



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

Semesters I to VI

FACULTY OF EDUCATION

**PHYSICAL EDUCATION FOR SEMESTER I TO VI AND
ELECTIVE COURSES FOR SEMESTER III AND IV**

REVISED CURRICULUM 2026

**PREPARED IN THE MEETING OF THE BOARD OF STUDIES (UG) IN
PHYSICAL EDUCATION ON 29-06-2024 AND SUBSEQUENTLY AMENDED
IN THE BOARD OF STUDIES MEETING HELD ON 07-02-2026.**

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

Semesters	Course code	Type	Title of papers	Total Hours/ week	Credits	Internal Marks	External Marks	Total Marks
I	BAPEMT01	Theory	History and Foundations of Physical Education	3	3	20	80	100
	BAPEMP01	Practical	Practicum 1	4	2	10	40	50
	TOTAL			07	05	30	120	150
II	BAPEMT02	Theory	Health, Fitness and Wellness	3	3	20	80	100
	BAPEMP02	Practical	Practicum 2	4	2	10	40	50
	TOTAL			07	05	30	120	150
III	BAPEMT03	Theory	General Theory and Methods of training	3	3	20	80	100
	BAPEMP03	Practical	Practicum 3	4	2	10	40	50
	BAPEE03.1	Elective – 3.1	Recreation	4	3	20	80	100
	BAPEE03.2	Elective – 3.2	Health and safety education					
	TOTAL			11	08	50	200	250
IV	BAPEMT04	Theory	Sports Nutrition and Health Care	3	3	20	80	100
	BAPEMP04	Practical	Practicum 4	4	2	10	40	50
	BAPEE04.1	Elective – 4.1	Yoga	3	2	10	40	50
	BAPEE04.2	Elective – 4.2	Sports psychology					
	BAPESE04.1	Skill Enhancement-IV	Sports training	2	2	10	40	50
	TOTAL			12	09	50	200	250
V	BAPEMT05.1	Theory 1	Theory of sports and Games	3	3	20	80	100
	BAPEMT05.2	Theory 2	Lifestyle management	3	3	20	80	100
	BAPEMP05	Practical	Practicum 5	4	2	10	40	50
	BAPESE05.1	Skill Enhancement-V	Sports management	2	2	10	40	50
	TOTAL			12	10	60	240	300
VI	BAPEMT06.1	Theory 1	Evaluation of health and fitness	3	3	20	80	100
	BAPEMT06.2	Theory 2	Sports Technology	3	3	20	80	100
	BAPEMP06	Practical	Practicum 6	4	2	10	40	50
	BAPESE06.1	Skill Enhancement-VI	Self Defence	2	2	10	40	50
	TOTAL			12	10	60	240	300
GRAND TOTAL				--	47	280	1120	1400

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.

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

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	10	40	50

Course title: HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION.

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	48 hrs/ sem
I	Origin of Physical Education and Ancient Olympics	12
	- 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	12
	- 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	12
	- 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	12
	- 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.	

	Sociological foundations: Social nature of man, social values, group dynamics, leadership- types, culture, Socialization through physical education.	
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Units	Practical title: Practicum 1 Course code: BAPEMP01	64 hrs/ sem
A	Major Games- Kho-Kho	40
B	Athletics- Sprints, Long Jump, Shot-put	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 - 40 Marks + Internal - 10 Marks = 50
Total	150 Marks

Reference:

1. 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.
2. 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.
3. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
4. Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
5. Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
6. Anand Nadgir (2017) Daihika Shikshanada Bunadigalu (Foundations of Physical Education), Mallasjjana Prakashana, Dharwad.
7. Anand Nadgir (2017) Daihika Shikshanada Ithihasa (History of Physical Education), Mallasjjana Prakashana, Dharwad.

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

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	10	40	50

Course title: HEALTH, FITNESS AND WELLNESS

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	48 hrs/ sem
I	Health	12
	• 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	12
	• 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	12
	• 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.	
IV	Challenges for Health, Fitness and Wellness	12

	• 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.	
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Units	Practical title: Practicum 2 Course code: BAPEMP02	64 hrs/ sem
A	Major Games- Kabaddi	40
B	Athletics- Middle distance, Triple Jump, Discuss 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 - 40 Marks + Internal - 10 Marks = 50
Total	150 Marks

References:

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 Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
5. Kumar, Ajith. (1984) Yoga Pravesha Bengaluru: RashthrothannaPrakashana.
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

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

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	10	40	50

Course title: GENERAL THEORY AND METHODS OF TRAINING.

