

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	3	3	48	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	48hrs/ sem
I	Understanding Nutrition	12
	<ul style="list-style-type: none"> • 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	12
	<ul style="list-style-type: none"> • 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	12
	<ul style="list-style-type: none"> • 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 • Internal injuries, thermal injuries and specific sports injuries for 	

	women- their management	
IV	Therapeutic exercises and modalities	12
	<ul style="list-style-type: none"> • 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 Course code: BAPEMP04	64hrs/ sem
A	Major Games- Handball	40
B	Athletics- Walk race and Relay	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

References:

1. Campbell, B. (Ed.). (2013). Sports nutrition: enhancing athletic performance. CRC Press. 8. Marie Dunford. (2017) Nutrition for Sport and Exercise.
2. Dirix, A.H.G. Kunuttgen and Tittal. The Olympic Book of Sports Medicine. Vol. I, London: Blackwell Scientific Publications, 1988.
3. Fink, H. H., &Mikesky, A. E. (2017). Practical applications in sports nutrition. Jones & Bartlett Learning.
4. Fu. Freddic. H. and Edavid A. Stone. Sports Medicine. Philadelphia: LippinCott Williams and Wilins, 2001.
5. Grirogono, Vivian. Sports Injuries – A Self help guide. London: John Murray Publishers, 1984.
6. Jeukendrup, A. (2010). Sports Nutrition-From lab to Kitchen. Meyer & Meyer Sport.
7. Lanham-New, S. A., Stear, S., Shirreffs, S., & Collins, A. (Eds.). (2011). Sport and exercise nutrition (Vol. 8). John Wiley & Sons
8. Maughan, R. J., &Shirreffs, S. M. (Eds.). (2013). Food, Nutrition and Sports Performance III. Routledge.
9. Mellion, Morris, B. Sports Medicine. 2nd Edition, Toronto: Henley and Belfus, Inc. 1988.
10. Mellion, Morris. G.B. Sports Injuries and Athletic Problems. New Delhi: Surjeet Publications, 1976.

11. Sareem, Karem. 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	4	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	64hrs/sem
I	Introduction to Yoga	16
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • Benefits of Suryanamaskara- Health and therapeutic benefits. • 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: RashtrothannaPrakashana.
5. Nagendra, H. R. &Nagarathna, R. (2002). Samagra Yoga Chikitse.Bengaluru: Swami Vivekananda Yoga Prakasana.
6. Shekar, K. C. (2003). Yoga for health. Delhi: KhelSahitya Kendra

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	4	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	64hrs/sem
I	Introduction to Sports Psychology	16
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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

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. VinodPustakMandir.
- 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	2	32	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	32hrs/ sem
I	Introduction to sports training	08
	<ul style="list-style-type: none"> • Meaning and definition of sports training. • Characteristics of sports training. • Importance of sports training. 	
II	Principles of sports training	08
	<ul style="list-style-type: none"> • Principle of Individualization and specialization • Principle of active participation 	

	<ul style="list-style-type: none"> • Principle of cyclicity of training • Principle of over load • Principle of load progression 	
III	Development of physical fitness	08
	<ul style="list-style-type: none"> • 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	08
	<ul style="list-style-type: none"> • 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

**QUESTION PAPER FORMAT FOR DSC & ELECTIVES SEMESTER END
EXAMINATION**

_____ **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.	
Question No. 1 a. b. c. d. e. f. g. h.	2x5=10
Section –B Answer any five questions. Each question carries six marks.	
Question No. 2 Question No. 3 Question No. 4 Question No. 5 Question No. 6 Question No. 7	6x5=30
Section –C Answer any four questions. Each question carries ten marks.	
Question No. 8 Question No. 9 Question No. 10 Question No. 11 Question No.12	10x4=40

**QUESTION PAPER FORMAT FOR SKILL ENHANCEMENT SEMESTER END
EXAMINATION**

Section – A Answer any five questions. Each question carries two marks.	
Question No. 1	
a. b. c. d. e. f. g.	3x5=15
Section –B Answer any five questions. Each question carries six marks.	
Question No. 2 Question No. 3 Question No. 4 Question No. 5	5x2=10
Section –C Answer any four questions. Each question carries ten marks.	
Question No. 6 Question No. 7 Question No. 8	15x1=15

Sd/
Chairman
Board of Studies