



**NEP 2020 BASED CURRICULUM
FOR PHYSICAL EDUCATION, SPORTS AND YOGA**

FACULTY OF EDUCATION

**SYLLABUS FOR
PHYSICAL EDUCATION, SPORTS AND YOGA**

**IN ACCORDANCE WITH
NEP REGULATIONS 2020**

CURRICULUM

Name of the Degree Program: B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses.

Discipline Core:	Physical Education Sports and Yoga – B.A/B.Sc.,
Total Credits for the Program (I and II Semesters):	Discipline Core: 12 Credits.
Open Electives:	06 Credits (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses.)
Skill Enhancement Courses:	03 Credits (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses.)
Year of Implementation:	2021-22

Program Outcomes:-

By the end of the program the students will be able to:

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

SEMESTER - I

(B.A/B.Sc., Programmes)				
Discipline Specific Core-1 (4-0-2)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	INTRODUCTION TO PHYSICAL EDUCATION, SPORTS AND YOGA	4	4	100 (60+40)
DSC-1 Practical	BASIC FITNESS, TRACK AND FIELD, MAJOR GAMES AND YOGA	2	4	50 (25+25)
Total		6	8	150
Open Electives (1-0-2/2-0-1) (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
Course	Papers	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	<ul style="list-style-type: none"> • Self Defense (1-0-2) • Yoga and Fitness (1-0-2) Sports Event Management(2-0-1) Note: Student's shall opt any one of the OEs	2	2	60 (40+20)
OE-1 Practical		1	2	40 (20+20)
Total		3	4	100
<i>Note: For Open Electives the Number of Credits for Practical and Theory shall be altered as per requirement. (1 Theory + 2 Practical or 2 Theory + 1 Practical)</i>				
Skill Enhancement Courses (SEC) Value Based-1 Physical Education Yoga-1 (0-0-2) (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment (IA)
SEC-1 Practical	Yoga-1	1	2	25(IA)
Sub-Total (A)		1	2	25
Skill Enhancement Courses (SEC) Value Based-2 Physical Education Health and Wellness (1-0-1) (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
SEC-2 Theory cum Practical	Health and Wellness	1	1+1	25(IA)
Sub-Total (B)		1	1+1	25
Note: 1. Skill Enhancement Course --Yoga (Two Hours of Practical's) 2.Skill Enhancement Course – Health and Wellness(One Hour Theory and One Hour Practical for One Credit)				

SEMESTER-II**(B.A/B.Sc., Programmes)****Discipline Specific Core-1 (4-0-2)**

Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
DSC-1 Theory	LIFE STYLE MANAGEMENT	4	4	100 (60+40)
DSC-1 Practical	ADVANCE FITNESS, ASANAS, TRACK & FIELD, AND MAJOR GAMES	2	4	50 (25+25)
Total		6	8	150

Open Electives (1-0-2/2-0-1)**(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)**

Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
OE-1 Theory	Adventure Sports (1-0-2) Sports & Recreation (1-0-2) Fitness for Careers (1-0-2)	2	2	60 (40+20)
OE-1 Practical		1	2	40 (20+20)
Total		3	4	100

Skill Enhancement Courses (SEC)**Value Based-1 Physical Education****Sports-1 (0-0-2)****(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)**

Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment
SEC-1 Practical	Sports-1	1	2	25(IA)
Total		1	2	25

Note: Skill Enhancement Course –Sports-1(Two Hours of Practical's)

**Curriculum Structure for Undergraduate Degree Programme
B.A., / B.Sc., Courses in Physical Education, Sports and Yoga**

Semester	Title /Name of the course	Program outcomes that the course addresses (not more than 3 per course)	Pre-requisite course(s)	Pedagogy	Assessment
1.	Introduction to Physical Education, Sports & Yoga (6 Credits)	<ol style="list-style-type: none"> To understand the basic principles and practices of Physical Education, Sports and Yoga. To be able to instruct the Physical Activities, Sports and Yoga practices. To understand and able to organize & officiate sports events. 	Students with Arts/Science/ Commerce streams at 12 th / +2 level preferable with Sports Background.	The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural and Extramural.	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>
2.	Life Style Management (6 Credits)	<ol style="list-style-type: none"> To learn and apply the knowledge of Physical fitness and exercise management to lead a better quality life. To understand and learn different dimensions of an active lifestyle. 		The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural and Extramural.	<p>Theory 100 (60+40)</p> <p>Practical 50 (25+25)</p>

Total Credits for the Programme (I and II Semester): 6+6=12 Credits

Year of implementation: 2021-22

Name of the Degree Programme: B.A., / B.Sc.

Discipline/Subject: Physical Education, Sports and Yoga.

