

CO3: Discover the nutritive value of food.

CO4: Set nutritional guidelines for active individuals.

Units	Theory title: Sports Nutrition and Health care Course code: BAPEMT04	96 hrs/ sem
I	Understanding Nutrition	24
	• Meaning of Nutrition and sports nutrition • Role of nutrition in healthy lifestyle • Carbohydrate, Protein and fat- Their functions in the body; their sources; and their forms. • Micro nutrients- their functions in the human body. • Role of fibre and water in digestion of food.	
II	Nutritive value of food and Nutritional guidelines for active individuals	24
	• Determining the nutritive value of common food; Measures to retain nutritive value of food • Calculating caloric value of food and formulating a need based diet plan • Proportion of Carbohydrate, Protein and fat for active individuals • Significance of micro nutrients for active individuals • Pre-game meal, carbohydrate loading and detoxification • Significance of hydration status for active individuals	
III	Common sports injuries and their management	24
	• Meaning of sports injuries; Classification of sports injuries and their prevention. • Skin injuries and their management • Soft tissue injuries and their management • Fracture and dislocations- their management • Specific injuries to head and spine- their management	


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	Internal injuries, thermal injuries and specific sports injuries for women- their management	24
IV	Therapeutic exercises and modalities	
	- Meaning of therapeutic exercises and their significance - Cold treatment and heat treatment- their effects, indications and contraindications. - Hydrotherapy and electrotherapy- their effects, indications and contraindications. - Massage- meaning, benefits, classification and basic manipulation techniques.	
Units	Practical title: Practicum 3	64 hrs/sem
	Course code: BAPEMP04	40
A	Major Games- Handball	24
B	Athletics- Walk race and Relay	
C	Preparation of Records and Reports- Compulsory	

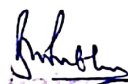
Note: The practical classes shall be adapted to the physically challenged students as per requirement.

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Practical	External - 80 Marks + Internal - 20 Marks =100
Total	200 Marks

References:

- Campbell, B. (Ed.). (2013). Sports nutrition: enhancing athletic performance. CRC Press.
- Marie Dunford. (2017) Nutrition for Sport and Exercise.
- Dirix, A.H.G. Kunuttgen and Tittal. The Olympic Book of Sports Medicine. Vol. I, London: Blackwell Scientific Publications, 1988.
- Fink, H. H., & Mikesky, A. E. (2017). Practical applications in sports nutrition. Jones & Bartlett Learning.
- Fu, Freddie. H. and Edavid A. Stone. Sports Medicine. Philadelphia: Lippin Cott Williams and Wilins, 2001.
- Grirogono, Vivian. Sports Injuries – A Self help guide. London: John Murray Publishers, 1984.
- Jeukendrup, A. (2010). Sports Nutrition-From lab to Kitchen. Meyer & Meyer Sport.
- Lanham-New, S. A., Stear, S., Shirreffs, S., & Collins, A. (Eds.). (2011). Sport and exercise nutrition (Vol. 8). John Wiley & Sons
- Maughan, R. J., & Shirreffs, S. M. (Eds.). (2013). Food, Nutrition and Sports Performance III. Routledge.
- Mellion, Morris, B. Sports Medicine. 2nd Edition, Toronto: Henley and Belfus, Inc. 1988.


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10. Mellion, Morris. G.B. Sports Injuries and Athletic Problems. New Delhi: Surjeet Publications, 1976.
11. Sareem, Kareem. Sports Medicine and Management: A Practical Approach. Vol. I, New Delhi : IVP Publishing House, 2004.
12. Spano, M., Kruskall, L., & Thomas, D. T. (2017). Nutrition for Sport, Exercise, and Health. Human Kinetics

ELECTIVE - 3

Course title: Yoga

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	4	64	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of Yoga.

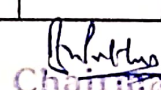
CO2: Learn the different types of yoga.

CO3: Get knowledge on Asanas, Suryanamaskaras and Pranayama.

CO4: Understand the benefits of yogic practices.

Units	Theory title: Yoga Course code: BAPEE02	64 hrs/ sem
I	Introduction to Yoga	16
	- Meaning and concept of yoga; importance of yoga in the modern society; and types of yoga. - Basic preparation for yogic practice. - Therapeutic aspect of yoga.	
II	Ashtanga Yoga	16
	- Meaning of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. - Philosophy of Ashtanga Yoga - Types of Asanas and Pranayamas. - Self-attainment and Self-realization	
III	Yogic practices	16
	- Suryanamaskara- ten counts and twelve counts suryanamaskar; sequence of asanas in suryanamaskar and their correct way of performing. - Asanas- Correct procedure of performing asanas; integrating breath with asana practice; Introduction to standing, sitting, prone and supine lying asanas. - Pranayama- Concept of Puraka, Rechaka and Kumbhaka; types of Pranayamas and their correct practice; and Preparation for Pranayama practice.	
IV	Benefits of Yoga practice	16
	Benefits of Suryanamaskara- Health and therapeutic benefits.	