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	48 hrs/ sem
I	Introduction to sports training	12
	• 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	12
	• 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	12
	• 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	12
	• 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 - 40 Marks + Internal - 10 Marks = 50
Total	150 Marks

Reference:

- 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.
- 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.
- William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.
- Pinto John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore
- Pinto John and Ramachandra K (2021) Kannada Version, Daihika Shikshanada Parichaya, Louis Publications, Mangalore
- Anand Nadgir (2017) Daihika Shikshanada Bunadigalu (Foundations of Physical Education), Mallasjjana Prakashana, Dharwad.
- Anand Nadgir (2017) Daihika Shikshanada Ithihasa (History of Physical Education), Mallasjjana Prakashana, Dharwad.

ELECTIVE – 3.1

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 title: RECREATION

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 Course code: BAPEE03.1	64 hrs/ sem
I	Concept of recreation	16
	• 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	

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.
19. Avedon, M. Elliot and B. Sutton- Smith (eds). 1971. *The Study of Games*. New York: John Willey & 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 – 3.2

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 title: HEALTH AND SAFETY EDUCATION

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: Health and safety education Course code: BAPPEE03.2	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.	
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

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

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	10	40	50

Course title: SPORTS NUTRITION AND HEALTH CARE.

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	48 hrs/ sem
I	Understanding Nutrition	12
	• 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
	• 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
	• 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
	- 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 4 Course code: BAPEMP04	64 hrs/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 - 40 Marks + Internal - 10 Marks = 50
Total	150 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 Tital. 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, Freddic. 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.

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 – 4.1

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	3	48	3 hrs	10	40	50

Course title: YOGA

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: BAPEE04.1	48 hrs/ sem
I	Introduction to Yoga	12
	• 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	12
	• 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	12
	• 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	12
	- 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 - 40 Marks + Internal - 10 Marks = 50
Total	50 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 Chikitsa. Bengaluru: Swami Vivekananda Yoga Prakasana.
6. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra

ELECTIVE – 4.2

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	3	48	3 hrs	10	40	50

Course title: SPORTS PSYCHOLOGY

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: Sports Psychology Course code: BAPPEE04.2	48 hrs/ sem
I	Introduction to Sports Psychology	12
	• 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	12
	• 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	12
	• 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	12
	• 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 - 40 Marks + Internal - 10 Marks = 50
Total	50 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 - IV

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 title: SPORTS TRAINING

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: BAPESE04.1	32 hrs/ sem
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I	Introduction to sports training	08
	• Meaning and definition of sports training. • Characteristics of sports training. • Importance of sports training.	
II	Principles of sports training	08
	• 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	08
	• 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
	• 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

B. A. Semester – V**Physical Education (Major)**

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 1	3	3	48	3 hrs	20	80	100
	Theory 2	3	3	48	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	10	40	50

Course title: Theory 1- THEORY OF SPORTS AND GAMES.

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

CO1: Understand the basic concept of sports and games.

CO2: Know the origin and historical development of sports and games.

CO3: Discover the basic rules, markings and scientific considerations.

CO4: Explore basics of officiating and coaching of various sports and games.

Units	Theory title: Theory of Sports and Games Course code: BAPEMT05.1	48 hrs/ sem
I	Origin and historical development of sports and games	12
	- Characteristics of various sports and games- Kho-Kho, Kabaddi, Volleyball, Throwball, Handball, Football and Badminton. - Origin and historical development of Athletics (track and field) and games. - Chronological events in different sports and games.	
II	Court preparation, markings and their significance	12
	- Preparation of track, types of tracks and field markings. - Preparation of court/ground/field for various games. - Marking procedure and significance of various markings in athletics and various games. - Significance of various lines/markings in sports and games	
III	Scientific considerations of sports and games	12
	- Basic physiological considerations for sports and games. - Basic nutritional considerations for sports and games. - Basic psychological considerations for sports and games. - Basic biomechanical considerations for sports and games.	
IV	Basics of officiating and coaching of various sports and games.	12
	- Concept of officiating and principles of officiating. - Mechanics of officiating in various sports and games. - Coaching- meaning, principles, qualities and qualification of coach. - Concept of load, optimum load and over load. - Means and methods of developing endurance, speed, strength, agility, balance and flexibility.	