Program Articulation Matrix: This matrix lists only the core courses. Core courses are essential to earn the degree in that discipline/subject. They include courses such as theory, laboratory, project, internships, etc. Elective courses may be listed separately.

Semester- I
Programme B.A/B.Sc.,
Title of the Course:DSC-1
Introduction to Physical Education, Sports and Yoga

Course outcomes:-

On completion of the course the student will be able to:

- Understand the historical concepts and significance of Physical Education, Sports and Yoga.
- Learn the modern trends in Physical Education, Sports and Yoga and thier relation to education.
- Learn the principles of implementing fitness activities and yoga.
- Understand the biological principles on which Physical Education, Yoga and Sports are based.
- Learn the basic yoga practices.
- Understand the career opportunities arising out of undergoing courses in Physical Education, Sports and Yoga.
- Understand and perform warm up and conditioning activities.
- Assess and evalutethe health-related fitness parameters.
- Perform basic skills in a game and athletic event.
- Perform basic asanas and pranayama.
- Learn to record and prepare reports.

Number of Theory Credits	Number of Lecture Hours/ Semester	Number of Practical Credits	Number of Practical Hours/ Semester
4	56	2	56 Hours
Content of Theory Course-1(4-0-2)			Hours
UNIT- I INTRODUCTION <ul style="list-style-type: none"> • Meaning and Definition of Physical Education, Sports and Yoga. • Aim and Objectives of Physical Education, Sports and Yoga. • History of Physical Education, Sports and Yoga. <ul style="list-style-type: none"> ▪ Ancient Greece. ▪ Ancient and Modern Olympics. ▪ Asian Games and Commonwealth Games. ▪ Post-Independence Period –Sports Authority of India (SAI), Khelo India, Fit India Movement. ▪ Origin & Development of Yoga. • Modern trends of Physical Education, Sports and Yoga (brief concepts). <ul style="list-style-type: none"> ▪ Values of Physical Education, Sports and Yoga. ▪ Assessment of human performance- Endurance. • Brief concept of Education in relation to Physical Education, Sports and Yoga. <ul style="list-style-type: none"> ▪ Pedagogy for Physical Education, Sports and Yoga. ▪ Physical Education, Sports and Yoga for holistic development. 			14

<p>UNIT- II YOGA AND FITNESS TRAINING</p> <ul style="list-style-type: none"> • Importance of Yoga and Fitness. • Fundamental Principles of Yoga and Fitness Training. <ul style="list-style-type: none"> ▪ ShithalikaaranaVyayamas; sequence of the practice; and need based practice. ▪ Principles of training and variables of training. • Components of Fitness <ul style="list-style-type: none"> ▪ Concept of fitness; their types and importance. ▪ Health related fitness components. ▪ Skill related fitness components. • Types of Yoga practices (concepts) <ul style="list-style-type: none"> ▪ Asanas ▪ Pranayama ▪ Kriyas ▪ Dhyana • Considerations for practice of Yoga and Fitness. 	14
<p>UNIT- III BIOLOGICAL FOUNDATIONS OF PHYSICAL EDUCATION AND YOGA</p> <ul style="list-style-type: none"> • Growth and Development: Meaning, Principles and Stages. • Heredity and Environment: Meaning, Principles and influence on growth and development. • Concepts: Athletic Heart, Types of Ages, Types of load, Physical and Physiological differences between male and female. • Body Types: Meaning, Types, Characteristics, and implications in Physical Education and sports. 	14
<p>UNIT- IV CAREER OPPORTUNITIES IN PHYSICAL EDUCATION, SPORTS AND YOGA</p> <ul style="list-style-type: none"> • Physical Education, Sports and Yoga professionals at various levels of educational institutions- Qualities and Qualifications. • Career Avenues: Sports Trainer, Yoga Instructor, Coach, Sports Manager, Sports Scientist, Event manager, Technical Official, Entrepreneurs and Researchers. • Applications of Physical Education, Sports and Yoga for different purposes: Teaching, Business Executives, Police department, Defense personnel and Government employees. • Sports and Yoga Establishments: Health Clubs, Fitness centers, Dance and yoga studios and Recreational clubs: Characteristics, Facilities, Infrastructure and Management. • Specialized Profession: Sports Journalists, Sports Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Prosmufacturers. 	14