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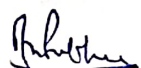
	• Benefits of Asanas- Standing, Sitting, Kneeling and Lying. • Benefits of Pranayama- Short term and long term benefits.	
	Preparation of Records and Reports- Compulsory	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Total	100 Marks

References:

1. Shivakumar, S., Balakrishna, Rekha, K., Ashwini, K. N., Kumar, P. G. C. & Prabhu, G. B. (2022) "Concepts of Yoga and Fitness", Lulu Publications
2. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States.
3. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonavala: Kaivalyadhama.
4. Kumar, Ajith. (1984) Yoga Pravesha Bengaluru: Rashtrothanna Prakashana.
5. Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse.Bengaluru: Swami Vivekananda Yoga Prakasana.
6. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra


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ELECTIVE - 4**Course title: Sports Psychology**

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	3	4	48	3 hrs	20	80	100

Course outcome- At the end of the course students will be able to:

CO1: Understand the concept of Yoga.

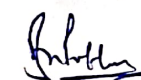
CO2: Learn the different types of yoga.

CO3: Get knowledge on Asanas, Suryanamaskaras and Pranayama.

CO4: Understand the benefits of yogic practices.

Units	Theory title: Yoga Course code: BAPEE02	64 hrs/ sem
I	Introduction to Sports Psychology	16
	- Meaning, Importance and scope of Psychology and Sports Psychology. - Nature of learning, theories of learning, Laws of learning. - Plateau in Learning: & transfer of training.	
II	Personality and Stress	16
	- Personality- Meaning and definition; characteristics of personality. - Dimension of personality; Personality types; Personality and Sports performance. - Stress- Meaning and nature; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance	
III	Motivation, Aggression and Anxiety	16
	- Motivation- Meaning, types and importance; Factors influencing motivation; Motivational techniques and its impact on sports performance. - Aggression- Meaning, nature and characteristics; its influence on sports performance. - Anxiety- Meaning, nature and characteristics; Trait and State anxiety.	
IV	Mental Preparation Strategies	16
	- Attention focus, Self – talk, Relaxation, Imaginary - Effect of psychological variables on sports performance. - Effect of sports performance on psychological variables.	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration


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Formative Assessment	
Assessment type	Marks
Theory	External - 80 Marks + Internal - 20 Marks =100
Total	100 Marks

References:

- Ball D. W. & Loy, J.W. (1975). Sports and social order: Contribution to the sociology of sports. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co.,
- Cratty, B.J. (1968) Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M.L. (1998) Psychology in physical education and sport. New Delhi; Metropolitan Book Co.,
- Loy, J.W., Kenyon, G.S. & McPherson, B.D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
- Loy, J.W., Kenyon, G.S. & McPherson, B.D. (1981). Sports culture and society. Philadelphia: Lea & Febiger.
- Mathus, S.S., (1962). Education Psychology. Agra. Vinod Pustak Mandir.
- Skinner, C.E. (1984). Education Psychology. New Delhi: Prentice Hall of India.
- William, F.O & Meyer, F.N. (1979) A handbook of sociology. New Delhi Eurasia Publishing House Pvt Ltd.,

PHYSICAL EDUCATION SKILL ENHANCEMENT - 1

Course title: Sports training

Type of course	Theory/ Practical	Credits	Instruction hours/ week	Total No. of lectures/ hours/ Semester	Duration of exam	Internal marks	External marks	Total marks
Elective	Theory	2	4	24	3 hrs	10	40	50

Course outcome- At the end of the course students will be able to:

CO1: Understand the basic concept of sports training.

CO2: Get acquainted with physical fitness variables and their development.

CO3: Know the basic principles of sports training.

CO4: Use the knowledge of variables of training.

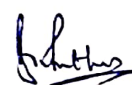
Units	Theory title: Sports training Course code: BAPESE01	24 hrs/ sem
I	Introduction to sports training	06
	• Meaning and definition of sports training. • Characteristics of sports training. • Importance of sports training.	

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II	Principles of sports training	06
	• Principle of Individualization and specialization • Principle of active participation • Principle of cyclicity of training • Principle of over load • Principle of load progression	
III	Development of physical fitness	06
	• Meaning, types and development of endurance • Meaning forms and development of speed • Meaning forms and development of strength • Meaning types and development of flexibility • Concept of agility, coordinative abilities, balance and reaction time	
IV	Concept of training load and Variables of training	06
	• Meaning of load • Types of load • Concept of over load- causes, symptoms and remedy. • Variables of training- Volume, Intensity, Frequency and Density	
	Preparation of Records and Reports- Compulsory	

Pedagogy: The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

Formative Assessment	
Assessment type	Marks
Theory	External - 40 Marks + Internal - 10 Marks =50
Total	50 Marks



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QUESTION PAPER FORMAT

_____ Semester B. A. Degree Examinations, Month/ Year
(New Syllabus)

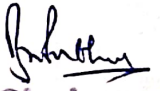
PHYSICAL EDUCATION

Title of the paper: _____

Time: 3 Hours

Maximum Marks: 80

	Section – A Answer any five questions. Each question carries two marks.	
1.	Question No. 1 a. b. c. d. e. f. g. h.	2x5=10
	Section – B Answer any five questions. Each question carries six marks.	
2.	Question No. 2	
3.	Question No. 3	
4.	Question No. 4	
5.	Question No. 5	
6.	Question No. 6	
7.	Question No. 7	
	Section – C Answer any four questions. Each question carries ten marks.	
8.	Question No. 8	
9.	Question No. 9	
10.	Question No. 10	
11.	Question No. 11	
12.	Question No.12	


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