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

References:

1. Griffin, L. L., Mitchell, S. A., & Oslin, J. L. (1997). *Teaching sports concepts and skills: A tactical games approach* (pp. ix+-237).
2. Mitchell, S. A., Oslin, J. L., & Griffin, L. L. (2020). *Teaching sport concepts and skills: A tactical games approach*. Human kinetics.
3. Gréhaigne, J. F., Richard, J. F., & Griffin, L. L. (2012). *Teaching and learning team sports and games*. Routledge.
4. МИЛОВАНОВА, И. В. (2023). SPORTS AND GAMES.
5. Polley, M. (2006). *Sports history: A practical guide*. Bloomsbury Publishing.
6. Eyler, M. H. (1956). *Origins of some modern sports*. University of Illinois at Urbana-Champaign.
7. Edelman, R., & Wilson, W. (2017). *The Oxford handbook of sports history*. Oxford University Press.
8. McComb, D. G. (1998). *Sports: An illustrated history*. Oxford University Press.

Course title: Theory 2- LIFESTYLE MANAGEMENT.

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

CO1: Understand the meaning of lifestyle management and its significance.

CO2: Determine the essentials of healthy lifestyle.

CO3: Know the importance of a proper diet plan to improve lifestyle.

CO4: Discover the meaning of physical literacy and movement patterns.

Units	Theory title: Lifestyle management Course code: BAPENT05.2	48 hrs/ sem
I	Lifestyle management and its significance	12
	• Lifestyle- concept, meaning and determinants. • Concept of healthy lifestyle and its significance. • Habits, hobbies and healthy practices.	
II	Essentials of healthy lifestyle	12
	• Healthy eating habits- importance of nutrients, water and fibers. • Sound sleep- duration and quality of sleep. Healthy sleeping patterns. • Physical activity- types, specific benefits, FITT principle, warm up, conditioning and cooling down	
III	Diet plan to improve lifestyle	12
	• Basic nutritional guidelines, Concept of balanced diet and healthy eating habits. • Concept of calorie- input and output. • Caloric value of food and protective value of food	

IV	Physical literacy and movement patterns.	12
	• Meaning, definition, and importance of Physical Literacy. • Core elements of Physical Literacy. • Fundamental Movements- Art of Walking, Running, Jumping, and Throwing. • Contribution of physical activities towards adopting a healthy lifestyle.	

Units	Practical title: Practicum 5 Course code: BAPEMP05	64 hrs/ sem
A	Major Games- Football	40
B	Athletics- Heptathlon	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 1	External - 80 Marks + Internal - 20 Marks = 100
Theory 2	External - 80 Marks + Internal - 20 Marks = 100
Practical	External - 40 Marks + Internal - 10 Marks = 50
Total	250 Marks

References:

1. Rippe, J. M. (2021). Manual of lifestyle medicine. CRC Press.
2. Rippe, J. M. (2022). Integrating lifestyle medicine in cardiovascular health and disease prevention. CRC Press.
3. Sidossis, L. S., & Kales, S. N. (2022). Textbook of lifestyle medicine. John Wiley & Sons.
4. Morris-Paxton, A. (2019). An Introduction to Lifestyle Management:: Facilitator's Handbook. Xlibris Corporation.
5. Deol, K. S. D. N. K., & Daroch, S. K. Exercise And Lifestyle Diseases: Designed as per NEP 2020 Guidelines–An Ideal Textbook for BA Physical Education Students. Friends Publications (India).

PHYSICAL EDUCATION SKILL ENHANCEMENT - V

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 title: SPORTS MANAGEMENT

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

CO1: Understand the basic concept of sports management.

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

CO3: Know the basic principles of planning and management.

CO4: Explore skills of financial management for sports events.

Units	Theory title: Sports management Course code: BAPESE06.1	32 hrs/ sem
I	Introduction to sports management	08
	• Definition, Nature, Scope and Principles of Sports Management • Essential Skills of Sports Management • Qualities and competencies required for the Sports Manager • Event Management in Physical Education, Sports and Yoga	
II	Leadership in Sports Management	08
	• Meaning and Definition of Leadership • Types and Qualities of Leadership • Leadership and Organizational Performance • Influence of Leadership on Sports Performance	
III	Planning and Management	08
	• Sports Management in Institutions and Organizations • Factors affecting Planning and Management • Human Resource Management in Sports • The Reward/Punishment System • Sports Equipment Management • Sports Records Management	
IV	Financial Management of Events	08
	• Objectives and Scope of Financial Planning. • Budgeting, Purchase and Audit • Sources of Funding • Management of Infrastructure, Finance and Personnel	
	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

References:

1. Pedersen, P. M., & Thibault, L. (2019). Contemporary Sport Management 6th Edition. Human Kinetics.
2. Hoye, R., Smith, A. C., Nicholson, M., & Stewart, B. (2015). Sport management: principles and applications. Routledge.
3. Watt, D. (2004). Sports management and administration. Routledge.
4. Masteralexis, L., Barr, C. A., & Hums, M. (Eds.). (2012). Principles and practice of sport management. Jones & Bartlett Publishers.
5. Pedersen, P. M. (2011). Contemporary sport management. Human Kinetics.
6. Hoye, R., Smith, A. C., Nicholson, M., & Stewart, B. (2018). Sport management: principles and applications. Routledge.
7. Andrew, D. P., Pedersen, P. M., & McEvoy, C. D. (2019). Research methods and design in sport management. Human Kinetics.
8. Lussier, R. N., & Kimball, D. C. (2023). Applied sport management skills. Human Kinetics.
9. Baker, R. E., & Esherrick, C. (2013). Fundamentals of sport management. Human Kinetics.
10. MacIntosh, E. W., Bravo, G. A., & Li, M. (2019). International sport management. Human Kinetics.

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

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

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 1	3	3	48	3 hrs	20	80	100
	Theory 2	3	3	48	3 hrs	20	80	100
	Practical	2	4	64	3 hrs	10	40	50

Course title: Theory 1- EVALUATION OF HEALTH AND FITNESS.

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

CO1: Understand the basic concept of test, measurement and evaluation.

CO2: Know the criteria of good test.

CO3: Identify and administer tests for health assessment.

CO4: Explore and administer tests for fitness assessment.

Units	Theory title: Evaluation of health and fitness Course code: BAPEMT06.1	48 hrs/ sem
I	Introduction to test, measurement and evaluation	12
	• Meaning- Test, Measurement and Evaluation in Physical Education, Sports and Yoga • Need and Importance of Test, Measurement and Evaluation in physical education and sports • Principles of Tests, Measurement and Evaluation • Application of Test and Measurement	
II	Criteria of Good Test	12
	• Scientific Authenticity (Reliability, Objectivity, Validity and Norms) • Types and Classification of Test • Administration of Test, Advance Preparation, duties during and after testing.	
III	Health assessment	12
	• Body composition assessment • Circumference- Waist to Hip ratio • Flexibility assessment • Pulse and Blood Pressure check • Strength tests	
IV	Fitness assessment	12
	• AAHPER Youth Fitness Test • Harvard Step Test • Indiana Motor Fitness Test • JCR Test, Health related Physical Fitness Test	

	• N.P.F.P test	
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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

References:

1. Chakraborty, P and Bhattacharya, S. Test Measurement and Evaluation in Physical Education. Classique books Kolkata
2. Clarke, H and Clarke, H; Application of Measurement to Physical Education. Prentice Hall
3. Mathews, D.K; (1973). Measurement in Physical Education Philadelphia; W.B.Saunders Company
4. Kansal, D.K. (1996) Test and Measurement in Sports and Physical Education. New Delhi; D.V.S Publication.
5. Phillips, D.A, & HornaK, J.E (1979). Measurement and Evaluation in Physical Education, New York; John Willey and Sons.
6. Barron, H.M., and McGee, R (1997) A Practical approach to Measurement in Physical Education; Philadelphia:- Lea and Fibiger Publisher.
7. Johnson, B.L and Nelson, J.K; Practical Measurement for Evaluation in Physical Education. Surjeet Publication, Delhi
8. Yobu, A (2010) Test, Measurement and Evaluation in Physical Education and Sports, New Delhi; Friends Publication
9. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

Course title: Theory 2- SPORTS TECHNOLOGY.

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

CO1: Understand the use of technology in officiating.

CO2: Know the use of technology in coaching

CO3: Identify the importance of sports technology in health and fitness assessment.

CO4: Discover the wearable technologies and their significance.

Units	Theory title: Sports technology Course code: BAPEMT06.2	48 hrs/ sem
I	Introduction	12
	• Meaning and definition of Sports Technology • Purpose and Advantages of Sports Technology • Principles of Instrumentation in Sports • Technological Impact on Sports	
II	Science of Sports Materials	12
	• Nanoglue, Nano Moulding, Nano Turf, Foot wear Production • Advanced Sports Wears • Advancements in Playing Equipment: Balls, Bats, Racquets, Clothing, Shoes	

	Smart Materials: Shape Memory Alloy (SMA) Thermo Chromic Film	
III	Play Field Surfaces	12
	- Modern Surfaces for Playfields: Types of materials; Synthetic, Wooden, Polyurethane, Artificial Turf/ Polygrass. - Modern technology in Construction of Indoor and Outdoor Sports Facilities, - Technology in manufacture of Modern Sports Equipment - Uses of Computers and Software in Sports	
IV	Modern Sports Equipment and Gadgets	12
	- Measuring Equipment for Throws, Jumps - Electronic Timers, Chip based Timers - Protective Equipment in Sports and its Advantages - Video Analysis in Sports and Electronic Scoring - Multipurpose Sports Arena - Modern Sports Equipment: Courts, Lighting, Floodlights	