Content of Practical Course -1: Practical (2 credits/56 hours)	Hours
A. BASIC FITNESS, TRAINING AND ASSESSMENT <ul style="list-style-type: none"> • General and specific warm-up, limbering down – Meaning, types and benefits. • Assessment of Body Composition and Cardiovascular fitness. • Training and Assessment for Health-related fitness: Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, BodyComposition. 	56
B. MAJOR/MINOR OUTDOOR GAMES / TRACK & FIELD <ul style="list-style-type: none"> • One Game (Choice as per institutional facilities/ trained personnel/ student/ popularity). • Athletics: Running, Jumping and Throwing Event – One event from each. 	
C. BASIC ASANAS AND SURYA NAMASKARA (AS PER THE REFERENCE BOOKS) <ul style="list-style-type: none"> • ShithilikaranaVyayama(Dynamic). • Suryanamaskara. • Standing and Sitting Asanas (2 asanas from each). • Prone and SupineAsanas (2 asanas from each). 	
D. BASIC PRANAYAMA <ul style="list-style-type: none"> • Vibhagiya pranayama (Sectional breathing). • Sukha Pranayama (Breath awareness). • AnulomaViloma/NadiShuddhi. • Surya AnulomaViloma/Surya BhedanaPranayama. • Chandra AnulomaViloma/Chandra BhedanaPranayama. 	

**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	Theory - 60 Marks Internal - 40 Marks =100
Practical	Practical - 25 Marks Internal - 25 Marks=50
Total Marks	150 Marks

Reference Books:

1. Bucher, C. A. Foundation of physical education. St.Louis: TheC.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 principlesof physical education.Philadelphia:W.B. Saunders Co.
6. Coalter, F. (2013) Sport for Development: What game are we playing?.Routledge.
7. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi.
8. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
9. Russell, R.P.(1994). Health and Fitness Through Physical Education.USA: Human Kinetics.
10. Uppal, A.K. (1992). Physical Fitness. New Delhi:Friends Publication.
11. Nagendra, H. R. &Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda YogaPrakasana.
12. Kumar,jith.(1984)YogaPravesha.Bengaluru:RashthrothannaPrakashana.
13. D.M Jyoti, Yoga and Physical Activities (2015) Lulu.com3101, Hills borough, NC27609, United States.
14. D.M Jyoti, Athletics (2015) Lulu. com3101, Hills borough, NC27609, United States.
15. Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala:Kaivalyadhama.
16. Pinto, John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications,Mangalore.
17. Shekar, K. C. (2003). Yoga for health. Delhi: KhelSahityaKendra.
18. AmitArjunBudhe, (2015) Career aspects and Management in Physical Education, Sports Publication, NewDelhi.
19. Pinto, John and Ramachandra K (2021) Kannada Version, DaihikaShikshanadaParichaya, Louis Publications, Mangalore.
20. IAAF Manual.
21. Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications (India), Ist Edition, Daryaganj, New Delhi.
22. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr.Md.AttallahJagirdar, 2015, KhelSahitya Kendra, Daryaganj, NewDelhi.

Semester I
Open Elective Paper
 Title of the Course: **Self Defense**
 (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Course outcomes:-

On completion of the Course the student will be able to:

- Understand the meaning and need of self-defense.
- Understand the fitness requirements to implement self-defense.
- Learn the basic techniques of selected combative sports.
- Learn the defensive techniques applied from combative sports.
- Implement the survival techniques during emergencies.
- Learn to record and prepare reports.

Number of Theory Credits	Number of Lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semester
1	14	2	28= 56 hours
Content of Theory Course (1-0-2)			Hours
Theory <ul style="list-style-type: none"> • Concept of self-defense and its importance. • Mental preparation for self-defense. • Specific fitness for self-defense. • General characteristics of Karate, Wrestling and Judo. • Ethical considerations for self-defense. 			14
Practical <ul style="list-style-type: none"> • Specific Warmup and conditioning for self-defense. • Basic techniques and skills of Karate, Wrestling and Judo. • Self-defense during emergencies- Chain snatching, Holding from the back, Attack from the frontwith and without weapons. • Defensive skills with Kati (Sticks). • Reports and RecordsPreparation. 			56

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

Formative Assessment	
Assessment type	Marks
Theory	Theory - 40 Marks Internal - 20 Marks =60
Practical	Practical - 20 Marks Internal - 20 Marks=40
Total Marks	100 Marks

Reference Books:

1. “Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga.” –ImiLichtenfeld, founder of Krav Maga.
2. In the Name of Self-Defense:: What it costs. When it's worth it, 603 pages, Kindle Edition, First published July 2, 2014.
3. 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 January 2003.
5. The Self-Defense Handbook (English, Paperback, Fury Sam).
6. The Walking Stick Method of Self Defence Paperback – Import, 14 August 2018.

**Semester I
Open Elective Paper**

Title of the course: **Yoga and Fitness**
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Number of Theory Credits	Number of Lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semester
1	14	2	28=56 Hours
Content of Theory Course (1-0-2)			Hours
Theory <ul style="list-style-type: none"> • Meaning and Importance of Yoga and Fitness. • Types and Principles of Asanas. • Types of Fitness and their components. • General and Specific Conditioning and their importance. • Methods of developing Endurance, Strength, Speed, Agility and Flexibility. • Nutrition for Fitness. 			14
Practical <ul style="list-style-type: none"> • General and Specific Warmup. • Specific Exercises for Endurance, Strength, Speed, Agility and Flexibility. • Aerobics/Zumba/Dance/Pilates/Resistance training/Swiss balls/Jump rope/Fitness activities using varied equipment. • Yogasanas <ul style="list-style-type: none"> ▪ Standing Asanas: Tadasana, Vrikshasana and Trikonasana. ▪ Sitting Asanas: Vajrasana, Badhakonasana and Vakrasana. ▪ Supine lying Asanas: Pavanamuktasana, Sarvangasana and Navasana. ▪ Prone lying Asanas: Bhujangasana, Shalabhasana and Dhanurasana. • Recreational games. • Preparation of records and reports 			56

Formative Assessment	
Assessment type	Weightage in Marks
Theory	Theory - 40 Marks Internal - 20 Marks =60
Practical	Practical - 20 Marks Internal - 20 Marks=40
Total Marks	100 Marks

References Books:

1. Ajith 'Yoga pravesha'' Rashtrotana parishad Bangalore
2. B K S Iyengar 'Light on Yoga' Rashtrotana parishad Bangalore
3. B.K.S.Iyengar 'Yoga the path to holistic Health', Dorling Kindersley Delhi 2001
4. Leslie Kaminoff, Amy Matthews 'Yoga Anatomy' Human Kinetics U.S.A. 2007
5. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports
6. Swami Sachidananda 'the yoga sutras of Pathanjali Integral yoga Publications 2012.

Semester- I
Open Elective Paper
 Title of the Course: **Sport Event Management**
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Course outcomes:-

On completion of the course the student will be able to:

- Understand the meaning and salient features of sport event management.
- Learn the various sports related events and required skills for their management.
- Learn the application of financial and human resource management in organizing sports events.
- Know the various gadgets, implements and equipment used in conducting sports events.
- Undergo practical exercise in conducting various sports related events.
- Get the opportunity to visit and learn the variations of sports event management.
- Learn to record and prepare reports.

Number of Theory Credits	Number of Lecture Hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	14 = 28 Hours
Contents of the Course (2 – 0 – 1)			Hours
Theory <ul style="list-style-type: none"> • Meaning, definition and importance of Sports Event Management. • Scope of Sports Event Management. • Types of Sports Events and Principles of Sports Event Management. • Financial and Human resources planning in Sports Event Management. • Types of sports, events, modalities of organization, event specific equipment and gadgets utilized – Major sports such as athletic events and games, road races and marathon, traditional and folk events, Sports conferences and workshops. • Sponsorship and Sports Event Management. 			28
Practical <ul style="list-style-type: none"> • Organizing project athletic meets. • Organizing project competitions in games. • Organizing project road races. • Participation and visit to various sports events and preparation of reports: Financial outlay, sponsorship usage, marketing and media, human resources management, competitions rules and regulations, equipment and gadgets used, usage of volunteers. • Preparation of records and reports. 			28

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

Formative Assessment	
Assessment type	Marks
Theory	Theory - 40 Marks Internal - 20 Marks =60
Practical	Practical - 20 Marks Internal - 20 Marks=40
Total Marks	100 Marks

ReferencesBooks::

1. Bachelor of Sports Management Syllabus(Revised)2008.
2. Chandan, JS : Management – Concepts and Strategies, Vikas Publishing.
3. Daft, RL : Management, Thomson.
4. Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201,
Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.
5. Ramaswami T; Principles of Mgmt., Himalaya Publishing.
6. Robbins, SP : Management, Prentice Hall.
7. Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice Hall.
8. Stoner J and Freeman RE: Management; Prentice-Hall.
9. V.S.P Rao&Hari Krishna: Management-Text &Cases,Excel Books.
10. Weihrich and Koontz, et al: Essentials of Management; Tata McGraw Hill.

Semester - I
Skill Enhancement Courses (SEC-1)
Physical Education
 Title of the Course: **Yoga**
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Number of Credits	Number of Lecture Hours/ Semester	
1	28Hrs	
Content of Practical Course (0-0-2)		28Hrs
Unit 1:-Asanas <ul style="list-style-type: none"> • Yoga Stretchings, Suryanamaskara (Warming-up), Standing Asanas, Sitting Asanas, Prone position Asanas, Supine position Asanas, Meditative Asanas, Relaxation Asanas. Unit 2:- Pranayama <ul style="list-style-type: none"> • Vibhagiya Pranayama, Sukha Pranayama, Kapalabathi / Basthrika/Anuloma-Viloma/ Nadishuddhi/ Brahamari Pranayama/ Shithali/ Shitkari/ Sadantha/ Shwana-Swasha. Unit3:- Introduction to Meditation Yoga Intramural Competitions.		28
<i>Note:</i> For specially challenged Students the program shall be designed at the college level		

Formative Assessment	
Assessment type	Marks
Practical	Internal Assessment- 25 Marks
Total	25 Marks

Pedagogy: The course shall be taught through the Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars and Intrmural.