Units	Practical title: Practicum 6 Course code: BAPEMP06	64 hrs/ sem
A	Major Games- Football	40
B	Athletics- Heptathlon	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

References:

- Subic, A., Strangwood, M., & Mehta, R. (2014). Routledge handbook of sports technology and engineering. Routledge.
- Ratten, V. (2019). Sports technology and innovation. Cham: Springer Books, 95-111.
- Memmert, D. (2024). Sports technology. Springer Berlin Heidelberg.
- Allen, T., Alderson, A., Godfrey, A., Knudson, D., Webster, J., & Seo, K. (2025). Routledge Handbook of Sports Technology and Engineering. Routledge.
- Allen, T., Emerson, N., Hart, J., & Schwanitz, S. (2026). Introductory Sports Engineering and Technology. Taylor & Francis.
- Gopinathan, P. (2022). Educational technology in physical education and sports. Sports Educational Technologies.
- Fridell, R. (2008). Sports technology. LernerClassroom.

Formative Assessment	
Assessment type	Marks
Theory 1	External - 80 Marks + Internal - 20 Marks = 100
Theory 2	External - 80 Marks + Internal - 20 Marks = 100

Practical	External - 40 Marks + Internal - 10 Marks =50
Total	250 Marks

PHYSICAL EDUCATION SKILL ENHANCEMENT - V

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 title: SELF DEFENCE

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

CO1: Students will be able to understand the meaning and need of self-defense.

CO2: Students will be able to learn the basic techniques of selected combative sports.

CO3: Know to implement survival techniques during emergencies.

CO4: Learn the defensive techniques applied from combative sports.

Units	Theory title: Self defence Course code: BAPESE06.1	32 hrs/ sem
I	Introduction	08
	• Meaning of self defence • Importance and need of self-defense. • Types of Defensive Skills.	
II	Concepts of different combat sports	08
	• Basic Concept and Defensive Skills of • Karate • Judo • Taekwondo and • Wrestling.	
III	Essential fitness for self defence	08
	• Conditioning Exercises - General and Specific Exercises. • Development of Strength and Speed. • Development of coordinative abilities.	
IV	Situations for self defence	08
	• Chain snatching • Bag snatching • Holding from back and front • Use of equipment for self defence • Attack with and without equipment	
	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

References:

1. Uyenishi, S. K. (2013). The Text-Book of Ju-Jitsu, as Practised in Japan-Being a Simple Treatise on the Japanese Method of Self Defence. Read Books Ltd.
2. Self Defense: The Ultimate Guide To Beginner Martial Arts Training Techniques (Martial Arts, Self Defense For Women, Self Defense Techniques Book 1) Kindle Edition
4. Taekwondo: A Step-by-Step Guide to the Korean Art of Self-Defense Paperback – 15 Jan 2003
5. The Self-Defense Handbook (English, Paperback, Fury Sam)
6. The Walking Stick Method of Self Defence Paperback – Import, 14 August 2018.
7. Paasi, J. (2026). Judo Self-Defence kata: Kime-no-kata and Kodokan Goshin-jutsu. BoD-Books on Demand.

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

**QUESTION PAPER FORMAT FOR MAJOR & ELECTIVE 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 answer shall not exceed four lines	
Question No. 1 a. b. c. d. e. f. g. h.	2x5=10
Section – B	
Answer any five questions. Each answer shall not exceed one page.	
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 answer shall not exceed two pages.	
Question No. 8 Question No. 9 Question No. 10 Question No. 11 Question No.12	10x4=40

QUESTION PAPER FORMAT FOR ELECTIVE & SKILL ENHANCEMENT
SEMESTER END EXAMINATION

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

PHYSICAL EDUCATION

Title of the paper: _____

Time: 2 Hours

Maximum Marks: 40

Section – A Answer any five questions. Each answer shall not exceed four lines.	
Question No. 1 a. b. c. d. e. f. g.	2x5=10
Section – B Answer any two questions. Each answer shall not exceed one page.	
Question No. 2 Question No. 3 Question No. 4 Question No. 5	5x2=10
Section – C Answer any two questions. Each answer shall not exceed two pages.	
Question No. 6 Question No. 7 Question No. 8	10x2=20

Sd/
 Chairman
 Board of Studies