References Books:

1. Russell, R.P.(1994). Health and Fitness Through Physical Education. USA:Human Kinetics.
2. Uppal, A.K. (1992). Physical Fitness. New Delhi:Friends Publication.
3. Nagendra, H. R. &Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: SwamiVivekananda Yoga Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: RashthrothannaPrakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) Lulu.com3101, Hills borough, NC27609, United States.

Semester - I
Skill Enhancement Courses (SEC-2)
 Title of the Course: **Health and Wellness**
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Number of Credits	Number of Lecture Hours/ Semester
1	14 hrs = 28hrs (One hour theory and 1 one hour practical per week)
Content of Theory cum practical Course (1-0-1)	
Content of Theory cum practical Course (1-0-1)	Hours
<p>THEORY</p> <p>Unit 1:- Introduction to Health and Wellness</p> <ul style="list-style-type: none"> • Meaning, definition and importance of Health and Wellness. • Dimensions of Health and Wellness. • Role of Physical Activities, Recreational Games and Yoga in maintaining Healthand Wellness. • Hypokinetic diseases: Meaning, types, causes and steps to overcome. • Stress- causes and its management. 	14
<p>PRACTICAL</p> <p>Unit 2:- Exercises for Health and Wellness</p> <ul style="list-style-type: none"> • Warming up and cooling down. • Stretching exercises. • Strengthening exercises. • Cardiovascular exercises. • Flexibility and agility exercises. • Relaxation techniques- Instant relaxation techniques (IRT),Quick relaxation techniques (QRT), Deep relaxation techniques (DRT). 	14
<p>Note:The program shall be suitably designed at the college level for differently abledstudents.</p>	

Formative Assessment	
Assessment type	Marks
Theory and Practical	Internal Assessment- 25 Marks
Total	25 Marks

Pedagogy: The course shall be taught through the Lecture, Practical, Interactive Sessions, Materials, Assignments and Seminars.

References Books:

1. AAPHERD "Health related Physical Fitness Test Manual". 1980 Published by Association drive RestonVirginia
2. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CV MosbyCo.)
3. Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publication
4. Thomas D Fahey and others. Fit and well :6thEdition New York : McGraw Hill Publishers,2005
5. Dixit Suresh (2006) SwasthyaShiksha sports PublicationsDelhi.
6. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication NewDelhi
7. Pinto John and Roshan Kumar (2021) "Introduction to Physical Education", Louis Publication.Mangalore
8. Shanti K Y (1987) "The Science of Yogic Breathier" (Pranayama) D B Bombay
9. Ziegler E F (2007) "An Introduction to Sports and Physical Education" PhilosophyDelhi
10. Pinto John and Ramachandra K (2021) Kannada Version "DahikaSikshanadaParichaya" Louis publications.Mangalore

Semester- II
Programme B.A/B.Sc.,
 Title of the Course:**DSC-2**
Lifestyle Management

Number of Theory Credits	Number of Lecture Hours/semester	Number of practical Credits	Number of Practical Hours/ Semester
4	56	2	56
Content of Theory Course - 2 (4-0-2)			Hours
UNIT1:- INTRODUCTION TO LIFE STYLE AND PHYSICAL FITNESS <ul style="list-style-type: none"> • Meaning and definitions of Physical Fitness and Life Style. • Need and benefits of Physical Fitness. • Health Related Fitness Components: Cardiovascular Endurance, MuscularStrength, Muscular Endurance, Flexibility and Body Composition. • Skill Related Physical Fitness Components:Agility, Balance, Co- ordination, Power, Reaction Time andSpeed. 			12 Hours
UNIT 2:-PRINCIPLES OF YOGIC PRACTICES AND HEALTHY LIFESTYLE <ul style="list-style-type: none"> • Yogic principles related to Jnana Yoga, Karma Yoga, Bhakthi Yoga and Raja Yoga / Astanga Yoga. • Yogic Life Style: Ahara, Vihara, Vichara, Achara and Vyavahara. • Components of lifestyle and their management: Diet, Exercise, Sleep and Rest. 			14 Hours
UNIT3:- NUTRITIONAL CONSIDERATIONS FOR HEALTHY LIFE STYLE <ul style="list-style-type: none"> • Balanced Diet: Meaning and its importance for different age groups and physically active person. • Components of Balance Diet and their importance: <ul style="list-style-type: none"> ▪ Macronutrients: Carbohydrates, Protein, Fat. ▪ Micronutrients: Vitamins and Minerals. ▪ Fibers and water. ▪ Lifestyle diseases and their management. 			16 Hours
UNIT4:- PHYSICAL LITERACY FOR ACTIVE LIFESTYLE <ul style="list-style-type: none"> • 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. 			14 Hours

Content of Practical Course 2:Practical (2 credits/56 hours)	Hours
A. Specific warmup / Lead up activities for sports and games.	56 Hours
B. Training and Assessment of Skill related fitness: Agility, Balance, Speed, Co-ordination, Power and Reaction Time.	
C. ADVANCED ASANAS (as per the referencebooks)- 2 asanas from each. <ul style="list-style-type: none"> • Standing Asanas • Sitting Asanas • ProneAsanas • SupineAsanas • Meditative Asanas 	
<ul style="list-style-type: none"> • ADVANCED PRANAYAMA(Any two) <ul style="list-style-type: none"> • Bhramari& Cooling pranayama(Sheethali/Sheethkari/Sadhantha) • Kapalabhathi/Basthrika • Ujjayi Pranayama • KumbhakaPranayama. 	
D. GAMES AND TRACK &FIELD <ul style="list-style-type: none"> • Onemajor game and one individual sport among the list of IOA, AIU and SGFI: Rulesandregulationsofthegame and officiating. • Introduction to Track and Field Events. Athletic rules as recognized by the Athletics Federation. Marking of Track and Field and Officiating. 	
E. Preparation of Records and Reports	

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

Pedagogy: The course shall be taught through the Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural and Extramural.

Formative Assessment	
Assessment type	Marks
Theory	Theory - 60 Marks Internal - 40 Marks =100
Practical	Practical - 25 Marks Internal - 25 Marks=50
Total Marks	150 Marks

Reference Books:

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood,Colorado.
2. Fit to be Well, Alton L.Thygerson, Karl L.Larson, Jones and Bartlett Publishers,Sudbury.
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuchscaris brick Publishers,Arizona.
4. Health, Exercise and Fitness, Dr. Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi.
5. Introduction to Physical Education, Fitness and Sport, 5thEdition, DarySidentop, McGraw Hill007-123271-0ISBN.
6. Physical Fitness and Wellness, Dr. SamjayR.Agashe, KhelSahithya Kendra, 7/26 Ansari Road, Darya Ganj, NewDelhi.
7. Fit & Well, 4thEdition, Thomas D. Fahey, Paul M.Insel, Walton T.Roth, Mayfield Publishing company, Mayfield Publishing Company,London.
8. Pinto, John and Ramachandra K (2021) Kannada Version, DaihikaShikshanadaParichaya, Louis Publications,Mangalore.
9. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr.Henko.K,Struder, 2021, Meyer & Meyer Sport(UK) publishers,Germany.
10. Pinto, John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications,Mangalore.
11. “Nutrition Education”, Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi.
12. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition,Barrow.M.Harold, Rosemary.MC. Gee, Lea &Febiger,Phildelphia
13. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics.
14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rdEdition, Mayfield Publishing Company.
15. Yoga for Promotion of Positive Health, 2011. Dr. H.R.Nagendra and Dr. R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore.
16. “Asana, Pranayama, Mudra, Bandha”, 1969, Swamy SathanandaSaraswati, Bihar Yoga Bharati,Munger.
17. “Four Yoga of Swamy Vivekananda’’, 1979, SwamyTapasyananda, AdwaitaPrakashana, Ramakrishna Ashrama,Calcutta.
18. New Perspectives in Stress Management, 2014, Dr. H.R.Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore.
19. PranicEnergizationTechnique, 2005,Dr.H.R.Nagendra,SwamyVivekananda Yoga Prakashna, Bangalore.
20. Mind, Sound, Resonance Technique, 2005, Dr.H.R.Nagendra, Swamy Vivekananda Yoga Prakashna,Bangalore.

Semester II
OPEN ELECTIVE PAPER - 1
 Title of the Course: **Adventure Sports**
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Course outcomes:-

On completion of the course the student will be able to:

- Understand the meaning and importance of Adventure sports.
- Learn the various types of adventure sports, the equipment and resources required to practice sports.
- Learn the safety measures to be taken while practicing adventure sports.
- Understand the job opportunities in the area of adventure sports.
- Practically perform selected adventure sports.
- Teach, plan and organize various adventure sports.
- Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	56
Contents of the Course (1–0–2)			Hours
THEORY <ul style="list-style-type: none"> • Meaning, definition and importance of Adventure sports. • History, development, scope and objectives Adventure sports. • Recent trends in Adventure Sports. • Water sports – Canoeing, rafting, kayaking, scuba diving, snorkeling, surfing and paddling. • Aero sports: Ballooning, Hang gliding, Paragliding, Parasailing and Skydiving. • Mountaineering – Trekking, Rock climbing, Wall climbing and Bouldering. • Safety measures in adventure sports and first aid in adventure sports. • Job Opportunities in Adventure Sports. 			14 Hours
PRACTICAL <ul style="list-style-type: none"> • Fitness, Conditioning, Warming Up, Specific Exercises and Cooling Down. • Practical teaching, demonstration, training and technical training. • Planning and organizing- Mountaineering, Trekking, Rock climbing, Parasailing, Water Sports. • Records and Report Preparation. 			56 Hours

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

Formative Assessment	
Assessment type	Marks
Theory	Theory - 40 Marks Internal - 20 Marks =60
Practical	Practical - 20 Marks Internal - 20 Marks=40
Total Marks	100 Marks

References Books:

1. Adventure Sports: World's Most Popular 89 Adventure Sports Paperback Import, 13 February 2020, by Mahesh Sharma (Author).
2. Adventure Tourism and Sports 1st Edition (English, Hardcover, NegiJagmohan).
3. The world of adventure sports, By:Berne, Emma Carlson, Lonely Planet.
4. Kids, Jepson, Ian(Illustrated by) Part of the Lonely Planet Kids series.
5. Sports, Games and Adventure Sports (English, Hardcover, Ghosh C N).

Semester II
Open Elective Paper
 Title of the Course: **Sports and Recreation**
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

Course outcomes:-

On completion of the course the student will be able to:

- Know the role of recreational activities in improving health and fitness.
- Learn the different types of sports and recreational activities.
- Understand the educational values of practicing recreational and sports activities.
- Get a hands-on experience in sports and recreational activities.
- Get a hands-on experience in organizing sports and recreational activities.
- Learn to record and prepare reports.

Number of Theory Credits	Number of Lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semester
1	14	2	28=56hours
Content of Theory Course (1-0-2)			Hours
THEORY <ul style="list-style-type: none"> • Meaning and concept of Recreation. • Objectives and benefits of Sports and Recreation. • Meaning of sports and games; and their role in Recreation. • Types of Recreation. • Recreation through Sports and Games. • Leisure time activities; Uses, educational and moral values. 			14
PRACTICAL <ul style="list-style-type: none"> • Traditional, Folk and Indigenous Games. • Outdoor camp activities. • Cycling, hiking and trekking activities. • Organization of Recreational activities. • Preparation report and records. 			56

Formative Assessment	
Assessment type	Marks
Theory	Theory - 40 Marks Internal assessment - 20 Marks
Practical	Practical - 20 Marks Internal assessment - 20 Marks
Total	100 Marks

References Books:

1. Bucher.C.A (1979) foundation of Physical Education (5th edition Missouri CV Mosby Co).
2. Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
3. Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi : Surjeet Publication
4. Thomas D Fahey and others. Fit and well : 6th Edition New York : McGraw Hill Publishers, 2005.

Semester II

OPEN ELECTIVE PAPER

Title of the Course: **Physical Fitness for Careers**
(B.A/B.Sc.,/B.Com./B.B.A./B.C.A and all other U.G Courses)

Course outcomes:-

On completion of the course the student will be able to:

- Understand the various professions which require physical fitness and abilities.
- Learn the specific physical requirements of various professions.
- Learn about the various tests to be conducted to evaluate physical fitness.
- Learn the mode of selections and fitness standards required for related careers.
- Practice the motor abilities required by related professions.
- Assess and prepare themselves for qualifying in the physical fitness tests of professions.
- Learn to record and prepare reports.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semester
1	14	2	28 = 56Hours
Contents of the Course(1-0-2)			Hours
THEORY <ul style="list-style-type: none">• Career opportunities in Physical Education.• Physical fitness standards for men and women: Tests for Speed, Endurance, Strength, Agility and Flexibility.• Career specific Fitness Tests: Fitness Tests for Defense Forces, PSI, Police constable, Fire Force and Forest Department. Professional Courses-Sports and Physical Education.• General and specific conditioning and their importance.• Specific tests for strength test, speed test, agility test, flexibility Test, coordinative abilities.• Mode of selections and qualifying standards			14
PRACTICAL <ul style="list-style-type: none">• General and Specific conditioning exercises.• Training for endurance, speed, strength, agility and flexibility.• Assessment of career specific fitness abilities (fitness tests): Defense Forces, PSI, Police constable, Fire Force and Forest Department. Professional Courses-Sports and Physical Education.• Preparation of records and report			56

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

Formative Assessment	
Assessment type	Marks
Theory	Theory - 40 Marks Internal assessment - 20 Marks
Practical	Practical - 20 Marks Internal assessment - 20 Marks
Total	100 Marks

Reference Books:

1. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M. Harold, Rosemary.Mc.Gee, Lea &Febiger, Phildelphia.
2. AAPHERD "Health related Physical Fitness Test Manual." 1980 Published by Association drive Reston Virginia.
3. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
4. Russell, R.P.(1994). Health and Fitness through Physical Education. USA: Human Kinetics.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi.
6. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.

Semester II
Skill Enhancement Courses (SEC-1)
Physical Education
 Title of the Course: **Sports**
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

On completion of the course the student will be able to:

- Learn to participate in sports activities.
- Learn the rules and regulations of sports activities.
- To practice the skills of a game and athletic events.
- Learn various fitness activities.
- To teach and organize intramural and extramural competitions.
- Learn to prepare records and reports.

Number of Credits	Number of Practical Hours/ Semesters
1	14 =28Hours (Two hours practical per week)
Content of Theory & Practical Course(0-0-2)	
	Hours
UNIT 1: - PHYSICAL EDUCATION AND SPORTS <ul style="list-style-type: none"> • Conditioning exercises. • Aerobics and Calisthenics. • Basic Skills of one major and one indigenous game. • Athletics - One Track/One Throws/One Jump. • Organization of Intramural competitions in the respective games. • Preparation of records and reports. <p><i>Note: Colleges may offer required number of games as per the students' strength and available facilities (Students shall opt any one game in each of the semesters and shall not repeat the same game in other semesters).</i></p>	28

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

Formative Assessment	
Assessment type	Marks
Practical	IA-Internal assessment:25 marks
Total	25 marks

Note: Skills of Sports and Games (Game Specific books) may be referred

References Books:

1. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
2. IAAF Manual
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual , Silver Star Publication, Shimoga.
5. Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

SCHEME / PATTERN OF EXAMINATION

DISCIPLINE SPECIFIC CORE - THEORY

Max. marks: 60

Time: 03 Hours

Instructions:

1. Answer all questions
2. Each answer shall not exceed three pages

- | | | |
|----|--|------------------|
| 1. | Essay Question from Unit 1
Or
Essay Question from Unit 1 | 12 marks |
| 2. | Essay Question from Unit 2
Or
Essay Question from Unit 2 | 12 marks |
| 3. | Essay Question from Unit 3
Or
Essay Question from Unit 3 | 12 marks |
| 4. | Essay Question from Unit 4
Or
Essay Question from Unit 4 | 12 marks |
| 5. | Write short notes on any Two of the following (one from each unit)
(a)
(b)
(c)
(d) | 6 x 2 = 12 marks |

DISCIPLINE SPECIFIC CORE – PRACTICAL

Max marks: 30

1. Assessment of BMI/Fitness Components – as per respective syllabus (Any two) 6 Marks
2. Demonstration of Game Fundamental Skills (Any two Skills) 6 Marks
3. Track and Field: Skill/Performance of any one track and one field event 6 Marks
4. Yoga: Any one Asana in Standing/Sitting and One form Prone/Supine position 6Marks
5. Record Book 6 marks

OPEN ELECTIVE - THEORY

Max. marks: 40

Time: 02 Hours

Instructions:

1. Answer all questions

I. Answer any four of the following questions in not exceeding one page $4 \times 5 = 20$ marks

- 1.
- 2.
- 3.
- 4.

II. Answer any two of the following questions in not exceeding two pages $2 \times 10 = 20$ marks

- 1.
- 2.
- 3.

OPEN ELECTIVE - PRACTICAL

Max. marks: 25

1. Assessment of any 4 activities from the respective syllabus
2. Record Book

$4 \times 5 = 20$ marks
5 marks

RECOMMENDATIONS

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programs, in Discipline Specific Core (DSC), Discipline Specific Elective (DSE), Skill Enhancement Courses (SEC) such as Health and Wellness, Yoga, Sports etc., shall be taught (theory and practical) **by qualified Physical Education Faculty**, as per the UGC guidelines.
2. **Open Elective Papers and Skill Enhancement** Papers in Physical Education, Sports and Yoga shall be made available in all Colleges across all UG Programs (Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22.
3. The Committee recommends that, Physical Education, Sports & Yoga Discipline Specific Core (DSC) Subject shall be considered **under both Arts (B.A) and also Science Stream (B.Sc.)** from the academic year 2022-23 as it is in other states.
4. Physical Education Faculty shall be enriched with additional knowledge through **short term courses/workshops/refresher/orientation/training programmes** as per requirements.
5. Since Health and Wellness paper is practical-cum theory-based paper shall be taught by Physical Education Faculty only. (Value based paper under SEC)
6. Appropriate Sporting and Yoga infrastructure, necessary Books/reference materials, equipments shall be ensured at all affiliated Colleges
7. Recruitment of Faculty shall be ensured in Government, Aided, Constituent and Private affiliated Colleges. Further Guest faculties shall be considered for additional workload araised in colleges.
8. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for Inter Collegiate/Inter University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
9. All affiliated Colleges shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MoUs with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
